

A randomised control trial of comparative efficacy of Metformin,, Pioglitazone , Rosuvastatin in metabolic profile of patients with metabolic syndrome

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Abstract

Metabolic syndrome is a multifactorial heterogenous disorder resulting in a variety of clinical manifestations & considered as a leading global threat. The marked variability in the cholesterol, waist circumference , blood pressure, lipid profile & fasting glucose has been characterised as components of metabolic syndrome. The developing nations are witnessing an increased trend in metabolic syndrome incidence than compared with global incidence. International Diabetes Federation estimated that around 25% of the world's adult population comes under diagnostic criteria of metabolic syndrome.

Treatment of metabolic syndrome has been under debate & there is no standardized pharmacotherapy yet approved for the same.

The current study was planned to evaluate & compare various potential treatments for the patients of metabolic syndrome. A prospective , open label, parallel group & randomized control trial of 12 weeks study duration was selected in which patients were randomly assigned in 4 groups to receive diet & lifestyle modification, Metformin, Pioglitazone, Rosuvastatin.

Only Rosuvastatin brought about significant increase in serum HDL which is a major marker of cardiovascular risk. Pioglitazone & Rosuvastatin were better than Metformin & lifestyle modification in reduction of serum triglycerides. Results are encouraging & are a step forward in devising standard pharmacotherapeutic regimes beyond the current treatment modalities.

CME's and recently I have presented a poster in Diabetes India Conference, Moderated poster in ICOLA Conference in South Korea, Oral in DIACON, Ahmedabad . Presently he is working as JRA in Department of pharmacology & Therapeutics in King George's Medical University , KGMU, Lucknow, U.P. India. He is also life member of many scientific societies such as Indian Society of Chronomedicine , Indian society of Hypertension , Indian society of Medical Food & nutrition

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Biography:

Indrashis Mukerjee has completed his M.Sc Biochemistry at the age of 27 years from Himalayan University, Arunachal Pradesh. He has also learnt and standardised many equipments related to Clinical Pharmacology , He has attended many workshops ,