



Journal of Hospital Pharmacy
 An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

Evaluating the Reduction of Hypertension by Using Some Biomarker at a Tertiary Care Hospital

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Abstract:

INTRODUCTION: Potassium is essential for maintain the hypertension and helps to maintain blood pressure within normal range. As per world health organization, the normal value of blood pressure is 120/80 mmHg.

AIM: The research was conducted to determine the association between potassium intake and blood pressure reduction in hypertensive patients.

MRTHODOLOGY: The randomized controlled trial was conducted with 100 study population at KG hospital, Coimbatore for the period of 6 months. The data were collected analyzed by IBM SPSS software.

RESULTS: The study indicates that Systolic blood pressure reduced -5.24 mmHg in Hypertensive patients. Potassium supplementation was significant reduction in hypertensive and -1.24 mmHg in Normotensive individuals. Diastolic blood pressure reduction also observed as -3.69 mmHg and -1.14 mmHg respectively. The HTN changed for minimized sodium was found to be -4.1 mmHg for a average of reduced sodium of 91 mmol/ 24 hrs. For potassium, blood pressure changes were found to be -3.3mmHg with potassium intake in 24 hrs. The sodium reduction was correlated amid significant reduction of SBP & DBP. Large quantity of potassium rich diet is essential for reduction of hypertension and cardiovascular complications.

CONCLUSION: The study concludes that, Potassium rich diet helps to prevent the Hypertension and promote the Quality of life years in cardiovascular disease patients.

Key words: Hypertension, Potassium, Cardiovascular disease, Nutritional Supplements.

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Website: <http://www.journalofhospitalpharmacy.in>

Received on 17/08/2021

Accepted on 24/08/2021 © HEB All rights reserved

Quick Response Code:

