

The Efficacy and Safety of Traditional Tibetan Medicine in the Treatment of Essential Hypertension

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Abstract

The treatment of hypertension with traditional Tibetan medicine (TTM) or Sowa Rigpa has been a potential hope for patients suffering from essential hypertension. A recent hypertension survey showed increasing benefits of this treatment, which gives hope to many patients for a fruitful, holistic treatment method and freedom from the clutches of a lifetime allopathic medication. These positive reports need to be supported by clinical data showing the efficacy and safety of the TTM. This open-label, single-center, non-randomized comparative study was conducted on 150 participants. Inclusion criteria were patients aged 30–70, who were either earlier undiagnosed or untreated and/or newly diagnosed hypertensive patients with blood pressure > 125/85 mm/Hg and < 160/100 mm/Hg. Four selected hypertension formulas dispensed were sKyu-ru 25, rTsan-dan 18, Artse and Tsanglha along with dietary modification/control and lifestyle counselling, which formed the intervention group, whereas the dietary and lifestyle counselling along with the least various Tibetan medicines other than four selected hypertension formulas were given to the control group. Out of 150 patients enrolled, the treatment group (Group I) had 70 patients and control group (Group II) had 67 patients. Per Protocol Analysis was done. The percentage reduction in systolic blood pressure (SBP) was comparable in both the groups at three months and six months but diastolic blood pressure (DBP) showed an increase at six months in both the groups. However, increase in DBP of treatment group was significantly less as compared to the control group (p -value = 0.0035). There was no adverse effect. The study shows that the four selected hypertensive Tibetan medicines are safe to use and have supported their clinical effectiveness in the treatment of hypertension.

Keywords: Essential hypertension, traditional Tibetan medicine (Sowa Rigpa), dietary control, lifestyle counseling

