



Cardamom as a blood pressure lowering natural food supplement in patients with grade one hypertension

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Abstract:

The present study assessed the role of cardamom fruit in lowering blood pressure in patients with grade 1 hypertension. The study were performed on 30 newly diagnosed subjects (25-55 years) of grade 1 primary hypertension (130-139/80-89 mm Hg) according to ACC/AHA guideline. For each participant, BP was measured 2 times using mercury sphygmomanometer with an appropriate-sized cuff following a standardized protocol. Administration of one capsule of cardamom three times daily for a total of 3g per day for 3 months resulted in significant decrease in systolic and diastolic blood pressure, $P < 0.05$. Despite the significant decrease in systolic blood pressure since the first 4 weeks of treatment and further decrease at the end of the 8 weeks, it did not return to the normal (< 130 mmHg) until the end of 12 weeks of treatment ($r = - 0.933$, $P < 0.01$). The diastolic blood pressure significantly decrease since the first 4 weeks of treatment, but also it did not return to the normal (< 80 mmHg) until after the end of 12 weeks of treatment ($r = - 0.939$, $P < 0.01$). Cardamom contains high number of constituents that have pharmacological properties via more than one mechanisms of action.

Biography:

Mudher Khudhur Mohammed has completed his B.Sc in Pharmacy and M.Sc. in Clinical Chemistry at the age of 30 years He received his PhD from Babylon University/ College of medicine, Iraq. Currently he is the Director of Alfadhil-Babil Institute, for Research and Development



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Recent Publications:

1. Verma SK, Jain V, Katewa SS. Blood pressure lowering, fibrinolysis enhancing and antioxidant activities of cardamom (*Elettaria cardamomum*).
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3. Gilani AH, Jabeen Q, Khan AU, Shah AJ. Gut modulatory, blood pressure lowering, diuretic and sedative activities of cardamom. *Journal of ethnopharmacology*. 2008 Feb 12;115(3):463-72.
4. Ashokkumar K, Murugan M, Dhanya MK, Raj S, Kamaraj D. Phytochemical variations among four distinct varieties of Indian cardamom *Elettaria cardamomum* (L.) Maton. *Natural product research*. 2019 Jan 18:1-4.

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