

## Clinical Evaluation of the Efficacy of Tablet Gokshura (Tribulus terrestris.) in Stage- I Hypertension.

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### Abstract

**Background:** High blood pressure (BP) is ranked as the third most important risk factor for attributable burden of disease in south Asia (2010). The term Stage-1 Hypertension is reserved for about 95% of hypertensive, in which no immediately evident underlying renal or adrenal cause can be found for the raised Blood pressure. It can be only detected on routine medical check-up or when patient goes to hospital.) **Objectives:** This open randomized clinically controlled study was conducted to clinically evaluate the efficacy of Tablet Gokshura in comparison with Tablet Tagara in Stage- I Hypertension. **Methods:** 72 subjects of either sex of Stage-I Hypertension in the age group of 30-60 years were enrolled for the present study. Registered patients were randomly divided into two groups In Group-A (Clinical study) patients were managed with Tablet *Gokshura*. Group-B (Controlled study) patients were managed with Tablet *Tagara*. The duration of trial was 30 days with follow up 0 day, 15<sup>th</sup> day and 30<sup>th</sup> day. **Interpretation:** After one month of therapy, statistically highly significant reduction in systolic B.P., diastolic B.P. mean arterial B.P. and pulse pressure was observed in both groups. Blood pressure was statistically significantly reduced in Group A patients as compared to Group- B. **Conclusion:** On the basis of results obtained, it is clear that trial herbal drugs possess diuretics effects and shows statistically significant antihypertensive activity with no observed side effects.

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### Biography

Dr. Sunil Pal has completed his B.A.M.S Graduation at the age of 24 years from Rajiv Gandhi University of Health Sciences (Bangalore), India. He has done Post graduation in M.D. Kayachikitsa (Internal Medicine- Ayurveda) from Maharashtra University of Health Sciences (Nashik), India. He has over 10 International Publications with 2 Abstract as titled in souvenir in his Post graduation academics period. He has presented almost 40+ Paper presentation in International conferences, Symposium, CME in both International & National platform. Recently he has been awarded with "Bharat Gaurav Puraskar 2021" and "Certificate of Excellence" for outstanding contribution in the field of "Ayurveda Physician

Dr. Sunil Pal was an IOC research scholarship winner, the Award of the 2008 ICSEMIS Committee (China, Guangzhou). His current research interests include adaptation to exercise training, training in young athletes, sports and pediatric cardiology Aquatic sports training and its effect on functional capacity, sport for peace and development and another Paralympic research.