Evaluating the effects of chayote-tangerine extract to blood pressure

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Hypertension is ranked as the fifth leading cause of morbidity. Chayote and tangerine, separately, have been proven to have a lowering effect on BP. It was combined to evaluate its total effect towards elevated BP. Blood pressure (BP) components: Mean arterial pressure (MAP), systolic blood pressure (SBP) and diastolic blood pressure (DBP) were analyzed. The study’s aim was to determine the effects of chayote tangerine extract on increased blood pressure. The experimental study was conducted in Baguio City, where 20 subjects were gathered and divided randomly into two groups: control was given placebo while experimental was given the chayote-tangerine extract for two weeks. BP was taken before, during and after administration. Results revealed that significant differences for the experimental group were observed. MAP (CVt=4.28; p=0.0014*), SBP (CVt=4.59; p=0.0009*) and DBP (CVt=2.53; p=0.0176*). Consequently, comparison of differences between the experimental and control group proved to be significant for the MAP (CVt=1.76; p=0.0473*) and DBP (CVt=2.37; p=0.0147*). In conclusion chayote-tangerine extract is a prospective agent for dealing with elevated blood pressure. However, further studies need to be done.

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