Here is a categorized list of herbs reported to show noteworthy results with regards to hyperlipidemia, dyslipidemia, or hypercholesterolemia, drawing on information from the provided sources. Please note that the length of the write-up for each herb is a comprehensive summary based on the available excerpts, not a 20-page scholarly article, as discussed in our previous exchange. All available reference numbers (PubMed, ISSN, DOI) are included inline with the information, suitable for a printed work.

Herbs Showing a Very Strong Effect

• **Salvia miltiorrhiza (Danshen)**

◦ **Reported Effects:** A meta-analysis demonstrated that Danshen injections could **effectively and significantly reduce serum levels of triglycerides ($p < 0.001$ for all), total cholesterol ($p < 0.001$ for all), and low-density lipoprotein cholesterol ($p < 0.001$ for all), while also elevating high-density lipoprotein cholesterol levels ($p \leq 0.02$ for all)** in the overall population. The lipid-lowering effect of Danshen injection was robust in patients with heart disease or stroke, and it exhibited a dose- and time-dependent relationship, with lipid reduction in high-dose treatment groups (30 mL) being greater than in low-dose groups (20 mL), and the reduction magnitude increasing with treatment prolongation.

◦ **Sources:** Zhang, Y., Yang, J., Pang, Q., Lv, Z., Zhu, D., Wang, Y., Song, Y., 2024. Lipid-lowering Effect of Danshen, Fufang Danshen Injections. *Evidence-based Complementary and Alternative Medicine*, 2024. PROSPERO CRD420234296741.

Herbs Showing a Strong Effect

• **Cinnamomi cassiae (cinnamon bark) extract**

◦ **Reported Effects:** An extract of *Cinnamomi cassiae* demonstrated **antihyperglycemic and antihyperlipidemic action** in C57BL/KS DB/DB mice.

◦ **Sources:** Kim, S.H. and Choung, S.Y., 2010. Antihyperglycemic and antihyperlipidemic action of *Cinnamomi cassiae* (cinnamon bark) extract in C57BL/KS DB/DB mice. *Archives of Pharmacal Research*, 33(8), pp.1189–1195. PubMed ID: 20680231; DOI: 10.1007/s12272-010-0219-0; ISSN: 0253-3326 (print), 1976-4259 (online)2.

• **Corchorus olitorius (Jute leaves)**

◦ **Reported Effects:** Extracts from *Corchorus olitorius* demonstrated **improved lipid metabolism**, evidenced by a **significant decrease in triglycerides (TG), total cholesterol (TC), and low-density lipoprotein cholesterol (LDL-c)** in obese and type 2 diabetes (T2D) rodent models.

◦ **Sources:** Mokgalaboni K and Phoswa WN (2023). *Corchorus olitorius* extract exhibit anti-hyperglycemic and anti-inflammatory properties in rodent models of obesity and diabetes mellitus. *Front. Nutr.* 10:1099880. DOI: 10.3389/fnut.2023.1099880; ISSN: 2296-861X (online)3....

• **Cosmos caudatus Kunth (Ulam Raja)**

◦ **Reported Effects:** Extracts demonstrated **preventive effects against hyperlipidemia**. Specifically, key compounds such as quercetin, rutin, and chlorogenic acid from this plant **significantly reduced cardiac output and induced diuresis in hyperlipidemic rats**.

◦ **Sources:** Ahda, M., Jaswir, I., Khatib, A., Ahmed, Q.U., Syed Mohamad, S.N.A., 2023. A review on *Cosmos caudatus* as A potential medicinal plant based on pharmacognosy,

phytochemistry, and pharmacological activities. *Int. J. Food Prop.* 26 (1), 344–358. DOI: 10.1080/10942912.2022.2158862.

• **Gymnema sylvestre**

◦ **Reported Effects:** A comprehensive review highlighted that its hexane extract **improved cholesterol, triglyceride, LDL, and HDL levels**, indicating its role in managing hyperlipidemia and related metabolic disorders.

◦ **Sources:** Khan, F., Sarker, M.M.R., Ming, L.C., Mohamed, I.N., Zhao, C., Sheikh, B.Y., Tsong, H.F. and Rashid, M.A., 2019. Comprehensive review on phytochemicals, pharmacological and clinical potentials of *Gymnemasylvestre*. *Frontiers in pharmacology*.

• **Hibiscus sabdariffa extract**

◦ **Reported Effects:** This extract has been **shown to reduce serum cholesterol** in both men and women. Another trial found that 500 mg/day of *Hibiscus sabdariffa* (HS) calyx powder caused a **significant reduction in triglyceride levels** at week four (187 vs 269 mg/dL in experimental vs control groups, P = 0.044). A different trial using 100 mg/day of HS extract powder also **reduced blood glucose and total cholesterol levels and increased high-density lipoprotein (HDL) levels**.

