

The Effectiveness of *Cymbopogon Citratus* as Hypertensive Remedy

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Abstract - Cardiovascular Disease (hypertension) is the number one non-communicable diseases affecting not only the Filipino population but many people around the world. Since this type of disease has been ranked as the top cause of mortality in the Philippines, the rapid rise in the prevalence of this disease has been one of the major challenges to the health sector. Considering the range of income of Filipinos, little or no amount is left to buy medications that would alleviate the increasing blood pressure. Taking part of the challenge of the Department of Health (Philippines), the researchers made this study with the objective to make use of a locally available medicinal plant (*Cymbopogon Citratus*) to control and even lower the blood pressure of the respondents. The diagnosed hypertensive patients who were not taking medicines due to poverty were used as respondents of the study. After securing their consent, their blood pressures were taken and were used as baseline data. Different concentrations like 0, 25%, 50% and 75% of *Cymbopogon Citratus* was prepared and given to respondents in the morning and in the afternoon for one week. Extensive monitoring of the respondents' blood pressure was done for seven days to note for any changes in the course of treatment. Results revealed that among the different concentrations, 50% *Cymbopogon citratus* was found to be effective. Therefore, it is suggested that a follow-up study should be made to further investigate the effectiveness of this medical plant to hypertensive patients.

Keywords - Cardiovascular Disease, *Cymbopogon Citrates*, Effectiveness, Hypertension, Remedy

Remark: The full paper may be found in www.inrit2013.com