

ABSTRACT

In the present investigation the effects of medicinal herbs viz., Amla (*Emblica officinalis*) and Haritaki (*Terminalia chebula*) on normally fed and cholesterol fed rabbits have been studied. The Amla and Haritaki were administered daily @250mg/kg body weight. The dried fruits of Amla and Haritaki were powdered in the lab. The powders were suspended in water and the solutions were thoroughly shaken before use. The dissolved powder were administered orally to the rabbits by using 5ml syringes.

The blood samples of control as well as experimental rabbits were drawn from the veins at the back of the ear pinnae. The sera were prepared and serum cholesterol, serum LDL, serum HDL and serum glucose were determined by using kits and spectrophotometer.

Cholesterol feeding to the rabbits led to an increase in serum Cholesterol, serum LDL level and serum glucose level and a significant decrease in serum HDL level as compared to the normally fed rabbits.

In Emblica treated rabbits, the serum cholesterol, serum LDL and serum Glucose levels were decreased significantly in both normally fed and cholesterol fed rabbits, while serum HDL level was significantly increased in both groups.

By the Terminalia treatment, the serum cholesterol, serum LDL and serum glucose levels were decreased significantly in both normally fed and cholesterol fed groups, whereas a significant increase in serum HDL level was observed.

Terminalia treatment to the normally fed and cholesterol fed rabbits decreased the serum cholesterol, serum LDL and serum glucose levels more significantly as compared to the rabbits treated with Emblica, Terminalia treatment increased the serum HDL level in both normally fed and cholesterol fed rabbits more significantly as compared to Emblica treatment.

Emblica treatment led to a greater decrease in blood sugar of rabbits as compared to Terminalia treatment.