

Integrative Management of Dyslipidemia: A Case Report on Holistic Therapeutic Approaches with Traditional Acupuncture Treatment

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Abstract

Dyslipidemia, a key cardiovascular risk factor, is highly prevalent in South Asia, including 40.5% in Bangladesh. While statins are a traditional treatment, integrative management combining pharmacotherapy, lifestyle changes, nutrition, and complementary therapies (acupuncture) offers personalized care and improves outcomes, as emerging evidence supports. A 36-year-old male with dyslipidemia (elevated triglycerides, cholesterol, and low HDL) received integrative treatment combining acupuncture, lifestyle changes, and traditional Chinese methods. After 14 days, significant improvements were noted, particularly in triglycerides (542 mg/dL to 148.4 mg/dL), highlighting the effectiveness of a holistic approach in managing dyslipidemia. The case study supports holistic treatments' potential benefits for managing dyslipidemia and promoting personalized care.

Keywords: Dyslipidemia, Triglycerides, Acupuncture, Holistic Therapy, Lifestyle Modification, Ozone Therapy, Integrative Medicine.

1. INTRODUCTION

Dyslipidemia, characterized by abnormal levels of lipids in the blood, is a significant risk factor for cardiovascular diseases [1,2]. Over the past three decades, the prevalence of dyslipidemia has risen worldwide [3]. In South Asia, the prevalence of dyslipidemia is notably high, with figures reaching 96% in Pakistan and 76.4% in India [4,5]. A study from Bangladesh reported a 40.5% prevalence of dyslipidemia [6]. The traditional approach to managing dyslipidemia primarily involves pharmacotherapy, particularly the use of statins [7]. While effective, this approach does not address the broader aspects of lifestyle and dietary habits contributing to lipid imbalances. Consequently, there is growing interest in integrative management strategies that ozone therapy, detox, acupuncture with Suoxi healthy lifestyle modifications and nutritional interventions.

Furthermore, integrative management emphasizes the importance of personalized care, tailoring interventions to the individual's genetic, metabolic, and lifestyle factors. This personalized approach can improve adherence to treatment plans and enhance outcomes. Emerging evidence also supports the role of complementary therapies such as acupuncture, yoga, and mindfulness in managing stress and promoting cardiovascular health, which indirectly benefits lipid profiles [8,9]. This case report highlights the effective management of dyslipidemia through a multidisciplinary approach, incorporating alternative therapies and lifestyle modifications, significantly improving lipid profiles and overall health outcomes.

2. CASE PRESENTATION

A 36-year-old male service holder presented with dyslipidemia characterized by significantly elevated triglyceride levels and moderately

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increased total cholesterol. The patient's initial lipid profile revealed the following values: total cholesterol at 263 mg/dL, triglycerides at 542 mg/dL, HDL at 31 mg/dL, and LDL at 124 mg/dL.

Baseline biochemical reports showed normal liver function tests and glucose levels, with a slightly elevated uric acid level.

An integrative treatment approach was implemented, combining acupuncture, lifestyle modifications, and traditional Chinese methods, including ozone therapy and ionic foot detox. The therapeutic regimen aimed to reduce lipid levels, particularly triglycerides, and improve overall metabolic health.

After 14 days of treatment, significant improvements were observed in the patient's lipid profile. Total cholesterol increased marginally to 267.2 mg/dL, while triglycerides dramatically decreased to 148.4 mg/dL, indicating a substantial reduction. HDL levels improved to 35 mg/dL, and LDL levels increased to 202.5 mg/dL. These results suggest a positive response to the integrative treatment plan, particularly in reducing triglycerides, which showed a notable decline from 542 mg/dL to 148.4 mg/dL. This case highlights the potential benefits of a holistic approach to managing dyslipidemia, combining conventional and alternative therapies to improve lipid profiles significantly.

