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Impact of an Indo-Mediterranean Diet (IMD) Therapy on Blood Lipid Profile of the Human Subjects Suffering from Myocardial Infarction (MI)

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ABSTRACT

An Indian version of Mediterranean diet was formulated and its therapy with regular diet counseling was imparted to the adult human volunteers suffering from myocardial infarction. The study was preceded with the selection of 90 adults with MI (Myocardial Infarction) of 30-60 years of age on self consent basis. An information schedule was formed for data collection. Impact of experimental work on the study variables was collected on 1st, 90th and 180th day from the commencement of study. Required statistical analysis was done to make inferences. Obtained results showed that The Indo Mediterranean Diet Therapy (IMDT) caused significant changes in Lipid profile of adults having Myocardial infarction in comparison to Cardiac Diet Therapy (CDT). A positive shift in Total Lipid, HDL, VLDL, and Cholesterol levels have been obtained in IMDT group in comparison to CDT group. So, the results indicated beneficial effect of Indo-Mediterranean diet in the prognosis of Myocardial Infarction.

Key words : Indo-mediterranean diet, Blood lipid profile, Myocardial infarction, MUFA

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Cardiovascular disease (CVD), strokes and other circulatory diseases are the major killer diseases in human beings. CVD accounts for about 950,000 deaths annually (about 41 per cent of total mortality form all causes). In 1998, India recorded 1.8 million heart attacks; a 50-per cent increase from 1991 and without widespread dietary improvements, India's heart disease death toll will double by 2015 (Esselstyn *et al.*, 2001)

Increase in consumption of fruits, vegetables and legumes, grains, nuts and n-3 fatty acids might be associated with a decreased risk of CAD and death attributable to coronary disease. Results from randomized controlled intervention trails suggest that fat treatment with n-3 fatty acids and antioxidant rich foods such as fish, fruits, vegetables, legumes and nuts can reduce cardiac events and related mortality in patients with CAD. Lipid profile is a mirror of CVDs risk, so in this study the lipid profile of adults was studied to find out the associated life style, dietary and health factors with normal/ abnormal lipid profile status.

MATERIALS AND METHODS

The study was preceded with the selection of the patients suffering from myocardial infarction by purposive sampling method. The subjects who admitted in the hospital after acute mayocardial infarction were selected for this study from Charak Hospital and the Research Centre, Indore. The experimental work was started after the first week of the AMI episode as and when suggested by the cardiologist. All the experimental work were carried out throughout with the close coordination of the cardiologists. In all, 90 adults with myocardial infarction (MI)) of 30-60 year age were selected for the study. These subjects were further divided into three groups each of 30 on self-consent basis as Experimental IMDT group: kept on Indo-Mediterranean diet therapy with cardiac diet therapy (CDT), Experimental CDT group: kept on cardiac diet therapy and counseling and Experimental control group: Did not receive regular diet therapy and counseling. An information schedule was prepared for data collection. The informations regarding following aspects were collected:

– The cardiac diet counseling and Indo-Mediterranean diet therapy were done through standard methods by one to one approach method. Every subject was asked to visit once in each fortnight for guidance and counseling up to 90th day. Impacts of experimental work on some of the above respective dependable variables were collected on 1st, 90th and 180th day from the commencement of study.

Indo–Mediterranean Diet was based on low calories, moderate protein, moderate fat