

CLINICAL TRIAL ON EFFECT OF VAGINAL DOUCHE USING *TRIPHALA HPAN HSEI*: ON PATIENT WITH *SWETA PRADARA* (LEUCORRHOEA)

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ABSTRACT

Sweta pradara (Leucorrhoea) is one of the most common clinical problems faced by women all around the world from menarche to menopause. The study was to undertake for conceptual and scientific study of vaginal douche using *Triphala Hpan Hsei*. This study was to evaluate the effect of vaginal douche using *Triphala Hpan Hsei*: on *Sweta pradara* by hospital based clinical trial. Total 29 subjects after obtaining informed consent from 100 bedded Traditional Medicine Teaching Hospital (TMTH), Mandalay were selected according to signs and symptoms that were diagnosed as *Sweta pradara*. Laboratory examination (Pap smear, High vaginal swab, Endocervical swab) was carried out in patients with *Sweta pradara*. Observation of effects of treatment was made to compare before (day 0) and after (day 7) treatment. Statistical analysis on *paired t-test* was done by using SPSS software (version 21). It was evidenced in clinically, that mean effect on *Sweta pradara* was statistically significance ($P=0.000$). The effect of vaginal douche using *Triphala Hpan Hsei*: on odour relieved 39% ($p=0.000$), hot discharge 32% ($p=0.000$), colour 59% ($p=0.000$), pain in suprapubic area 50% ($p=0.000$), itching 48% ($p=0.000$), burning sensation 49% ($p=0.030$), excessive vaginal discharge 55% ($p=0.000$) and overall effect 47% after treatment. In comparison of High vaginal swab and Endocervical swab of day 0 and day 7 was analysis by *paired t-test* and it was not statistically significant. However, signs and symptoms of patients were improved by vaginal douching. The results of this study suggested that treatment procedure of vaginal douche was effective and better relief in signs and symptoms of *Sweta pradara*.

**EFFECT OF *MI-JA-CHET-HSEI*: FOR THE TREATMENT OF
MENOPAUSAL SYMPTOMS WITH SPECIAL REFERENCE TO
*RAJONIVRUTI***

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ABSTRACT

The present study deals with “Effect of *Mi-Ja-Chet-Hsei*: in patients with menopausal symptoms WSR to *Rajonivruti*” which is a major health problem in women with long term consequence. The 27 patients suffering from menopausal symptoms were selected from Out Patient Department of 100 bedded Traditional Medicine Teaching Hospital, Mandalay by Simple Random Sampling method and conducted by Quasi-experimental design. The treatment duration of this study for each patient was 30 days and registered patients of menopausal symptoms were prescribed for oral administration of *Mi-Ja-Chet-Hsei*: (4grams) once a day with water at 8:00 pm for 30 days. The effectiveness of *Mi-Ja-Chet-Hsei*: was measured hot flush, night sweating, insomnia, muscles/ joints pain, irritability (anxiety), dryness/ itchiness in vagina, feeling tiredness and palpitation by using assessment criteria on day 0, day 10, day 20 and day 30. Statistical analysis on Paired *t*-Test and General Linear Model Method was done by using SPSS statistics (version 21). In comparison of day 0 and day 30, the improvement of signs and symptoms were observed (*p* value = 0.000). Therefore, they were statistically highly significant due to $p < 0.05$. Out of 27 patients, the menopausal patients relieved hot flush (92.9%), night sweating (100%), insomnia (94.3%), muscles/ joints pain (81.8%), irritability (82.2%), dryness/ itchiness in vagina (90.55%), feeling tiredness (82.6%) and palpitation (100%) respectively. Based on the findings, it is suggested that *Mi-Ja-Chet-Hsei*: can be provided in the management of menopausal symptoms.

