

STUDY ON ANTIHYPERTENSIVE EFFECT OF MYANMAR TRADIITIONAL MEDICINE ON RURAL COMMUNITY

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Abstract

This medicine was manufactured by pharmaceutical division of Department of Medical Research (Upper Myanmar). Blood pressure was measured by standardized mercury sphygmomanometer in sitting position. Mercury sphygmomanometer was carefully checked whether air and mercury is oozing or not. Before measurement, patients were sat for 5 minutes at rest in sitting and standing position. Blood pressure was measured by only principle investigator. Study subjects will be divided into three treatment groups. Treatment A group consisted of 11 patients who taking *Dandalon* 2.5 grams twice a day (5 capsules B.D) for 28 days. One capsule consists of 500 milligrams of *Dandalon*. Treatment B group two contained 11 patients who taking *Taungzeephyu* 2.5 grams twice a day (5 capsules B.D) for 28 days. One capsule consists of 500 milligrams of *Taungzeephyu*. Treatment group C included 10 patients who taking combination of *Taungzeephyu*, *dandalon*, *Kwanywet*, and *Kyatthor phyu* 5 gram twice a day (10 capsules B.D) for 28 days. One capsule consists of 125 milligrams of *Taungzeephyu*, *dandalon*, *Kwanywet*, and *Kyatthorphyu*. During study period, all patients were advised to take regular exercise, to stop smoking and alcohol drinking and to avoid salty foods such as *Ngapi*, *Nyanpyaray*, and *Dried fish*. Before study, mean blood pressure was 158 ± 9 / 99 ± 5 mm (Hg) in *Dandalon* receiving group. At 28th day, mean blood pressure were 136 ± 4 / 87 ± 2 mm (Hg) respectively. Mean reduction in sitting blood pressure levels at the end of the study was 21 / 13 mm (Hg). Before study, mean blood pressure was 155 ± 4 / 96 ± 2 mm (Hg) in *Taungzeephyu* receiving group. At 28th day, mean blood pressure were 134 ± 3 / 89 ± 3 mm (Hg) respectively. Mean reduction in sitting blood pressure levels at the end of the study was 21 / 7 mm (Hg). Before study, mean blood pressure was 150 ± 5 / 90 ± 2 mm (Hg) in 4 drugs combination group). At 28th day, mean blood pressure was 127 ± 3 / 80 ± 2 mm (Hg) respectively. Mean reduction in sitting blood pressure levels at the end of the study was 23/10 mm (Hg).

Two patients(18%) who receiving ***Dandalon*** complained of dizziness, insomnia and palpitation. One patient (9%) was suffering from abdominal pain. There was no serious side effect in *Dandalon* receiving group. In patients who taking ***Taunzeephyu***, two patients (18%) reported palpitation. One patient (9%) complained of dry of mouth and dizziness. There was no serious side effect in *Taunzeephyu* receiving group .In patients who taking ***4 drugs combination***, one patient (9%) complained of palpitation, dry of mouth. There was no serious side effect in *4 drugs combination* group.