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## Acupuncture and phytotherapy in the treatment of LDL cholesterol in Brazil

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**Statement of the Problem:** Dyslipidemia is a clinical condition characterized by abnormal concentrations of lipids in the blood. In Brazil, cholesterol reaches about 18.4 million people and with the great growth, many seek alternative resources to improve this public health problem. Acupuncture, which originated in China for more than 5000 years, is based on the stimulation of points that provide various treatments. Phytotherapy, much older than acupuncture, is a worldwide practice of several ancient people, has its main proposal to obtain the benefits active principle of plants to treat various pathologies. This work aims at the treatment of patients with dyslipidemia, especially hypercholesterolemia, through stimuli with acupuncture points and the use of the herbal medicine turmeric (*Curcuma longa L.*), the root, popularly known as saffron, in the decrease and control of LDL.

**Methodology:** Treatment was performed in 60 patients, of both sexes in the Integrated School Esphera. All patients underwent total cholesterol testing prior to treatment. The research was conducted from July 2017 to January 2018. Thirty patients were treated with 12 weekly sessions of acupuncture and 30 were instructed to take 1 spoon of turmeric dissolved in 150 ml of warm water in the morning and received 12 weekly sessions of acupuncture.

**Results:** Patients who received only acupuncture treatment, 74% had post-treatment exams, LDL reduction, the other group who received acupuncture treatment associated with herbal medicine, 81% had LDL reduction after exams.

**Conclusion:** It was found that acupuncture benefits in the decrease of LDL and associated to the herbal medicine with turmeric, patients have obtained the reduction of the LDL in the body thus guaranteeing the improvement in the quality of life.

### Biography

Fernando Luquis, for more than 12 years, passionate about healthcare and always thinking about the quality of life of the human being, has developed, studied and applied until today several innovative and ancient techniques for health. He is an acupuncturist, International Phytotherapist, now a researcher in Phytochemistry, brings together knowledge of antiquity associated with modern science for the treatment of health in general. Director of Integrated School Esphera, creator and writer of several books and articles, does everything with a lot of love, ethics and respect for the human being.

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