

**4<sup>th</sup> World Congress on**  
**MEDICINAL PLANTS & NATURAL PRODUCTS RESEARCH AND**  
**12<sup>th</sup> GLOBAL ETHNOMEDICINE & ETHNOPHARMACOLOGY CONFERENCE**  
**August 08-09, 2018 Osaka, Japan**

### **The safety of triphala extract in healthy volunteers**

**Pratya Phetkate and Kusuma Sriyakul**  
Thammasat University, Thailand

**H**yperlipidemia is the condition of increasing LDL-cholesterol, Total-cholesterol and triglyceride and also decreasing HDL-cholesterol. All of them are the major factors leading to atherosclerosis and develop to be cardiovascular disease which is the big problem throughout the world. Triphala is the well-known herbal medicine in Thailand, originating from India. It composes of 3 medicinal fruits i.e. *Teminaria chebula* Retz., *Termanalia bellirica* Roxb. and *Embllica officinalis* L. The previous studies showed various activities of Triphala, including the antihyperlipidemic activity. But there is a few evidence bases of Triphala extract in clinical study. We had done acute and subacute toxicity studies in the animals. It was found that it was safe, so we carried on clinical trial phase I on healthy volunteers for the safety in human before going to carry on phase II and III studies. This study recruited 20 healthy volunteers (10 males and 10 females). All volunteers received Triphala extract 5 capsules (500 mg./capsule) at bed time for 4 weeks. History taking, physical examination and also laboratory examination were assessed before, during and after taking medicine. The result showed that there was no side effect of Triphala extract in healthy volunteers. But we found the significant increasing of HDL-cholesterol in day 35 and also decreasing of fasting blood sugar in day 14 and day 35. Therefore, it might be concluded that Triphala has no toxicity in healthy volunteers. It might be able to increasing HDL-cholesterol and reducing blood sugar level. So the next study would be to prove these conclusions on the patients with low HDL-cholesterol and hyperglycemia.

### **Biography**

Pratya Phetkate completed the bachelor and master degrees in Applied Thai traditional Medicine, Thammasat university. At present, he is studying the PhD of Integrative Medicine at Chulabhorn International College of Medicine, Thammasat university, Thailand. His interested field is clinical research. And he has published several papers about herbal medicine in Thai traditional formula.

pratya@tu.ac.th

### **Notes:**