**Original article:
Study of relationship of serum Lipid Profile and etiological factors of Ischaemic Heart Diseases**

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**Abstract:**

**Introduction:** Along with other conventional cardiovascular risk factors, such as hypertension, diabetes and smoking, dyslipidemia increase the risk of developing Ischemic Heart Disease (IHD). With this background the present study was conducted with the objectives to study serum ‘Lipid Profile’ patterns of Indian population in young Ischaemic Heart Disease (IHD) of age forty years and below.

**Methodology:** Considering the fact that young IHD patients are not so common, it was decided to include all patients

attending OPD or admitted in the hospital diagnosed as having IHD. During the study period 40 eligible patients were

admitted and all were included in the study.

**Results:** Taking alcohol on atleast 4 days a week was considered as alcoholic. Inquiry on alcohol drinking habit revealed that out of 40 patient of IHD, 15 (37.5%) were alcoholic while 25 (62.5%) were non alcoholic. Past history of diabetes mellitus indicates that out of 40 IHD patients 7 (17.5%) were diabetic while remaining 33 (82.5%) were non diabetic. Present blood sugar level as well as ant diabetic medication were considered to categorised them as diabetic. Mean pulse rate and respiratory rate of the patients were 75 and 15 per minute respectively. Mean SBP and DBP were 128 and 79 mmHg respectively.

**Conclusion:** From the present cross sectional study following conclusions are drawn - Between diabetic and non diabetic group no difference in Lipid profile, serum creatinine, Homocysteine, serum myoglobin, CKMB and hsCRP was found and HDL and VLDL values were higher in non hypertensive while LDL, TC and TG values were higher in hypertensive patients.

**Keywords:** Ischaemic Heart Disease