

# The Effect of Xuezhikang (proprietary red yeast rice) on Sugar and Lipid Metabolism in Type II Diabetes Mellitus

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## ABSTRACT

**Objective:** To confirm the effect of Xuezhikang on sugar and lipid metabolism type II diabetes mellitus (DM).

**Methods:** 100 cases of DM patients were divided into four groups, group A (n=30) without hyperlipidemia and group B (n=30) with hyperlipidemia; Group C and D (total n=40 compatible cases) served as controls for the corresponding treatment groups. Group A and B patients took 2 capsules of Xuezhikang (300 mg proprietary red yeast rice from WPU) twice daily for two months while group C and D did not take any lipid lowering agent.

**Results:** Fasting blood glucose decreased by 7.6% +/- 7.7% and 10.8% +/-9.6%, 2 hours post prandial blood sugar decreased by 14.1 +/- 9.0% and 12.2% +/- 10.5%, HBA1c decreased by 11.0% +/- 5.4% and 6.3% +/- 7.8%, serum total cholesterol decreased by 9.0% +/- 9.0% and 15.0% +/- 9.0%, triglyceride by 4.0% +/- 13.0% and 21.0% +/- 26.0% in group A and B respectively. The parameters after treatment were significantly different from that before treatment ( $P < 0.05$  and  $< 0.01$  respectively). In group C and D, there were no change in these parameters before and after the trial period. No side effects were observed in those cases treated with Xuezhikang.

**Conclusion:** Xuezhikang is not only effective in adjusting lipid abnormalities but also has positive effects in ameliorating hyperglycemia in type II diabetes.

**Key Words:** Diabetes Mellitus; non-insulin dependent; Xuezhikang