EFFECT OF MYANMAR TRADITIONAL THERAPY ON BELL'S PALSY

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ABSTRACT

The present study was aimed to find out the effect of Myanmar Traditional Therapy in Bell's palsy patients admitted to Physical Medicine Ward and OPD Ward, Traditional Medicine Teaching Hospital, Mandalay. The study design of this study was hospital based clinical trial carried out from September 2015 to August 2016. Medicines used in this study were prepared from Myanmar Traditional Medicine Factory, Mandalay. In the present study, 25 cases with Bell's palsy patients were studied for the effect of Myanmar Traditional Therapy. Myanmar Traditional Therapy used in Bell's palsy consisted of oral medication, external application with medicated oil, massotherapy, applying herbal paste to the affected side and exercises. The duration of treatment taken for this study was 30 days for each patient. The effectiveness of Myanmar Traditional Therapy was measured with assessments of the House-Brackmann grading system test on day 0, day 10, day 20 and day 30. Statistical analysis on simple paired t-test was done by using SPSS statistics (version 21). In the present study, the mean value for total grade of the House-Brackmann grading system test in day 0 was 4.80 and that of day 30 was 1.16 and p value was .000. The mean score of signs and symptoms of Bell's palsy was significantly decreased in this study. Therefore, there was statistically significant for the treatment of Bell's palsy by Myanmar Traditional Therapy. Myanmar Traditional Therapy used in this study was cost effective, easily available and less side effect. The results of this study suggested that Myanmar Traditional Therapy can be treated to get better outcomes in recovery of Bell's palsy. Therefore, the Bell's palsy can be prescribed by Myanmar Traditional Therapy used in this study.

EFFECT OF *GRIVA BASTI* IN THE MANAGEMENT OF *GRIVA SHOOLA* (NECK PAIN) DUE TO *SANDHIGATA VATA*

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ABSTRACT

The present study aims to undertake the conceptual and scientific study of neck pain due to *sandhigata vata* by providing *Griva basti*. Neck pain due to *sandhigata vata* is not only a common condition noticed by many individuals in their daily life but also common clinical problem in Traditional Medicine. The objective of this study is the effect of *Griva basti* in the management of neck pain due to *sandhigata vata*. The design of this study is hospital based quasi-experimental study. The study period was started from 1st September 2015 to 31st August 2016. Total 34 subjects after obtaining informed consent from IPD and OPD in 100 bedded Traditional Medicine Teaching Hospital (TMTH), Mandalay were selected according to signs and symptoms who were diagnosed as neck pain due to *sandhigata vata* and the X-ray of cervical region was carried out. These patients were prescribed for oral administration of TMF-33 in tablet form-(2g) 5 tablets (4g) two times per day with lukewarm water after meal for 17 days and were performed detailed procedure of *Griva basti* for five consecutive days, and rest on every 6th day. This schedule was repeated for three times. The assessment of signs and symptoms were done on day 0, day 5, day 11 and day 17, and was done with paired sample *t*-test by using SPSS software version 21. Effect of *Griva basti* relieved from pain 71.4% ($p<0.000$), radiation of pain 60.3% ($p<0.000$), tenderness 68.7% ($p<0.000$), headache 30% ($p<0.000$), flexion 63.9% ($p<0.000$), extension 65.2% ($p<0.000$), left bending 67% ($p<0.000$), right bending 66.4% ($p<0.000$), left rotation 63.5% ($p<0.000$) and right rotation 64.9% ($p<0.000$). The mean score of sign and symptom of neck pain was 29.86 at day 0, 17.31 at day 5, 13.13 at day 11 and 10.71 at day 17. Mean score difference between day 0 and day 17 was 19.15 and percentage improvement was 64.13%. Based on the results finding, it can be stated that there is serial improvement by providing *Griva basti*, in the management of neck pain due to *sandhigata vata*.

