

Oxidative Stress: Use of Alternative Therapeutic Agents

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Abstract: Kalonji seeds are a powerhouse of crude fibers, amino acids, iron, sodium, calcium, and potassium. Kalonji is also rich in vitamins that include – Vitamin A, Vitamin B, Vitamin B12, Niacin, and Vitamin C. Kalonji oil is much better than other oil as it contains essential fatty acids, vitamins, and minerals. It comprised approximately 17% protein, 26% carbohydrates, and 57% plant fats and oils. Apart from drugs various substances and life style changes are being advised to correct oxidative stress burden in human body. Analysis of the lipid content in the oxidatively modified LDL from hyperlipidemic patients revealed that the level of lysophosphatidylcholine was greatly elevated, and the high level of the lysolipid was shown to impair the endothelium-dependent relaxation of the blood vessels. In allopathy blood lipid levels are normalized by statins, fibrates, niacin and bile acid binding resins (BABRs). All of these allopathy related drugs have low compliance ranges from mild compliance due to metallic taste of BABRs to severe side effects like rhabdomyolysis by fibrates and statins. Cardiovascular diseases are leading cause of death in western and eastern countries of the world. Hyperlipidemia is one of the strong risk fractions for heart diseases. To evaluate hypolipidemic drugs efficacy, the study was conducted at Ghurki trust teaching hospital, Lahore Pakistan from January 2020 to August 2020. Ninety hyperlipidemic patients were selected from cardiology and medical wards of the hospital. They were divided in three groups, one at placebo therapy, another on Kalonji and third one on Vitamin B3. After one and half month, significant changes (p value ranging from <0.05 to <0.001) were observed in their LDL and HDL-cholesterol. Conclusion of the study was to recommend use of herbal medicine and vitamin B3 for prevention of any heart diseases with good patient compliance. **KEY WORDS:** kalonji, LDL cholesterol, HDL cholesterol, blood vessels.

Keywords: Crude fibers, amino acids, iron, sodium, calcium, and potassium.

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INTRODUCTION

It is difficult to recommend Kalonji as a standard treatment for various medical conditions due to a lack of clinical data. There are many approaches to lower oxidative stress burden in human body. Medicinal herbs like Curcuma Longa, Fenugreek, and Lemon contents are being used as mild to moderate hypolipidemic agents. Curcuma Longa commonly known as Haldi in India and Pakistan is used to lower plasma lipids, in view of their contents. It contains Curcuminoids (curcumin, dimethoxy curcumin, and bisdemethoxycurcumin), turmerone, atlantone, zingiberene, proteins, and resins. Coronary artery disease (CAD) occurs when the inside (the lumen) of one or

more coronary arteries narrows, limiting the flow of oxygen-rich blood to surrounding heart muscle tissue. Atherosclerosis is the process that causes the artery wall to get thick and stiff. It can lead to complete blockage of the artery, which can cause a heart attack [1]. The disease process begins when LDL deposits cholesterol in the artery wall. The body has an immune response to protect itself and sends white blood cells called macrophages to engulf the invading cholesterol in the artery wall. When the macrophages are full of cholesterol, they are called foam cells because of their appearance. As more foam cells collect in the artery wall, a fatty streak develops between the intima and the media. If the process is not stopped, the fatty streak becomes a plaque, which pushes the intima into the lumen, narrowing the

blood flow [2-6]. With few exceptions, low HDL is an independent risk factor for CAD in case-control and prospective observational studies [7]. In contrast, high HDL levels are associated with longevity and are protective against the development of atherosclerotic disease [8]. In the Framingham Study, risk for CAD increases sharply as HDL levels fall progressively below 40 mg/dL [9, 10]. In the Quebec Cardiovascular Study, for every 10% reduction in HDL, risk for CAD increased 13%.² Many clinicians believe that low HDL is associated with increased CAD risk because it is a marker for hypertriglyceridemia and elevated remnant particle concentrations. The Prospective Cardiovascular Münster Study, however, demonstrated that the increased risk associated with low HDL is independent of serum triglyceride levels [11]. There is considerable controversy about whether one HDL subfraction is more antiatherogenic than others. HDL raising herbs are used to decrease incidence of heart attack and heart failure leading to morbidity and mortality [12].

