

Effect of garlic chutney on hypertensive subjects

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■ **ABSTRACT** : The study was undertaken to assess the effect of garlic chutney on hypertensive subjects. Garlic contains allicin, which is sulphur containing substance that may have hypertensive reducing properties. A sample of 60 hypertensive subjects was selected purposively. Their information regarding socio-economic status and health status was collected through questionnaire. They were divided into two groups, experimental and control, 30 in each group. The blood pressure reading was taken initially for all the 60 people. The prepared accepted garlic chutney was given to 30 subjects of experimental group for 60 days. The reading of systolic and diastolic blood pressure at 0, 15, 30, 45 and 60 days was recorded for both the groups. The collected data were analyzed statistically and it was concluded that consumption of 0.45 g of dried garlic powder for 60 days has the positive effect on hypertensive subjects for systolic and diastolic blood pressure reading.

■ **KEY WORDS** : Hypertension, Systolic and diastolic blood pressure, Garlic, Hypertensive subjects

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