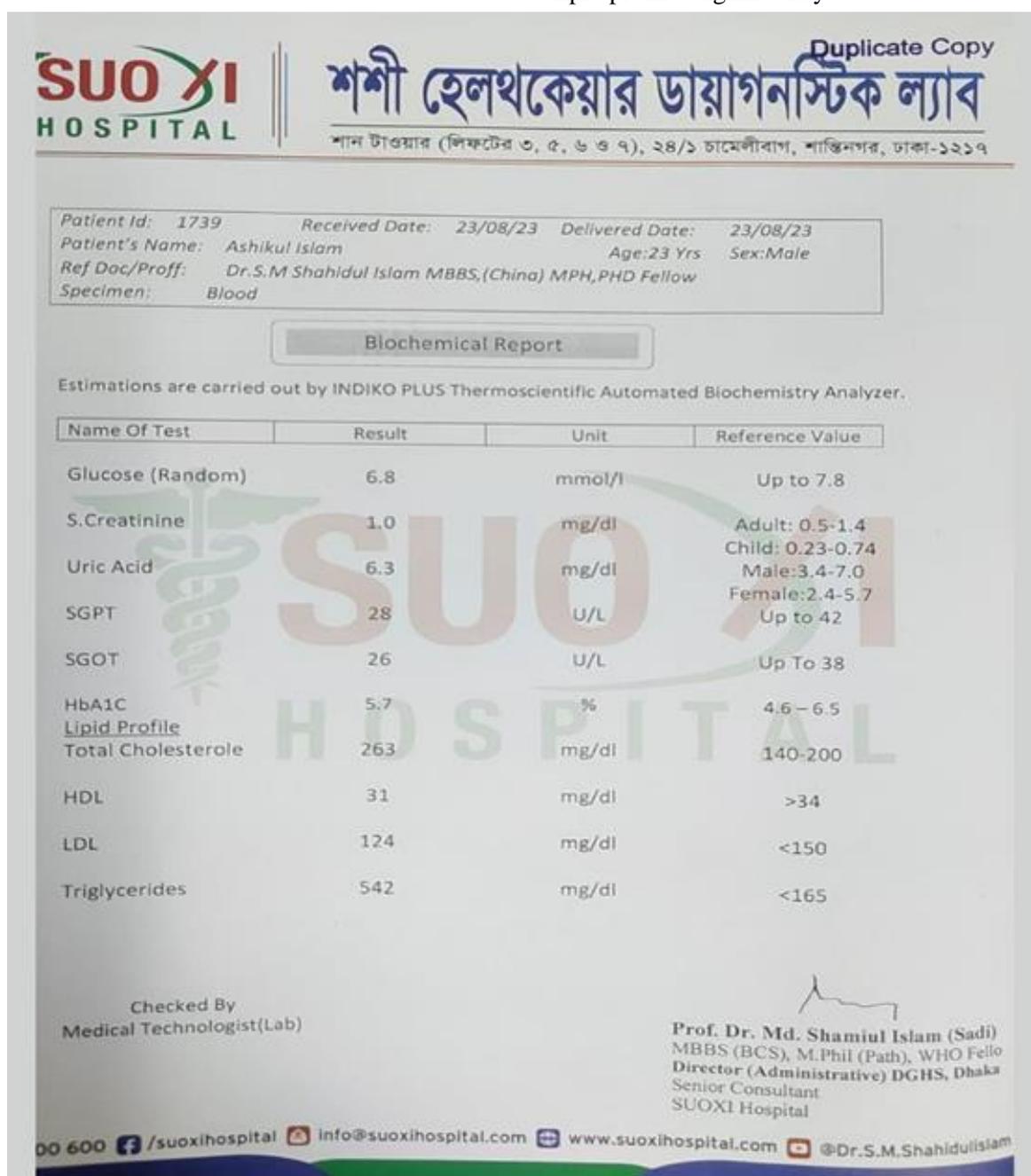


Figure 1. Diagnosis before Treatment

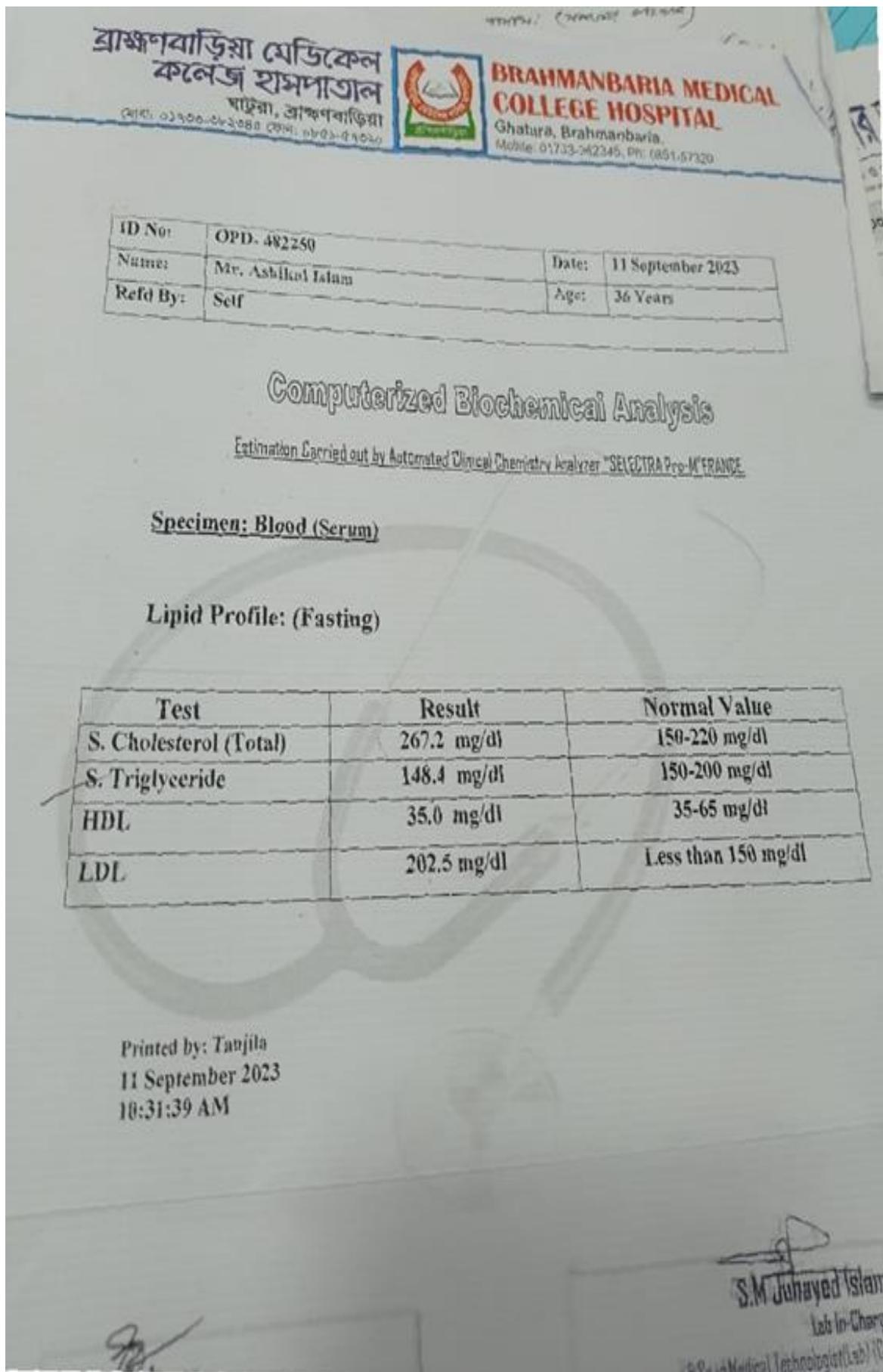


Figure 2. Diagnosis before Treatment



SUOXI Hospital

Address : SUOXI Hospital (Acupuncture), 24/1 Shaan Tower, Chamelibag, Shantinagar, Dhaka 1217

Daily Food List

Patient Name : Ashikul Islam..... Age : 23..... Sex : Male.....
 Address: Brahmanbaria.....
 Occupation : Job Holder..... Contact No. :
 Weight : 58 kg..... Height : 156.21 cm..... BMI : 23.8.....
 Drug History :

