

A survey on dietary and lifestyle practices among hypertensive patients: A cross-sectional study

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Hypertension, a prevalent chronic condition globally, impacts a significant population, particularly in middle-income countries. This cross-sectional study aimed to investigate the dietary and lifestyle preferences of 120 hypertensive patients. The study was conducted with ERC approval and gathered information through interviews and questionnaires at Medico Pharmacy–Battaramulla and Ayurvedic Hospitals at Borella, Navinna, Meegoda, Lunava, and Jamburaliya in the Western Province of Sri Lanka. The research focused on a diverse study population, considering gender, age distribution, occupation, race, religion, and marital status. Socioeconomic levels were categorized into low, middle, and high, while educational levels encompassed formal, primary, secondary, and tertiary education. This comprehensive approach aimed to capture a nuanced understanding of the participants, enhancing the study's depth and relevance. The inclusion of individuals from various backgrounds ensured a representative sample, contributing valuable insights to the exploration of dietary and lifestyle choices in hypertension management. Results showed prominent choices, with over 75% favoring tomatoes, carrots, garlic, and cinnamon, and over 50% preferring cardamom, ginger, and curry leaves. Additional items, including pumpkin seeds, bananas, passion fruit, drumstick leaves, cabbage, green tea, and orange, were consumed by over 25% of participants. The study delved into the pharmacodynamic properties of identified foods, analyzing their impact on hypertension management through *Rasa*, *Guna*, *Vīrya*, *Vipāka*, and chemical constituents. In conclusion, this research provides insights into the dietary and lifestyle preferences of hypertensive individuals, emphasizing potential therapeutic benefits in managing this chronic condition.

Keywords: Food and beverage preference, hypertension management, therapeutic benefits

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