

Functional-drink rich in antioxidant cardamom-rhizome (*Amomum cardamomum* willd) suppresses inflammation and improves lipid profile

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Abstract	<p>The aim of this research was to know the effect of functional drink rich in antioxidant cardamom rhizome (Fd-Carrhi) on level of IL-6, C-RP, and lipid profile of atherosclerotic. A total of 30 women with atherosclerosis, age 40-65 years old, hypertension, hypercholesterolemia, hypertriglyceridemia, lived in Purwokerto, Banyumas, Central Java, Indonesia, and were willing to sign informed consent, recruited as research subjects. They consumed simvastatin from doctors, divided by 3 groups of 10 people each. Group I, given Fd-Carrhi; II, placebo; and III, only simvastatin, for 2 months. As many as 100 ml of FdCarrhi or placebo were given every morning. Blood samples were taken 3 times, 1 ml, at baseline, 1 and 2 months after intervention. Blood plasma was determined levels of IL-6, CRP, as well as total cholesterol (total-c), triglycerides (TG), LDL-c, and HDL-c. Result showed Fd-Carrhi versus placebo significantly decreased plasma level of IL-6, C-RP, total-c, and LDL-c, and otherwise increased HDL-c, but no differences were seen in TG. The findings clearly support Fd-Carrhi inhibit the development of atherosclerosis towards cardiovascular heart diseases (CHD) by suppressing IL-6 and CRP levels, and improving lipid profile.</p>
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