C-Morbidities: IBS/CKD/Insomnia/Over weight/DM/HTN

Breakfast: (8.00 - 8.30 am)

- Almond : 12 pc
- Egg (Vitamin D enriched) : 1 pc (Boiled)
- Vegetables : 2 cup
- Moringa tea (without sugar) : 1 cup

Mid Morning: (10.30 - 11.00 am)

- Fruit : 1 (Pears/Green apple/amla/raw papaya)

Lunch: (1.30 - 2.00 pm)

- steamed whole Bengal gram : 1 cup
- Fish or chicken : 2 pc
- Vegetables : 2 cup
- Salad : 0.5 cup

Snacks: (4.30 - 5.30 pm)

- Moringa tea (without sugar) : 1 cup
- Egg (enriched in Vit. D) : 1 pc
- Fruit salad + yogurt : 1 cup

Dinner: (8.00 - 8.30 pm)

- steamed whole Bengal gram : 1 cup
- Fish or chicken : 2 pc
- Vegetables : 2 cup

After Waking up from sleep

Luke warm water: 2-4 glass

Raw garlic 2 cloves

Sun busking : (10-15 minutes)

Detox Water: 1 glass lemon water + mint leaves

Restricted

Bakery products, oily foods, red meat, fried food, puffed rice, dessert, potato, sugar, simple sugar and all kind of sweet foods, beverage, fast food, processed food

Cooking oil : 5 tea spoon mustard oil
(1 tea spoon = 5 ml)

Leek vegetables : 10 to 15 raw leaf with salad everyday

Signature and Seal of Dietitian

Umme Rayehana Ava

Figure 3. *Diagnosis before Treatment*

3. DISCUSSION

The prevalence of dyslipidemia has been steadily rising over the past several decades and has become a significant global public health concern. It varies widely depending on ethnicity, socioeconomic status, culture, lifestyle, and dietary habits [10]. This case study presents a middle-aged male who works as a service holder. His total cholesterol and triglyceride levels were elevated beyond reference values of 263 mg/dL and 542 mg/dL, while his HDL and LDL levels were below the reference values were 31 mg/dL and 124 mg/dL, respectively. After 14 days of treatment, significant improvements were observed: total cholesterol, HDL, and LDL levels increased to 267.2 mg/dL, 35 mg/dL, and 202.5 mg/dL respectively, while triglycerides dramatically decreased to 148.4 mg/dL. Studies by Islam et al. (2012) and Zaman et al. (2006) highlight similar findings, with Islam et al. (2012) reporting that 17% of their study population had high total cholesterol levels exceeding 240 mg/dl, and Zaman et al. (2006) corroborating these results [11,12].

Islam et al. (2012) also identified high triglyceride levels in 17.8% of their population, with 8.8% showing low HDL-C levels [11]. Their research also established a significant relationship between dyslipidemia and dietary habits [11]. Our findings suggest the effectiveness of an integrative treatment approach that incorporates acupuncture, lifestyle modifications, and traditional Chinese methods such as ozone therapy and ionic foot detox to achieve better outcomes, particularly in reducing lipid levels, especially triglycerides and enhancing overall metabolic health.

Limitations of the Study: This case report is limited by its single-subject design, short duration of follow-up, and lack of a control group. These limitations restrict the generalizability of the findings and the ability to attribute improvements solely to the integrative management approach.

4. CONCLUSION

The integrative management approach in this case report demonstrates a substantial improvement in lipid profiles, particularly in triglyceride reduction, through a combination of acupuncture, lifestyle modifications, and traditional Chinese therapies. The patient's triglycerides decreased from 542 mg/dL to 148.4 mg/dL, highlighting the efficacy of holistic

therapeutic strategies. These results support the growing interest in integrative treatments that address pharmacological needs and lifestyle and dietary factors. This case underscores the potential benefits of a multidisciplinary approach in managing dyslipidemia, paving the way for personalized and comprehensive patient care.

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