

The Effectiveness of Herbal Capsules Ethanol Extract of Celery (*Apium graveolens* L.) and Bulb of Garlic (*Allium sativum* L.) in Lowering Total Cholesterol Levels in Patients with Hypercholesterolemia

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Abstract : Hypercholesterolemia is one of the major risk factors that can trigger the development of cardiovascular disease, especially coronary heart disease. One of the traditional drugs used for hypercholesterolemia is a combination of herbs celery (*Apium graveolens*) and garlic (*Allium sativum*). This study aimed to investigate the effects of the extract on lipid profile in hypercholesterolemic subjects. Subjects consisted of patients with traditional medicine clinic in Jakarta. Each subject received treatment capsules containing herbal extract and placebo capsules. On the 44 subjects, the lipid profile was examined blood levels of total cholesterol, HDL, LDL, and triglycerides. Paired two-tailed t-test was used for the difference between lipid profile of the therapy group and the placebo group. The changes in the lipid profile between the treatment groups and the placebo group for total cholesterol, HDL, LDL, and triglycerides was $14,82 \pm 6,946$; $1,45 \pm 2,945$; $6,98 \pm 8,105$; $2,48 \pm 6,504$ mg/dL. The herbal extract decrease blood cholesterol and LDL levels significantly ($P < 0.05$).

Keywords : *Allium sativum*, *Apium graveolens*, hypercholesterolemia, cholesterol, HDL, LDL

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