

# Prevention of High Blood Pressure by the *Beeta Vulgaris* Root Solution and *Allium Sativum* Bulbs Solution by the Survey Study

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## Abstract

High Blood Pressure is a disease which should be the age related disease but now-a-days it was common in the adults too. HBP don't have neither symptoms nor signs, According to this project survey was conducted in the Srikakulam district people who were suffering from the second stage high blood pressure. Among the total 200 people in the district studied 90 members were having high blood pressure with second stage. Research was done between the People using the normal medicates, *Beeta vulgaris* root solution, *Allium sativum* bulb solution and mixed of *Beeta vulgaris* and *Allium sativum* bulb solution, Among all up taking of frequently natural sources is showing the better and early result by keeping the blood pressure constant than the medicates.

**Keywords:** High blood pressure; *Beeta vulgaris*; *Allium sativum*; Sphygmomanometer; Srikakulam district

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## Introduction

High Blood Pressure in those days it used to be seen in the age of 45 – 55, but now a days it was common from the adult to above 60 years age group people. The main reason for the high blood pressure is the change in the life style and diet, Now a days nobody was in the diet control and all had forgotten our ancestors culture, Waking up early and eating the food in time and go to bed in time heavy work according to their quantity of food taken, But now the trend is totally reverse to the ancient culture, Staying up to late night, eating heavy fat foods and less working etc. these all are the reasons, Another main reason is in taking of medicines for the simple cold they are not giving the chance to our immune system to fight against to the foreign bodies. They also one of the reasons to cause the side effects, HBP is very dangerous [1-3].

**Symptoms:** Heavy head ache, Dizziness, in the serious case HPB will leads to the heart attack and brain strokes [1].

**Diagnosis:** Regular check-up of blood pressure will helps the early recognition of HBP.

**Treatment:** Less usage of salt, in taking of water frequently and the most important thing is Prevention is the best

Way to keep the HBP in control [2,4,5].

## Methodology

### Aim

The main aim of this survey project is to prevent the high blood pressure by the natural sources by comparing with the medications to give the awareness in the people to change their life style [6-8].

### Experiment

1. Survey was done in the Srikakulam district area using the sphygmomanometer patients BP was checked.
2. Age and their HBP was noted down, Total 200 number BP was checked.
3. Among them 28- 35 were 19 members, 36- 45 were 76 members and 46-65 were 105 members.
4. This survey was stopped with this 200 patients and the last elder age was 65, in these 200 patients total 4 groups were arranged for the survey.
5. First group is people who were following only medication, Second group is people who were up taking beet root

solution, Third group people who were taking garlic solution and fourth group people who were taking both garlic and beet root solution [9-16].

- This survey was done for the 2 months and every week the BP of all the patients were used to be check.

## Results

According to this result more no of patients were found in the above 45 age group people (Tables 1-3), Below is the graphical representation for this (Figures 1 and 2).

**Table 1** Total no of patients in the different age group.

Age	Range of Blood Pressure(mmHg)	No of Patients
28 - 35	145 – 148/110	19
36 - 45	148 – 150/90	76
46 - 65	150 – 155/80	105

**Table 2** Comparing the results between medication and the natural sources in the First month survey.

Age	Medication	Beet root solution	Garlic solution	Beet root & Garlic solution
28 – 35	140 – 145/110	137 – 140/120	138 – 143/120	135 – 140/120
36 – 45	141 – 146/90	139 – 142/110	138 – 143/110	137 – 142/110
46 – 65	143 – 147/100	139 – 143/110	139 – 143/110	137 – 143/110

According to the two months result the natural sources are showing the good results comparing to medications.

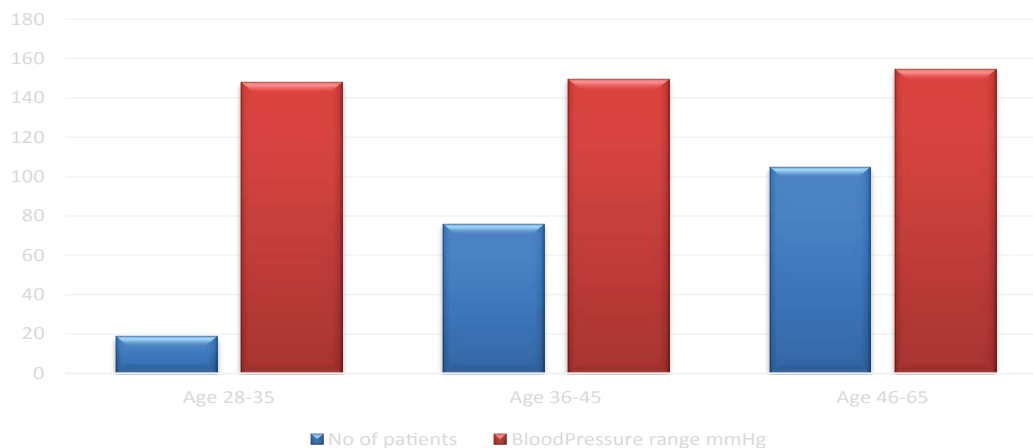
## Conclusion

This survey results showing that comparing to medication natural sources had given the best result among them garlic and beet root combined had given the good result, Prevention is always better than cure, Follow the medication but along with that don't forget to follow the using of natural sources, Natural sources will always keep the body healthy and protects from the side effects [2,3].

**Table 3** Comparing the results between medication and the natural sources in the Second month survey.

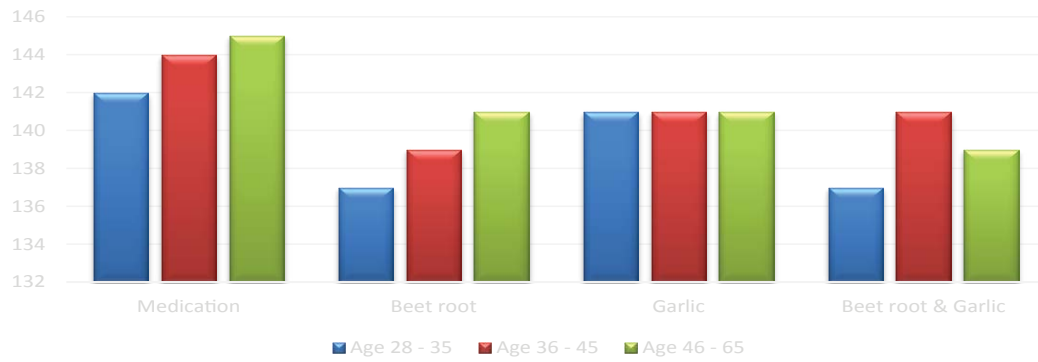
Age	Medication	Beet root solution	Garlic solution	Beet root & Garlic solution
28 – 35	138 – 140/110	131 – 135/120	136 – 139/120	130 – 135/120
36 – 45	138 – 143/110	135 – 137/110	138 – 140/110	133 – 136/110
46 – 65	140 – 144/100	136 – 140/110	138 – 140/110	135 – 136/110

No of Patients According to their age group



**Figure 1** No of patients according to their age group.

### Comparison with the medication and natural sources in the different age group patients



**Figure 2** Two months survey graph for the natural sources and the medication.

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