

Impact of Dietary Intervention Through Buckwheat (*Fagopyrum Esculentum*) Flour on Lipid Profile of Hypertensive Subjects

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Cited in:

Thesis Submitted to the G.B. Pant University of Agriculture & Technology for Doctor of Philosophy (Human Nutrition) November, 2012

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Nandana Kumari

G.B. Pant University of Agriculture & Technology Pantnagar-263145, Uttaranchal, India

Conclusions

On the basis of the result revealed by the present study, it was cleared that buckwheat is effective in bringing the desirable changes in all related health parameters of the hypertension like reduction of excessive weight, reduction of systolic and diastolic blood pressure, lowering of total cholesterol, triglycerides and LDL-C, improvement in HDL-C etc. From the findings of present study it is clear that buckwheat based diet is effective for bringing a favourable effect on the different health parameters of hypertension particularly on waist circumference, systolic blood pressure, total cholesterol and triglycerides levels of lipid profile. So, it can be concluded that long term intake of buckwheat based diet could ameliorate the high prevalence of hypertension in our country.

Reference

Bijlani, R.L.; Gandhi, B.M.; Gupta, M.C.; Manocha, S. and Tandon, B.N. 1985. Effect of whole buckwheat (*Fagopyrum esculentum*) flour supplementation in lipid profile and glucose tolerance. Indian J. Med. Res. 81 : 162-168.