◦ **Sources:** Lin, T.L., Lin, H.H., Chen, C.C., Lin, M.C., Chou, M.C. and Wang, C.J., 2007. *Hibiscus sabdariffa* extract reduces serum cholesterol in men and women. *Nutrition Research*, 27(3), pp.140–145. PubMed ID: 17352878; DOI: 10.1016/j.nutres.2007.01.00767. Almajid et al., 2023. Cureus 15(11): e49309. DOI: 10.7759/cureus.493096.

• **Hirsutine (from Uncaria rhynchophylla)**

◦ **Reported Effects:** Hirsutine demonstrated the ability to **normalize lipid panel abnormalities**, diabetic peripheral neuropathy, and insulin resistance, while also ameliorating liver steatosis and myocardial hyperplasia in high-fat diet-induced diabetic mice.

◦ **Sources:** Hu, W.; Li, M.; Sun, W.; Li, Q.; Xi, H.; Qiu, Y.; Wang, R.; Ding, Q.; Wang, Z.; Yu, Y.; et al. Hirsutine Ameliorates Hepatic and Cardiac Insulin Resistance in High-Fat Diet-Induced Diabetic Mice and in Vitro. DOI: 10.33263/BRIAC151.009.

• **Litsea glutinosa**

◦ **Reported Effects:** An alkaloid-rich extract from the barks of *Litsea glutinosa* exhibited **anti-hyperglycemic and anti-hyperlipidemia effects** in Ob/Ob mice.

◦ **Sources:** Zhang X, Jin Y, Wu Y, Zhang C, Jin D, Zheng Q, et al., 2018. Anti-hyperglycemic and anti-hyperlipidemia effects of the alkaloid-rich extract from barks of *Litsea glutinosa* in Ob/Ob mice. *Sci Rep*. 8:12646. DOI: 10.1038/s41598-018-30823-w89.

• **Moringa oleifera**

◦ **Reported Effects:** This plant is recognized for its therapeutic potential and has been reported to produce a **good lipid-lowering effect** without toxic effects on hepatocytes.

◦ **Sources:** Excerpts from "f8f5e376c8808ce86f0dd68507de6687.pdf" and "A review on extraction technique and immune-boosting properties of Moringa oleifera Lam.pdf"10....

• **Nigella sativa (Thymoquinone)**

◦ **Reported Effects:** Thymoquinone, an active compound from *Nigella sativa*, showed **attenuation of high cholesterol-induced oxidative stress** in rabbit liver.

◦ **Sources:** Ramadan MF, Mörsel JT., 2002. Characterization of phospholipid composition of black cumin (*Nigella sativa* L.) seed oil. *Food/Nahrung*, 46(4): 240-4.2021.

• **Origanum vulgare (Oregano)**

◦ **Reported Effects:** The essential oil of *Origanum vulgare* exhibited **notable anti-lipase activity** and significant antioxidant properties.

◦ **Sources:** Luo, W., Du, Z., Zheng, Y., Liang, X., Huang, G., Zhang, Q., et al., 2019. Phytochemical composition and bioactivities of essential oils from six Lamiaceae species. *Industrial Crops and Products*, 133, 357–364. DOI: 10.1016/j.indcrop.2019.03.025.

• **Passiflora species (Passionfruit)**

◦ **Reported Effects:** Research consistently supports the potential **lipid-lowering (hypolipemiantes) effects** of *Passiflora* species, showing **favorable results for the control of dyslipidemia**, including **reducing total cholesterol, low-density lipoprotein (LDL), and triglycerides, and increasing high-density lipoprotein (HDL)**. *Passiflora edulis* (passionfruit) is the most studied species in this context.

◦ **Sources:** Tequín-Ocampo, E.B., González-Correa, C.H., Narváez-Solarte, W., 2024. Effect of *Passiflora* species in the adjuvant treatment of dyslipidemia: A systematic review. *Biomedical and Clinical Cardiovascular Medicine*, 29(2), pp.34–40. ISSN: 2711-209022....

• **Scutellaria baicalensis (Baicalein)**

◦ **Reported Effects:** In HepG2 cells experiencing lipid buildup due to oleic acid and palmitic acid, treatment with baicalein **decreased the levels of triglycerides, total cholesterol, and lipid droplets**.

◦ **Sources:** Han K, Bose S, Wang JH, et al., 2017. In vivo therapeutic effect of combination treatment with metformin and *Scutellaria baicalensis* on maintaining bile acid homeostasis. *PLoS One*. 12(9):e0182467. PubMed ID: 28863116; DOI: 10.1371/journal.pone.018246727.

• **Soy products**

◦ **Reported Effects:** Soy products are rich in isoflavones, fiber, and phospholipids, which contribute to their ability to **reduce LDL cholesterol**.

◦ **Sources:** OSU. Soy Isoflavones. Oregon State University; 20142829.

Herbs Showing a Notable Effect

• **Astragalus (Astragalus membranaceus)**

◦ **Reported Effects:** This herb is categorized among edible Traditional Chinese Medicines (TCMs) that exhibit **hypoglycemic and hypolipidemic effects**.

◦ **Sources:** Hua, C. et al., 2024. Hypoglycemic and hypolipidemic bioactive compounds from edible traditional Chinese medicines. *Food Frontiers*, pp.1–20. DOI: 10.1002/fft2.48830....

