

**Paper 36 - Allied Health**

**LIME (CITRUS AURANTIFOLIA) THERAPY AND LIME THERAPY WITH EXERCISE: THEIR EFFECTS ON BLOOD CHOLESTEROL LEVEL**

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**ABSTRACT**

The primary aim of this study was to determine the effects of lime (*Citrus aurantifolia*) therapy and lime therapy with exercise on blood cholesterol level of the participants.

This study utilized a quasi-experimental research design, which used pretest-posttest comparison groups. Individuals who had at least one of the problems of blood cholesterol in terms of total cholesterol, low density lipoprotein cholesterol and high density lipoprotein cholesterol were eligible. A purposive sampling technique was used to select 10 participants for lime therapy group and another 10 for lime therapy with exercise group. Both the lime therapy and the lime therapy with exercise showed a borderline high on total cholesterol, high on low density lipoprotein cholesterol and desirable on high density lipoprotein cholesterol before the seven days of treatment. There was no significant difference in the blood cholesterol level before seven (7) days of treatment between the groups who received lime therapy only and the group who received lime therapy with exercise. There was a significant difference in blood cholesterol level of the participants before and after the seven (7) days of treatment in the group lime therapy only and the group lime therapy with exercise in terms of total cholesterol and low density lipoprotein cholesterol. On the other hand there was no significant difference in blood cholesterol level of the participants before and after seven days of treatment in the group lime therapy only and the group lime therapy with exercise in terms of high density lipoprotein cholesterol. Furthermore, there was not enough evidence to say that lime therapy alone is better than lime therapy with exercise or vice versa, even though there was a little difference on their p value, where lime therapy with exercise has lower p value than lime therapy with exercise.

**Key words:** Lime, Blood Cholesterol

