# Custom word templates

Inflammation plays a vital role in the development of atherosclerosis mainly by promoting plaque formation and thrombotic complications which are aggravated by high levels of LDL cholesterol, smoking, and high blood pressure2. Initially, hypercholesterolemia is treated with a combination of lifestyle changes such as specific dietary adjustments, physical activity (yoga), limited alcohol intake, and tobacco avoidance. Though the effect of dietary restrictions on lipid levels is low, with uncertain long-term clinical benefits, therefore, drug therapy is preferred, especially in severe hypercholesterolemia.