

Clinical Evaluation of the Efficacy of Tablet Gokshura

Sunil Hariram Pal

A.S.S.Ayurveda Mahavidyalaya, India

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- 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, 15th day and 30th day. **Interpretation:** After one month of therapy, statistically highly significant reduction 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.

Biography

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 is now pursuing Post graduation in M.D. Kayachikitsa from Maharashtra University of Health Sciences (Nashik), India. He has over 9 International Publications with 2 Abstract as titled in souvenir in his Post graduation academics period. Recently he has been awarded with "Bharat Gaurav Puraskar 2021" and "Certificate of Excellence" for

outstanding contribution in the field of Ayurveda Physician. He has won many prizes in Quizzes, Paper presentations, Poster presentations, Essay writings, Article writings etc. He is active member of N.Y.LP.NGO, Mumbai, India also Supporting Member of AAPNA (Association of Ayurvedic Professionals of North America, USA). He is currently doing research trial on Gokshura (Tribulus terrestris) herbs in Stage-I Hypertension. He is determined to pursue Academia Research. He is enamored of teaching and Clinical Research. He has main interest in Blood disorders, Neurology Auto-immune disorders, Oncology, Nephrology in Ayurveda.