

**STUDY ON MEDICINAL PLANTS ACTING ON HYPERLIPIDEMIA (*FART-E-TADASSUM FID-DAM*) IN THE LIGHT OF UNANI AND MODERN PERSPECTIVES**

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Hyperlipidemia is a medical condition characterized by increased levels of lipids in the blood. In Unani System of Medicine, a similar medical condition has been described as *Dasoomat e Dam* (greasy blood) and *Fart e Tadassum Fid Dam* (excess lipid in blood) where increases of blood viscosity and impairments blood circulation occur due to increased amount of *Balgham* (phlegm) caused by the improper *Hazim e Kabidi* (liver digestion) and *Kasrat e Buroodat e Jigger* (excessive coldness of the liver). In recent years, the need for safer natural alternatives to synthetic lipid-lowering agents has spurred renewed interest in herbal medicines. Therefore, the aim of this study was to explore the therapeutic efficacy of medicinal plants commonly used as *Mufrad Dawa* (single medicine) in Unani System of Medicine. *Mufrad Dawa* such as *Adrak* (Ginger), *Karafs* (Celery), *Hulba* (Fenugreek), *Revandcheeni* (Rhubarb), *Kalonji* (Black seed), and *Lehsan* (Garlic), which are known for their lipid-lowering properties and minimal side effects, were thoroughly studied through a comprehensive review of Unani and modern texts and scientific literatures. All these *Mufrad Dawa* successfully lower the lipid level in the blood through one or more mechanisms. This study highlights the role of these single medicines in the management of hyperlipidemia and provide due credibility and acknowledgement to the effectiveness of Unani Medicinal Plants and also provided updated evidence in support of novel approach in treating hyperlipidemia with the application of Unani System of Medicine.

**Keywords:** Hyperlipidemia, Lipid lowering action, *Fart-e-Tadassum Fit-Dam*