Keywords; *Griva basti*, neck pain, *sandhigata vata*

EFFECT OF ACUPUNCTURE TREATMENT ON THE KNEE JOINT PAIN DUE TO OSTEOARTHRITIS

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ABSTRACT

The present study was undertaken to determine the effect of Acupuncture treatment on the knee joint pain patients with osteoarthritis (OA) admitted to Traditional Medicine Teaching Hospital, Mandalay. This study was conducted from 1st September 2015 to 31st October 2016 by hospital based quasi-experimental clinical study design. A total of thirty five subjects after obtaining informed consent from IPD in 100 bedded TMTH, Mandalay were selected according to signs and symptoms diagnosed as knee joint pain due to OA. Radiological assessment (X-ray of knee joint) was carried out in patients of knee joint pain for diagnosis. The subjects were performed in detailed procedure of Acupuncture treatment. The procedure of Acupuncture treatment was assigned for three consecutive days and the subject took a rest on every 4th day. This schedule was repeated for three times. The assessment of signs and symptoms were done on day 0, day 3, day 7 and day 11. Data resulting on signs and symptoms of knee joint pain due to OA was analyzed with General Linear Model, Paired *t* test by using SPSS software version 21. It was observed that the effect of Acupuncture treatment improved 85.6% on pain, 85.1% on range of motion, 92% on tenderness, 78.3% on gait, 48.9% on crepitus and 96.9% on swelling of knee joint due to OA after the completion of the treatment. These results suggest that Acupuncture treatment is effective and better improvement in signs and symptoms of knee joint pain due to OA by $p = 0.000$. Therefore, this study was clinically proved that Acupuncture treatment can be used safely and effectively for patients with knee joint pain due to OA.

**“Anti-Hyperglycemic Effect Of Aqueous Leaf Extract Of
*VernoniaAmygdalina*Del. On Patients With Type 2 Diabetes Mellitus”**

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ABSTRACT

V. amygdalina Del. belonging to Asteraceae is a valuable medicinal plant for the treatment of diabetes mellitus which is a common and serious global health problem. This study was undertaken to determine the acute toxicity by OECD 425 guideline and the anti-hyperglycemic effect of aqueous leaf extract on 20 patients with type 2 diabetes mellitus by hospital based clinical trial during May 2015 to October 2016. The extract was made as powder by using freeze-dryer and freeze powder (24 %) yield. In sensory test, the powder gave brown color, bitter and slightly sweet taste and pungent odor. In phytochemical screening, alkaloids, flavonoids, glycosides, reducing sugar, tannins, amino acids, phenolic compounds and saponins were present in extract powder. The 4 capsules filled with extract powder were administered to each patient. In acute toxicity test, the LD₅₀ of extract powder was greater than 5000 mg/kg in rat. In the clinical study, the FBS, 2HPP, liver function tests, serum creatinine and lipid profiles were determined before and after intervention. The mean FBS levels were 267.18 ± 84.85 mg/dl before and, 221.13 ± 71.41 mg/dl and significantly decreased 17.2% ($p < 0.05$) at the end of study. The blood glucose levels in 2HPP were 407.98 ± 110.59 mg/dl before and, 343.71 ± 88.21 mg/dl and was significantly reduced 15.8 % ($p < 0.05$) after intervention. It was also observed that the total bilirubin, alkaline phosphate, serum creatinine were normal range after treatment. In lipid profiles, total cholesterol, triglycerides and low density lipoprotein were decreased after treatment in comparison with before but high density lipoprotein was increased. It was clinically proved that the aqueous extract of *V. amygdalina* Del. had the anti-hyperglycemic effect on patients with type 2 diabetes mellitus. Therefore, it could be provided that the aqueous leaf extract of this plant is potentially safe as well as effective natural herbal medicine for type 2 diabetes mellitus.

EFFECT OF MYANMAR MASSOTHERAPY ON PATIENTS WITH HYPERTENSION

San KoKo (2016)

