

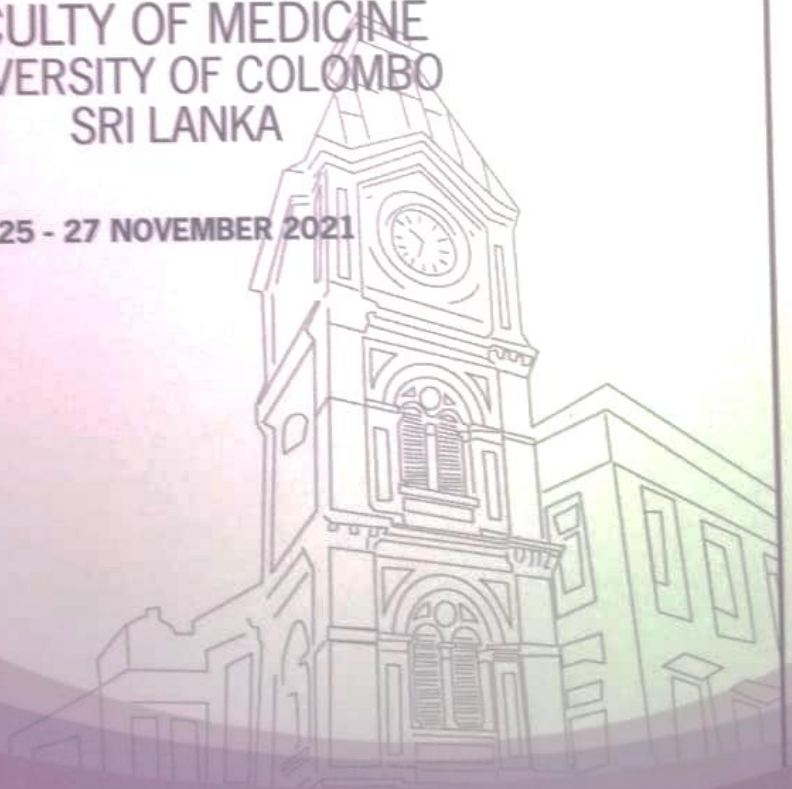


**"NCD AND COVID 19: TACKLING TWO PANDEMICS THROUGH COLLABORATIVE RESEARCH"**

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**PP-13: Lipid profile in long term meditators: comparative cross sectional study**

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**Introduction:** Cardio metabolic health is a key determinant of health. Less expensive interventions such as meditation has come into research limelight as part of primary preventive strategy. Previous studies revealed beneficial effects of meditation on lowering triglyceride levels and serum cholesterol levels.

**Methods:** A comparative cross-sectional study was conducted to assess metabolic parameters in healthy long term skilled meditators and compare with age, sex and education matched healthy controls. Meditators were selected using intake interview (duration and details of meditation, heightened peripheral awareness, stable attention, alertness and emotional stability). Face and content validity of intake interview was assessed through literature review, focus groups & Delphi interviews. Demographic data was collected using interviewer administered questionnaire. Fasting lipids: total cholesterol (TC), low density lipoprotein (LDL), high density lipoprotein (HDL), triglyceride (TG), fasting blood glucose (FBS), HbA1c and body mass index (BMI) were measured.

**Results:** Each group: n=22. Male: female = 1:1. Two groups were comparable in average exercise (2 hours per week), number of hours slept (6 hours/day) & alcohol /smoking habits (non-smokers, none/occasional alcohol use). In long term meditators (LM) mean $\pm$  SD duration of meditation was 6.5  $\pm$  4.4 years. Eighteen LM had desirable LDL levels (<160mg/dL) compared to 13 Non-meditators(NM) (p=0.049). No difference in mean LDL level (p=0.286) or mean TC (p=0.3). The number of participants having desirable levels of HDL (males=40mg/dL, females=50mg/dL), (males: p=0.64, females: p=0.66) was not different in the two groups. Although 17 NM had desirable triglyceride levels(<150mg/dL) compared to 14 LM it was not statistically significant (p=0.32). The mean FBS, HbA1c or BMI was not different between the two groups (p=0.41, p=0.87, p=0.73 respectively).

**Conclusions:** Long term meditators had favourable LDL levels compared to non-meditators achieving statistically significant level. However, no differences were observed in TG and HDL levels. Large scale studies are needed to confirm these findings as there are many confounders not being assessed.

**Key words:** lipid profile, long term meditation

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