

Effect of Antihypertensive Myanmar Traditional Medicine on Normal Healthy Volunteers

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Abstract

The aim of study was to find out antihypertensive Myanmar traditional medicine and safety in normal healthy volunteer. The study was carried out in Department of Medical Research (Upper Myanmar). Ethical approval for conducting this study which involved human as a subject was obtained from Institutional Ethical Review Committee, Department of Medical Research (Upper Myanmar). A total 20 healthy volunteers from Department were enrolled in the study. Informed consent was taken in Myanmar language. Before study, informed consent was taken from all participants by research scientist. One capsule contain 125 milligrams of Dan-dalon, Taung-zee-phyu, Kwanywet, and Kyat-Thown-phyu. Myanmar traditional antihypertensive capsule four grams twice a day (8 capsules b.d) was given to all participants for 14 days. This medicine was manufactured by pharmaceutical division of department. Blood pressure was measured by mercury sphygmomanometer in sitting position after 5 minute at rest. Out of total, six men (30%) and 14 women (70%) were involved in the study. The age of participants ranged from 21 to 57 years. Mean age was 33.85 ± 11.02 for men, 28.86 ± 6.39 for women. Before the study, mean blood pressure was $118 \pm 2/82$ for men and $115 \pm 6/81 \pm 5$ for women. Mean initial heart rate was 81.7 ± 9 for men and 80 ± 2 for women. After the study, mean blood pressure was $105 \pm 8/70 \pm 5$ for men and $105 \pm 8/70 \pm 5$ for women. Mean reduction in sitting blood pressure level at the end of two weeks of treatment was 13/12 mm (Hg). Urine R.E.M.E, laboratory results and ECG finding show no changes before and after study. Fifteen (75%) complained drowsiness after administration of the drug. Nine (45%) complained that they are thirsty. Dry mouth occurred in 5 (25%). Palpitation occurred in three (15%) and 2 (10%) had blur of vision. There were no serious side effects taking traditional Myanmar antihypertensive drug.