ABSTRACT

The aim of this study is to investigate the effects of Myanmar massotherapy on patients with moderate hypertension using randomized controlled trial. There are some literatures that Myanmar massotherapy has been used in hypertension for many years. Myanmar massotherapist has practiced in the treatment of hypertension. The fourteen pressure points are used for moderate hypertension in this study. Sixty eligible patients (12 men and 48 women) aged 50 to 70 were randomly divided into two intervention groups (Test group: n=30; Control group: n=30) to participate in this intervention. The test group (30 patients) received Myanmar massotherapy for 30 minutes and the control groups (30 patients) also were relaxed at the same environment with receiving no massage. Their blood pressure (BP) and heart rate (HR) were measured at baseline, 0 minute, 30 minutes and 60 minutes after the intervention. Analyzing the data was done using paired t-test through SPSS software version 21. Mean score of the heart rate of both group were reduced significantly, (p=0.012, test group) and (p<0.01, control group). The mean SBP were reduced from 166.33±8.193 mmHg at base line to 158.00±12.429 mmHg at 0 minute, 151.83±13.162 mmHg at 30 minutes, 152.17±13.877 mmHg at 60 minutes in test group after the intervention (p<0.01). The mean DBP were reduced from 96.83±7.711 mmHg at base line to 95.00±7.768 mmHg at 0 minute, 91.33±7.420 mmHg at 30 minutes and 91.17±7.844 mmHg at 60 minutes in test group after the intervention. The control group did not show significance reduction in both SBP and DBP (p=0.686 in SBP and p=0.732 in DBP). Therefore, it can be considered that Myanmar massotherapy can be used in short-termed reduction of blood pressure in moderate hypertension. Therefore, it can be considered that Myanmar massotherapy has heterogenous properties of Abhandha Apo to get the effectiveness of Akasa (Opening of channels and micro-pores) based on the concepts of Myanmar Traditional Medicine.

VALUKA-SHWE-HSEI: AND ITS ACUTE AND SUB-ACUTE TOXICITY STUDY

IN ALBINO RATS

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ABSTRACT

Valuka-Shwe-Hsei: (VSH) is mainly used in the treatment of asthma, leucorrhoea, scabies, eczema, impotency, fistula in ano, dysentery and as *Rasayana* drug in *Vijjadharanaya*. This drug was made of equal amount of purified mercury, tin, sulphur and ammonium chloride prepared by *Valukayantra* method heating for 7 days. Elemental compositions were analyzed by WDXRF at Department of Geology, University of Mandalay. Acute and sub-acute toxicity studies were performed as per OECD test guidelines 425 and 407, respectively. In acute oral toxicity, animals were grouped into five with the delay at 550 mg/kg, 1750 mg/kg, 2000 mg/kg, 5000 mg/kg of drug and a control group. In sub-acute toxicity, five groups such as control, 15 mg/kg, 30 mg/kg, 60 mg/kg and delay group were assigned and performed for 28 days. In elemental analysis, SnO₂, Na₂O, Cl, SO₃, SiO₂, In₂O₃, Fe₂O₃ and P₂O₅ were detected in the drug. In the results of acute toxicity, there was no observed death or toxic signs and symptoms, no body weight changes and no abnormalities were observed on grossly and histopathological features. It was determined that the LD₅₀ of VSH was greater than 2000 mg/kg in fasted male rats. In the repeated dose study, it was found that the body weights were reduced in all groups. Grossly, most of the lungs and liver tissues area show necrosis. The results showed that fibrosis in lungs, dilated sinusoid and inflammatory infiltrate inside sinusoidal capillaries in liver and disorganization of tubules and glomeruli in section of kidney tissue. It was concluded that although VSH was experimentally non-toxic in acute toxicity test, it is likely to be toxic and adverse effects in experimental doses according to sub-acute toxicity results. Therefore, it is suggested that further confirmation of experimental study with other methods and other heating duration should be carried out.

Keywords: *Valuka-Shwe-Hsei*: (VSH), elemental analysis, acute and sub-acute toxicity

EFFECT OF KSHARA SUTRA THERAPY USING PAPAYA LATEX IN THE TREATMENT OF BHAGANDARA (FISTULA-IN-ANO)

