

## The Effect of Cholesterol Medication, Yoga and Simultaneous Usage of Cholesterol Medication and Practicing Yoga on Lowering Elevated Cholesterol Levels in Women Ages 40-60

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### Abstract

**Research Hypothesis:** A combination of cholesterol medication as well as regular yoga practice is more effective on lowering elevated cholesterol levels than usage of medication and yoga practice independent of each other in women ages 40-60.

The objective of the research is to determine if cholesterol medication, yoga, or a combination of the two yielded more results in lowering high cholesterol levels in women ages 40-60. With levels of cholesterol reaching higher and higher in the 20th century due to changes in lifestyle, increase in traveling of people within the age range, among others, the research will serve as informative as to the effects of overall change in lifestyle, including the recent 'trends' within the western world with exploring the benefits of yoga, on cholesterol levels. Today, research has proven that women and men in this age range have had an increase in heart related hospital visits as well as heart related deaths within the 20th century.

**Methodology:** A sample size of approximately 20 women between the ages of 40-60 will be used in order to collect the data. The sample includes women who regularly practice yoga for a minimum of 3 years, however all of which do not take cholesterol medication. The method which will be used to collect the quantitative data is a questionnaire as well as collection of records of lab test results from cholesterol tests within the last year; documents and data will be collected with permission of individuals in sample.

The contents of the questionnaire will target, but not limited to, collecting data on changes in diet, increase in traveling, cholesterol levels with supported documents if available, history of duration of yoga practice, and medications used and duration.

The 20th Century had been labelled as the age of liberation, where increase in travel and adventure can be found not only in young adults but has now extended grossly to the above 40 population. Traveling has introduced a new lifestyle which consuming foods rich in fats, leading to increase in serum LDL levels, has become part of experiencing new cultures. The consumption of foods resulting in elevated LDL serum levels has outweighed foods and beverages, such as milk in coffee and cheese, both rich in calcium, taken only during breakfast or "wine tasting", which can increase serum HDL levels.

The health conscious percent of the over 40 population, will gravitate toward consuming more fish, rich in omega-3-fatty acids, which will not contribute to elevated LDL serum levels however will assist in increasing HDL levels. This is counteracted by the increase in consumption of alcohol true to the region of traveling, included as an experience of new cultures; More than 1 alcoholic drink for women can contribute to elevated cholesterol serum levels.

Included in experiencing new cultures, has brought the ancient practice of yoga from the eastern country of India. Now found to be deeply rooted in many routines in women over 40, yoga has been speculated to assist in lowering elevated cholesterol levels by means of poses which are meant to target the release of hormones that assist in regulating cholesterol.

**Expected Results:** Upon completion of data collection and analysis, it is anticipated that the results would reflect in favor of the research hypothesis.

**Keywords:** LDL, HDL, Cholesterol, Hypertension, Serum Cholesterol.