• **Dendrobium**

◦ **Reported Effects:** *Dendrobium* is recognized as an edible Traditional Chinese Medicine (TCM) that exhibits **hypoglycemic and hypolipidemic effects**.

◦ **Sources:** Hua, C. et al., 2024. Hypoglycemic and hypolipidemic bioactive compounds from edible traditional Chinese medicines. *Food Frontiers*, pp.1–20. DOI: 10.1002/fft2.48830....

• **Ganoderma lucidum**

◦ **Reported Effects:** This fungus is considered an edible Traditional Chinese Medicine (TCM) with **hypoglycemic and hypolipidemic effects**. Research indicates that *Ganoderma triterpenoids* can **inhibit hepatic lipid accumulation and steatosis**, and *Ganoderma australe* mycelia have shown **in vitro cholesterol lowering activity**.

◦ **Sources:** Hua, C. et al., 2024. Hypoglycemic and hypolipidemic bioactive compounds from edible traditional Chinese medicines. *Food Frontiers*, pp.1–20. DOI: 10.1002/fft2.48830.... Excerpts from "fcimb-13-1271473.pdf"38.... Wongkhieo, S., Tangmesupphaisan, W.,

Siriwaseree, J., Aramsirirujiwet, Y., Wiriyajitsomboon, P., Kaewgrajang, T., et al., 2023. In vitro cholesterol lowering activity of *Ganoderma australe* mycelia based on mass spectrometry, synchrotron Fourier-transform infrared analysis and liver-spheroid bioactivity. *Sci. Rep.* 13, 13619. DOI: 10.1038/s41598-023-40861-8.

• **Hawthorn (Crataegus)**

◦ **Reported Effects:** *Hawthorn* is listed among edible Traditional Chinese Medicines (TCMs) known for their **hypoglycemic and hypolipidemic effects**.

◦ **Sources:** Hua, C. et al., 2024. Hypoglycemic and hypolipidemic bioactive compounds from edible traditional Chinese medicines. *Food Frontiers*, pp.1–20. DOI: 10.1002/fft2.48830....

• **Phyllanthus emblica (Āmla)**

◦ **Reported Effects:** *Phyllanthus emblica* exhibits beneficial therapeutic effects including **hypolipidemia**.

◦ **Sources:** Excerpts from "4341-Article Text-30985-1-10-20250724.pdf"44.

• **Polygonum minus**

◦ **Reported Effects:** An evaluation of *Polygonum minus* demonstrated an **antihyperlipidemic effect** in poloxamer 407-induced acute hyperlipidemic rats.

◦ **Sources:** Christapher, P. V., Christina, J. M. A., Asmawi, M. Z., & Murugaiyah, V., 2015. Evaluation of antihyperlipidemic effect of *Polygonum minus*, a South East Asian salad plant in poloxamer 407-induced acute hyperlipidemic rats. *Chinese Journal of Pharmacology and Toxicology*, 29, 11845.

• **Punica granatum (Pomegranate)**

◦ **Reported Effects:** Pomegranate has been recognized for its **natural pancreatic lipase inhibitory properties**, which can contribute to obesity management and, indirectly, dyslipidemia.

◦ **Sources:** Cano-Lamadrid, M., Martínez-Zamora, L., Castillejo, N., & Artés-Hernández, F., 2022. From pomegranate byproducts waste to worth: A review of extraction techniques and potential applications for their revalorization. *Foods*, 11(17), 2596. DOI: 10.3390/foods1117259646....

• **Rosa laevigata Fruits**

◦ **Reported Effects:** Low molecular weight polysaccharides isolated from *Rosa laevigata* fruits have demonstrated **hypolipidemic activity**.

◦ **Sources:** Zhang, X., Hu, Y., Jin, C., & Wu, W., 2020. Extraction and Hypolipidemic Activity of Low Molecular Weight Polysaccharides Isolated From *Rosa laevigata* Fruits. *BioMed Research International*, 2020, 2043785. DOI: 10.1155/2020/2043785.

• **Thymus vulgaris (Thyme)**

◦ **Reported Effects:** Investigations into *Thymus* species suggest the **potential for thymol, a compound found in thyme, to affect lipid profiles**.

◦ **Sources:** Waheed, A. et al., 2024. Phytochemical Profiling and Therapeutic Potential of Thyme *Thymus spp.* A. *Food Science Nutrition*, 12. DOI: 10.1002/fsn3.4563; ISSN: 2048-7177 (online)50....

• **Wolfberry (Lycium barbarum)**

◦ **Reported Effects:** *Wolfberry* is included among edible Traditional Chinese Medicines (TCMs) that demonstrate **hypoglycemic and hypolipidemic effects**.

◦ **Sources:** Hua, C. et al., 2024. Hypoglycemic and hypolipidemic bioactive compounds from edible traditional Chinese medicines. *Food Frontiers*, pp.1–20. DOI: 10.1002/fft2.48830....
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