MATERIAL & METHOD

The study was conducted at Ghurki trust teaching hospital, Lahore Pakistan from January 2020 to August 2020. Ninety patients were selected for study. Consent was taken from all participants. Inclusion criteria was primary and secondary hyperlipidemic patients. Exclusion criteria was patients suffering from any kidney, liver and thyroid related disease. Name, age, gender, occupation, residential address, phone/contact number, previous medical history, disease in family history, drug history were recorded in specific Performa. Three groups I, II, and III were made (30 patients in each group). Group-I was allocated for placebo, to take placebo capsule once daily, after breakfast for six weeks. Group-II was advised to take 2 tea spoons of kalonji after breakfast for the period of six weeks. Group-III was on Niacin 2 grams in divided doses, after breakfast, lunch and dinner for 6 weeks. Their base line LDL-cholesterol and HDL-cholesterol level was estimated at the start of research work. Their serum was taken at follow up visits,

fortnightly for lipid profile. Data were expressed as the mean±SD and 't' test was applied to determine statistical difference in results. A p-value > 0.05 was considered as non-significance and P-value < 0.001 was considered as highly significant change in the differences. Serum LDL-cholesterol was calculated by formula (LDL-Cholesterol=Total Cholesterol-(Triglycerides/5 +HDL-Cholesterol). Serum HDL-cholesterol was determined by using kit Cat. # 3022899 by Eli Tech Diagnostic, France.

DATA INFERENCE & RESULTS

Numerical values and results of all parameters of participated patients were analyzed bio-statistically. In placebo group, LDL-cholesterol decreased from 189.15±3.90 mg/dl to 186.75±2.08 mg/dl, change in the parameter is 2.40 mg/dl. This difference in pretreatment and post treatment value is non-significant, ie; P-value > 0.05. HDL-cholesterol in placebo group increased from 36.11±2.11mg/dl to 37.17±1.51mg/dl. The difference in parameter was 1.06mg/dl. Statistically this change in parameter was nonsignificant, ie; P-value > 0.05. In Nigella sativa group, out of 30 hyperlipidemic patients, 27 patients completed over all study period. LDL-cholesterol in this group decreased from 202.45±1.54mg/dl to 189.52±2.21mg/dl. The difference in pretreatment and post treatment mean values is 12.93 mg/dl. Statistically this change in two mean values is highly significant, with p-value < 0.001. HDL-cholesterol in this group increased from 38.81±3.90 42.19±3.32mg/dl. Change in two mean values was 3.38mg/dl. Statistically this change is significant, with probability value <0.01. In group III, 28 patients completed the research. LDL-cholesterol in this group decreased from 212.65±2.32 to 185.61±3.43 mg/dl in six weeks treatment. Change in pre and post treatment mean values is 27.04mg/dl. Statistically this change is highly significant, i.e., P-value < 0.001. HDL-cholesterol increased from 39.19±2.01 to 43.00±3.07 mg/dl in six weeks. Change in two parallel values is 3.49mg/dl, which is significant with P-value <0.01.

Table 1: LDL, HDL's basic values (pre and after treatment) and their biostatistical significance

No. Of patients	Day-0 values	Day-45 values	Change in basic values	Statistical significance
Placebo (30 pts)	LDL-c=189.15±3.90	LDL=186.75±2.08	2.40	> 0.05
	HDL-c=36.11±2.11	HDL=37.17±1.51	1.06	> 0.05
Kalonji (27 pts)	LDL-c=202.45±1.54	LDL=189.52±2.21	12.93	< 0.001
	HDL-c=38.81±3.90	HDL=42.19±3.32	3.38	< 0.01

Key: HDL and LDL are measured in mg/dl, n stands for sample size, p-value >0.05 indicate non-significant, <0.01 indicate significant and <0.001 indicate highly significant change in basic values

