

## Introduction<sup>1</sup>

Hyperlipidemia is a condition where there are high levels of fats, like cholesterol, in the blood. It's very common, especially in Western countries, and can lead to health problems like heart disease.

## Know your Number

### Cholesterol Levels<sup>2</sup>

#### HEART-HEALTHY

Total Cholesterol  
**Under 200**

LDL Cholesterol  
**Under 100**

HDL Cholesterol  
**60 and higher**

#### AT-RISK

Total Cholesterol  
**200 - 239**

LDL Cholesterol  
**100 - 159**

HDL Cholesterol  
**40-59 (male)**  
**50-59 (female)**

#### DANGEROUS

Total Cholesterol  
**240 and higher**

LDL Cholesterol  
**160 and higher**

HDL Cholesterol  
**<40 (male)**  
**<50 (female)**

## Know the good and bad cholesterol

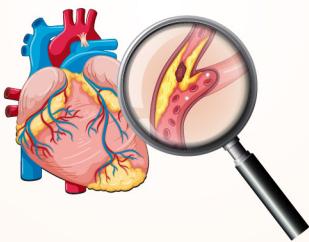
There are two types of cholesterol:



HDL (the "good" cholesterol) and LDL (the "bad" cholesterol).



**HDL** helps remove cholesterol from your bloodstream by taking it to your liver, preventing it from clogging your arteries.



**LDL**, however, can build up in your arteries, leading to blockages that increase the risk of heart attacks and strokes.

## Good vs bad fats

Fat is a crucial source of energy, aiding in vitamin absorption, blood clotting, and muscle function, while also helping combat inflammation.<sup>3</sup>

### Good Fats



Olive oil



Avocado



Nuts



Salmon



Coconut

### Bad Fats



Corn oil



Shortening



Beef



Margarine



Soybean oil



## Do's<sup>4</sup>

- ✓ Take your medications as prescribed.
- ✓ Attend cardiac rehab.
- ✓ Get enough aerobic exercise.
- ✓ Aim for a healthy weight
- ✓ Eat mostly plant-based foods.
- ✓ Choose healthy fats over unhealthy fats



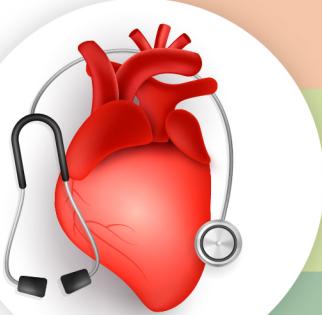
## Don'ts<sup>4</sup>

- ✗ Focus on meat as a protein source.
- ✗ Drink too much alcohol.
- ✗ Smoke.
- ✗ Stress out.
- ✗ Ignore your emotions.

## "The Cholesterol-Friendly Diet: Nourishing Choices for Heart Health"

### High Cholesterol Diet Chart

Diet modification is crucial for controlling cholesterol levels and promoting heart health.



#### Healthy fats:

Consume foods rich in omega-3 fatty acids, such as fish, walnuts, and flaxseeds..



#### Fiber:

Whole grains, legumes, fruits, and vegetables in your diet.



#### Reduce sugar:

Limiting sugar helps manage cholesterol and prevent abnormal calcification.



## Diet Plan:<sup>5</sup>

Meal	Item	Portion
Early Morning	Nuts and soaked methi seeds with warm water	1 handful of nuts + 1 tsp methi seeds
Breakfast	Idli/dosa (unpolished rice or millets/oats) with sambar and chutney	2 idlis/dosas + 1 cup sambar + chutney
Mid-morning Snack	Apple or guava	1 fruit
Lunch	Rice/millet/chapatis, fish curry, vegetable salad, green peas sabzi	1 katori rice + 1 fish curry + salad
Mid Afternoon	Buttermilk	1 glass
Evening Snack	Steamed sprouts	1 small bowl
Dinner	Vegetable soup or salad, sabzi, curd, roti	1 katori sabzi + 1 roti + 1 bowl salad

## Food Items You Can Easily Consume<sup>6</sup>



Fenugreek seeds:



Nuts:



Oats:



Garlic:



Green tea:



Fruits:



Vegetable oils:



Soy:

This meal plan and dietary adjustments can aid in effectively lowering cholesterol while promoting overall heart health.

## Exercise that helps dealing with Hyperlipidemia

### Yoga for High Lipid Levels

Sarvangasana



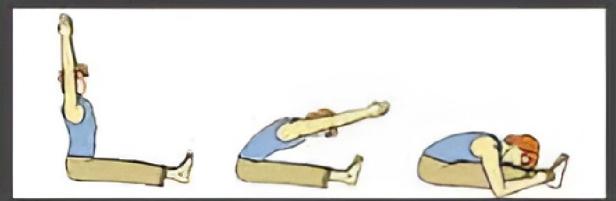
Vajrasana



Ardha Matsyendrasana



Paschimottanasana



Shalabhasana



Kapalbhati

Anuloma Viloma  
Pranayama



Savasana



### How Does Yoga Lower Cholesterol?

Physical activity raises HDL levels and decreases the concentration of very low-density lipoprotein cholesterol and triglycerides.

Targets the elevated lipid levels in patients with diabetes through integrated approaches.

Yoga has been reported to lower levels of sympathetic hormones and reduce cortisol.

Improved stress management and lower cortisol levels may explain better lipid profiles in patients practicing yoga.

## Poses of Yoga for Cholesterol Levels and Get Healthy

**Paschimottanasana (Seated Forward Bend):**  
Sitting flat on the floor and touching your toes while keeping your legs straight helps stretch the back muscles and stimulate the abdominal organs.



**Ardha Matsyendrasana (Half Spinal Twist):**  
This pose, which involves a seated twist with one leg over the other, stretches your spine and massages the internal organs.

**Bhujangasana (Cobra Pose):** By lying on your belly and using your arms to lift your upper body.



**Dhanurasana (Bow Pose):** This pose, resembling a bow, involves lifting your chest and legs from a prone position while holding onto your ankles.

**Trikonasana (Triangle Pose):** Reaching down for the ground and up towards the sky in a broad standing position.





**Ustrasana (Camel Pose):** Camel pose, also called Ustrasana is for those who are trying to bring down their cholesterol levels naturally. This kneeling pose with an arched back and hands reaching for the heels stretches your front body.

**Vrikshasana (Tree Pose):** An effective yoga pose for those who are suffering from any kind of cholesterol-related health issues. You can perform this yoga posture by standing on one foot with the other's sole against your inner thigh and your hands before your chest.



#### References:

1. <https://www.ncbi.nlm.nih.gov/books/NBK559182/#:~:text=Hyperlipidemia%20is%20a%20term%20that,but%20also%20throughout%20the%20world.>
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