

Assessment of lipid lowering effect of *Shilajit* in adult male rats

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The effect of *Shilajit* was investigated for lipid lowering activity and its effect on weight gain in Wistar Albino rats. *Shilajit*, semi-hard brownish black resin formed through long-term humidification of several plant types, mainly bryophytes, can be obtained from steep rocks of the Himalayas at altitudes between 1000 to 5000 meters. Hyperlipidemia was produced by feeding the rats with the cholesterol-rich high-fat diet (HFD) for 2 months. This diet contained Deoxycholic acid, cholesterol and warm coconut oil in powdered rat chow diet. At the end of study, *Shilajit* treated rats showed significant decrease in serum LDL, triglyceride and total cholesterol level as well as increase in serum HDL level, in comparison to rats fed on high fat diet with no treatment. Also during study period, increase in weight in *Shilajit* treated group was significantly less compared to control as well as high fat diet with no treatment. Thus, *Shilajit* has significantly controlled development of hyperlipidemia and weight gain in high fat diet fed rats in the present study.

Biography

Ashok Shenoy has acquired his degree on MD, Pharmacology from Kasturba Medical College, Manipal, in the year 1999 and is qualified with MBBS from Kasturba Medical College, Mangalore, Manipal in the year 1995. Currently he is a Professor at Kasturba Medical College, Mangalore. His current academic role & responsibilities are teaching undergraduate and postgraduate students. He also guides postgraduate students for theses and research work.

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