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ABSTRACT

Bhagandara (Fistula-In-Ano) is one of the commonest and notorious diseases among all ano-rectal disorders. It is recurrent in nature and makes more and more difficult to treat and remains challenging and it also produces pain and discomfort that creates problem in day to day activities in routine life. Surgery is the treatment of option with the goals of draining infection, eradicating the fistulous tract and avoiding recurrent disease to preserve functions of anal sphincter. But, after surgery, it is often noticed that the function of anal sphincter is not preserved while Kshara sutra Therapy (KT) is the main stay of treatment of FIA in *Ayurveda* do preserved the anal sphincter. Therefore, KT has been proved as a revolution in the treatment of Fistula-In-Ano. The present study, KT using Papaya latex was been prepared the same method and preparation time with *Aparmaga Kshara Sutra*. The objective of this study was to evaluate the effect of KT using Papaya latex in the treatment of *Bhagandara* (Fistula-In-Ano). Total 26 patients were treated with KT using Papaya latex selected from Ulcer and Sore Therapy Ward, TMTH, Mandalay according to signs and symptoms that were diagnosed as FIA. Assessment of effects of treatment was made and compared week by week for five times in this study. Statistical analysis on Paired t' test was done by using SPSS statistics (version 21). It was evidenced in clinically, that mean effect on FIA was statistically significance ($P=0.000$). In this study, the cutting rate of the tract was measured with unit cutting time (12.76 day/cm), therefore, it can be predicted the hospitalization time of the patients. The effect of KT using Papaya latex: on pain relieved 52.46% ($p<0.000$), burning sensation 31.58% ($p<0.003$), itching sensation 36.59% ($p<0.000$) and discharge 53.95% ($p<0.000$) and cutting rate 80.5% ($p<0.000$) and overall effect of signs and symptoms 46.20% after treatment. The results of this study suggest that treatment procedure of KT using Papaya latex in the management of FIA is effective and better relief in signs and symptoms.

Keywords: *Bhagandara* (Fistula-In-Ano), Kshara sutra Therapy

EFFECT OF MODIFIED TRADITIONAL MEDICINE FORMULATION-25 ON PREMENSTRUAL SYNDROME

Aye Pa Pa Tun (2016)

ABSTRACT

Premenstrual syndrome (PMS) is a condition that manifests as emotional, physical and behavioral symptoms and affects women between their late 20's to early 40's. The condition is marked by the symptoms 5 to 10 days prior to beginning of the period and symptoms resolve once the period begins or within 4 to 7 days. PMS is a relatively common condition and almost 75% women suffer from this condition at some point in their lives. Sometimes moods swing, behavioral changes and physical symptoms may be severe enough to affect normal life. The objective of this research was to investigate the effect of modified TMF-25 on premenstrual syndrome. Powder form of *Foeniculum vulgare* was added to TMF-25 instead of decoction of *Foeniculum vulgare*. Preparation of decoction was troublesome for some patient. Therefore modified TMF-25 could be improved the patient compliance. The study was randomized clinical trial conducted at War Chat village, Sagaing region. Study period was 3 months for each patient, covering the period from September, 2015 to August, 2016. Premenstrual syndrome was measured at 0 menstrual cycle, 1st cycle and 2nd cycle. The mean of 1st cycle and 2nd cycle were compared with those of 0 menstrual cycle. The method of a community based Quasi-experimental study that was conducted among female subjects of War Chat village, Sagaing region. A pre-tested structured and semi-structured face to face interview questionnaire was used. Data was collected from September to November, 2015 after obtaining verbal consent from the respondent. Data entry was performed by using SPSS version 21 and analysis using Pair Sample T-test. In this study, a total of 40 patients with premenstrual syndrome were studied. In this trial, the life percent of sadness (46%), irritability (41.4%), aggression (44.1%), breast tenderness (52%), fatigue (34.5%), headache (38.5%), aching muscle and joint (56%) and insomnia (35.6%). Thus, premenstrual syndrome was significantly improved by the treatment of modified TMF 25. The most percent relief of PMS was aching muscle and joint. And then significant results were found in insomnia, aggression, irritability and sadness. There were no side effects observed in any of the cases during study period. It could be concluded that modified TMF-25 is effective in the management of premenstrual syndrome.

Keywords: Modified Traditional Medicine formulation-25, Premenstrual Syndrome, *Foeniculum vulgare*.

