

Study on Antihypertensive Effect of Myanmar Traditional Medicine Formulation-Number 27

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Abstract

Myanmar traditional medicine formulation-Number 27(Pyilonechanthar Hsay) has been used in hypertensive patients for many years at traditional clinics and hospitals. Objective of the study was to determine the antihypertensive effect of this medicine. A clinical trial was carried out on 30 mild to moderate hypertensive patients, Buddhist monks, attending the out patient clinic of Sasana University, Mandalay, in September and October 2008. After washout period of 1 week, patients were treated orally with Pyilonechanthar Hsay crude powder tablet 2 gram three times a day daily for 4 weeks. Blood pressure was monitored daily by the observers. Self-measurement of blood pressure was performed in the morning and evening on last three days of both washout period and drug administration period. Laboratory investigations such as blood tests and electrocardiography were done before and after the study. The results showed that reduction of blood pressure from base line level was found during the drug administration period and maintained up to the last day. Significant reduction of mean blood pressure from 142/96 mmHg (base line blood pressure) to 128/88 mmHg was observed. This drug decreased the systolic and diastolic blood pressure from base line level by 14 mmHg ($p=0.0000$) and 8 mmHg ($p=0.0002$), respectively. Evening blood pressures of last three days of drug administration period were less than morning blood pressures of those days. No side effects were found except slight nausea and dizziness. Therefore, Myanmar traditional medicine formulation-Number 27 showed antihypertensive effect on mild to moderate hypertensive patients with minimum side effects.