COMPARISON OF EFFECT OF ATORVASTATIN VS ROSUVASTATIN ON SERUM LDL LEVELS AND TOTAL CHOLESTEROL IN ISCHEMIC HEART DISEASE PATIENTS WITH DYSLIPIDEMIA IN A TERTIARY CARE HOSPITAL IN NORTH INDIA

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ABSTRACT

Background: The majority of clinical trials comparing the effect of rosuvastatin and atorvastatin on total cholesterol and serum LDL levels have focused on North American and European populations. Therefore, it is timely to confirm the effects of these agents in north Indian patient populations in routine clinical practice.

Objectives: To compare the effect of rosuvastatin vs. atorvastatin on total cholesterol and LDL,

Methods: This randomized, open study was conducted on 100 patients of ischemic heart disease) having dyslipidemia attending the OPD/Wards of Department of Medicine, Pt. B.D. Sharma PGIMS Rohtak. Chronic patients of coronary heart disease having serum LDL-cholesterol >100 mg/dl and aged ≥ 18 years were included in the study. The patients were randomly divided into 2 groups of 50 each, group A and B. Group A was put on Rosuvastatin 10 mg and Group B was put on Atorvastatin 20 mg. The patients were followed at 3 and 6 months and their effect on total cholesterol and serum LDL levels was compared.
Results: The mean percentage fall in total cholesterol in group A was significantly more than group B both at 3 and 6 months (22.30% and 25.07% vs 20.18% and 22.95%). The mean percentage fall in LDL in group A was significantly more than group B both at 3 and 6 months (33.78% and 37.66% vs 29.59% and 33.76%). In group A 45(90%) patients achieved the ATP-III serum LDL goal of 100 mg/dl and in group B, 37(74%) patients achieved ATP-III serum LDL goal of 100 mg/dl at the end of 6 months (p<0.05)

Conclusion: The study concluded that both the drugs had significant effect on lowering serum LDL cholesterol and total cholesterol levels. Rosuvastatin 10 mg was significantly more effective than atorvastatin 20 mg in lowering LDL and total cholesterol levels. Significantly more patients achieved ATP III LDL goal of 100 mg/dl with rosuvastatin than with atorvastatin.

KEY WORDS: rosuvastatin, atorvastatin, LDL.