A comparative study of the safety and efficacy of Amlodipine with Cilnidipine in patients with mild to moderate hypertension in a tertiary care hospital.

OBJECTIVE

The purpose of this study is to compare and assess the efficacy and safety of Cilnidipine and Amlodipine in patients with mild to moderate hypertension.

INTRODUCTION

Hypertension is more prevalent in India and is a burden to health care in our country. It causes higher morbidity and mortality. It is a leading cause for stroke, Myocardial infarction, chronic kidney disease. It is not a disease by itself, but is an important risk factor for cardiovascular diseases\(^{(1)}\). Dietary and lifestyle changes can improve blood pressure control and decrease the risk of associated complications, although drug treatment is also necessary for whom lifestyle modifications are not sufficient\(^{(2)}\).

STUDY DESIGN

The study is an Open labelled, Randomised, Comparative study of the safety and efficacy of Cilnidipine and Amlodipine with mild to moderate hypertension in a tertiary care hospital\(^{(3)}\).

Male and female patients aged above 40 years of age, with mild to moderate hypertension, attending in K.I.M.S Hospital will be included in the study after fulfilling the inclusion and exclusion Criteria.

INCLUSION CRITERIA

1. Male & Female patients aged between 40 – 70 years of age\(^{(4)}\).
3. Pulse rate
4. E.C.G
5. Vital signs
6. BMI

SAFETY PARAMETERS

Safety will be monitored by Medical History, Physical Examination, Vital Signs parameters monitoring, Blood Examination (RFT, LFT) at each Visit.

The occurrence of adverse effects will be documented in case record form. At each visit patients will be asked about intercurrent illness and therapeutic intervention, which will be recorded in case record form.

STATISTICAL ANALYSIS

Values are expressed as the mean of ± SD [Standard deviation]. The differences of the baseline characteristics and change in Blood pressure and Pulserate Parameters between Cilnidipine and Amlodipine groups will be analysed.
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