ANTIPYRETIC EFFECT OF TRADITIONAL MEDICINE FORMULATION-16 (APU-NJEIN-THWEI:-HSEI:) WITH DECOCTION OF BETEL LEAF IN CHILDREN WITH FEBRILE ILLNESS

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ABSTRACT

The present study was aimed to find out antipyretic effect of Traditional Medicine formulation-16 (Apu-Njein-Thwei:-Hsei:) with decoction of betel leaf in children with febrile illness who were attended to Out Patient Department and In Patient Department, Traditional Medicine Teaching Hospital, Mandalay. Study design of this study was hospital-based quasi experimental study carried out from 1st September 2015 to 31st August 2016. In the present study, 30 paediatric patients with fever were studied. The parameters were measured and recorded. The record of the result was taken in every one hour. Mean value of body temperature before administration was 101.50 °F. The mean values of temperature in 1, 2 and 3 hours after administration were 101.00 °F, 100.27 °F and 99.78 °F. The p value was < 0.001. It can be concluded that TMF-16 with decoction of betel leaf significantly decreased body temperature in children with febrile illness. Therefore, TMF-16 with decoction of betel leaf should be used for the treatment of fever in children according to this study because it was safe, effective and easily available in community with low cost.

Keywords: Traditional Medicine formulation-16, Decoction of betel leaf, children with febrile illness

Lipid lowering effect of TRADITIONAL MEDICINE FORMULATION-28

(thet-Yin-kalat-hsei) in Healthy human volunteers

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ABSTRACT

Hyperlipidaemia mirrors the onset of abnormality of lipid metabolism secondary to the manifestation and progression of the atherosclerosis disease. There are many kinds of medicines and treatments to protect or reduce Hyperlipidaemia. This study was aimed to find out the lipid lowering effect of TMF-28 in healthy human volunteers. According to the selection criteria, 30 volunteers were selected from AungMyaeThar San Township, Mandalay. The blood sample 3 ml of 10 hours fasting was taken from all volunteers to determine the serum total lipid level by using the ABX Pentra 400 Fully Automated Analyser on Day 0 (before administration of TMF-28), 4 weeks and 8 weeks after daily administration of TMF-28. In all volunteers, the serum total cholesterol level (Mean \pm SD) was 198.13 \pm 27.68 mg/dL at Day 0 and mean serum cholesterol levels after intervention on 4 weeks and 8 weeks were 196.00 \pm 38.40 mg/dL and 177.80 \pm 19.54 mg/dL respectively. The serum cholesterol level was reduced by 20.33 (mean difference) compared to baseline concentration Day 0 ($p < 0.000$). The triglycerides level (Mean \pm SD) was 200.10 \pm 88.38 mg/dL at Day 0 and mean TG levels after intervention on 4 weeks and 8 weeks were 172.27 \pm 66.00 mg/dL and 162.33 \pm 55.64 mg/dL respectively. The triglycerides level was reduced by 37.77 (mean difference) compared to base line concentration Day 0 ($p < 0.004$). The HDL level (Mean \pm SD) was 41.53 \pm 6.24 mg/dL at Day 0 and HDL levels after intervention on 4 weeks and 8 weeks were 42.73 \pm 9.10 mg/dL and 37.30 \pm 6.70 mg/dL respectively. The HDL level was reduced by 4.23 (mean difference) compared to base line concentration Day 0 ($p < 0.001$). The LDL level (Mean \pm SD) was 116.63 \pm 28.86 mg/dl at Day 0 and LDL level after administration 4 weeks and 8 weeks were 116.30 \pm 30.28 mg/dl and 104.80 \pm 19.32 mg/dL respectively. The LDL level was reduced by 11.83 mg/dL (mean difference) compared to base line concentration Day 0 ($p < 0.003$). Regarding the traditional concepts, TMF-28 have the *ushna* (warm energy) and *laghu* (light) and *tekshna* (sharp) properties which could lowered and balanced the serum lipid level in Myanmar Traditional Medicine. This scientific results were similar with the traditional concept. Therefore, the present study indicated that TMF-28 can be used as the lipid lowering agent in Myanmar Traditional Medicine.

Key words: lipid lowering effect, Traditional Medicine Formulation-28, Healthy Human Volunteers

