

## NutriHealers

[www.nutrihealers.com](http://www.nutrihealers.com)

### CAIGUA

CONDICIONES DE SALUD Hipercolesterolemia – Colesterol alto, Hiperglicemia – Diabetes, Obesidad, Sobre - Peso

ESPECIE *Cyclanthera pedata*

UBICACIÓN La Caigua se cultiva en la costa, sierra baja y selva alta del Perú.

DESCRIPCION Herbácea perenne cultivada, trepadora o rastrera de tallos ramificados, hojas digitadas, fruto oblongo aplanado con ápice agudo, la piel presenta de muy pocas a muchas espinas suaves y curvadas. Semillas rectangulares, rugosas, de color negro.

#### USOS TRADICIONALES

Para reducir el exceso de colesterol, Bajar de peso, Hipoglicémico - diabetes, Hipertensión – presión arterial alta infusión de las semillas, Antiinflamatorio, Diurético.

#### ESTUDIOS MODERNOS

Reduce el colesterol total, reduce el LDL, Inhibidor de proteinasa contra el VIH (SIDA) extracto de semillas, Antioxidante,

#### FUENTES

[http://www.usmp.edu.pe/medicina/horizonte/1997/Art3\\_Vol1\\_N2.pdf](http://www.usmp.edu.pe/medicina/horizonte/1997/Art3_Vol1_N2.pdf)

[http://www.sopenut.net/site1/files/congreso2009/pdf\\_junio6/A.Mu%C3%B1oz\\_lingredientes\\_funcionales.pdf](http://www.sopenut.net/site1/files/congreso2009/pdf_junio6/A.Mu%C3%B1oz_lingredientes_funcionales.pdf)

<http://www.menopause.org/Portals/0/Content/PDF/1995%20Abstract%20pdf/24225.pdf>

<http://www.uniprot.org/uniprot/P83394>

<http://www.hort.purdue.edu/newcrop/proceedings1993/V2-538.html#New World Cucurbits>

<http://pubs.acs.org/doi/abs/10.1021/jf010318g>

Diccionario Enciclopédico de Plantas útiles del Perú. Brack Egg, Antonio. PNUD – Centro de Estudios Regionales Andinos Bartolomé de las Casas



## Serum Lipid and Lipoprotein Levels in Postmenopausal Women: Short-Course Effect of Caigua

(1)Gustavo F. Gonzales, Carmen Góñez, and (1)Arturo Villena

Instituto de Investigaciones de la Altura and (1)Department of Physiological Sciences, Faculty of Sciences and Philosophy, Universidad Peruana Cayetano Heredia, Lima, Perú

**Abstract:** The present study was designed to determine lipid profiles in postmenopausal women, as well as the effect of short-term increasing oral doses of dehydrated natural caigua (Cycladin®) on serum cholesterol levels, low-density lipoprotein (LDL) cholesterol levels, high-density lipoprotein (HDL) cholesterol levels, and triglycerides levels during 12 weeks of treatment. Eighteen premenopausal and twenty-four postmenopausal women were studied. The family and personal histories of dyslipidemia, hypertension, and obesity were similar in pre- and postmenopausal women, as were body weight, body mass index (BMI), waist/hip ratios, and blood pressure. The postmenopausal women were shorter. Postmenopausal women had higher plasma cholesterol levels, higher LDL cholesterol levels, higher triglyceride levels, and lower HDL cholesterol levels than did the premenopausal women. In postmenopausal women, six capsules daily of dehydrated caigua was the study's only dose that effectively reduced total serum cholesterol levels and LDL cholesterol levels and also significantly increased serum HDL cholesterol levels. At the end of 12 weeks of treatment, serum cholesterol levels were 22% below pretreatment values and serum LDL cholesterol was 33% below initial values, whereas serum HDL cholesterol levels increased to >33% of initial values. Daily treatment with four capsules, two capsules, or placebo failed to modify lipid profiles effectively in postmenopausal women. Treatment with six capsules of caigua daily during 12 weeks reduced the rate of hypercholesterolemia from 75% at the beginning of the study to 12.5% at the end of treatment; similarly, it reduced the rate of hyper-LDL cholesterolemia from 75 to 12.5% and hypo-HDL cholesterolemia from 62.5 to 12.5%. Treatment with caigua had no effect on the prevalence of hypertriglyceridemia. We conclude that our patients with menopause had different lipid profiles from those of the premenopausal women. Menopause alters the lipid profile, and treatment with caigua, a natural plant tht is administered dehydrated and capsulated, can reverse dyslipidemia in the postmenopausal woman.

All information is for informational purposes only, and not intended to diagnose, treat, cure, mitigate, or prevent any disease. No statements have been evaluated by the FDA. We always suggest talking to your physician concerning any questions you may have about supplement/drug interactions.

Extended Disclaimer [Click Here](#)