DISCUSSION

Kalonji doesn't have any side-effects. However, when taken in large amounts it may lead to low blood sugar levels or low blood pressure. Also, its effect is unknown to lactating mothers. So, it's good to remain at a safer side and avoid Kalonji during lactation. Kalonji

may hamper your blood clotting process during or after surgery. Sometimes, Kalonji may cause an allergic reaction when applied to the skin. Although high cholesterol can be inherited, it's more often the result of unhealthy lifestyle choices. Treatment with three weeks, Kalonji decreased LDL-cholesterol 12.93 mg/dl by six weeks of treatment. HDL-cholesterol increased 3.38

mg/dl by taking this drug for six weeks. The change in both parameters were significant. In placebo group, LDL-C reduction was 2.40 mg/dl and increase in HDL-C was 1.06 mg/dl with P-value >0.05, which proves non-significant change in results. These results match with Akhondian *et al.*, [13], who did prove that *Nigella sativa* is very effective hypolipidemic drug. He tested the drug on 120 hyperlipidemic and diabetic patients by using *Nigella sativa* for one month. Their results were highly significant when compared with placebo-controlled group. Our results also match with results of Gillani AH *et al.*, [14], who proved LDL-Cholesterol reduction from 201.61±3.11 mg/dl to 187.16±2.10 mg/dl in forty hyperlipidemic patients. Their HDL-C increase was 3.98 mg/dl which also matches with our results. Results of our study are in contrast with results of research work conducted by AH BH and Blunden G [15]. They explained that some active ingredients of *Nigella sativa* are hypolipidemic but their hypolipidemic effects are very narrow spectrum. Their results showed only 2.11 mg/dl change in LDL-C and 0.92 mg/dl increase in HDL-C of 38 rats. Difference in results may be genetic variants of human and rats. Brown BG *et al.*, [16], also described phenomenon of genetic variation in pharmacological effects of *Nigella sativa*. Burits M & Bucar F [17], have also mentioned wide variety effects of *Nigella sativa* with different genetic make ups. Our results also match with results of research work of Dehkordi FR & Kamkhah AF [18], and El-Dakhkhany M [19]. Same mechanism of action of drug *Nigella sativa* is described by El-Din K *et al.*, [20]. In our research Niacin reduced LDL-Cholesterol from 212.65±1.19 mg/dl to 185.61±1.65 mg/dl in six weeks. This reduction in LDL-C was 27.04 mg/dl, which is highly significant change, when analyzed statistically. These results match with results of research work conducted by Afilalo J *et al.*, [21], who proved almost same change in LDL-C in 32 hyperlipidemic patients who were cases of secondary hyperlipidemia and used Niacin 2 grams daily for two months. Their LDL-C reduction was 25.55 mg/dl. Their HDL-C increase was 6.65 mg/dl in 2 months. In our results HDL-C increase was 3.81 mg/dl in six weeks use of Niacin. Our results also match with results of research conducted by Whitney EJ *et al.*, [22], who proved 27.77 mg/dl reduction in LDL-C in 19 hyperlipidemic patients. Ginsberg HN *et al.*, [23], also support our results, as they proved 4.00 mg/dl increase in HDL-C when two grams of Niacin was used in 34 hyperlipidemic patients for six weeks. Our results do not match with results of research conducted by Boden WE *et al.*, [24], who proved that 2.5 grams Niacin decreased 10.99 mg/dl LDL-Cholesterol. HDL-C increase was only 1.11 mg/dl. These differences may be considered due to lack of physical exercise and no restriction of use of lipids in their diet. Taylor AJ *et al.*, [25], used Niacin 1.5 grams in 29 hyperlipidemic patients for 3 weeks. Patients reduced their LDL-C from 189.88 ±1.11 mg/dl to 187.87±0.99 mg/dl. Difference in their results and our results is due to less sample size, lesser duration of exposure of patients to drug and small

amount of drug given in their patients. Baigent C *et al.*, [26], explained that Niacin inhibits the peripheral mobilization of free fatty acids, which decreases the substrate available for hepatic synthesis of triglycerides and very low-density lipoprotein (VLDL) particles.

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