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

Mudher Khudhur Mohammed, Lamis Khidher Mohammed, Haneen Mohanad Mohammed

Department of Pharmacy, Al – Manara College of Medical Science, Iraq
Department of Orthodontic, College of Dentistry, Babylon University, Iraq
Department of Pathology, Al – Hillah Teaching Hospital, Babylon Health Directorate, Iraq

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 appropriately 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 Services. He has published 2 papers in reputed journals.

Recent Publications: