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Antihypertensive and hypolipidemic properties of fagopyrum esculentum (buckwheat) in patients of early stage hypertension

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Introduction: Fagopyrum esculentum (Buckwheat) is proposed to have antihypertensive and lipid lowering properties due to the presence of antioxidants and phytochemicals like quercetin, rutin and epicatechin-dimethylgallate.

Methodology: This study was aimed to evaluate the therapeutic effects of buckwheat flour on newly diagnosed stage 1 and 2 adult hypertensive patients along with standard of care treatment. Fagopyrum esculentum (Buckwheat) flour was given in the form of flatbread orally for 3 months to the study subjects. The control group was advised to follow life style modification and antihypertensive medication only. Biochemical (lipid profile), anthropometric (weight) and clinical (blood pressure, pulse rate) parameters were recorded at baseline and after 2 weeks, 6 weeks and 12 weeks for both the groups.

Results: At the end of 12 weeks; biochemical, anthropometric and clinical parameters improved in the cases as compared to controls.

Conclusion: Fagopyrum esculentum (Buckwheat) consumption is beneficial for hypertensive patients and has favourable impact on lipids. Further studies with large sample size are required to validate the findings.

Keywords: Anti-hypertensive, Hypolipidemic, Buckwheat.

Biography

Nigar Naqvi had done MSc in food nutrition and dietetics from Allahabad Agriculture Institute, Allahabad. She is Pursuing PhD in food and nutrition from Era's University, Sarfarazganj, Hardoi road Luck now. She is working as "Consultant Dietician" in Era's University.

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