

AN OPEN LABEL PROSPECTIVE STUDY ON URICOSURIC EFFECTS OF LOSARTAN IN HYPERTENSIVE PATIENTS WITH HYPERURICAEMIA

Abstract :

Background of the study:

In essential hypertension, the comorbidity of hyperuricaemia is very common which leads to cardiovascular morbidity. So the present study was done to focus on the uricosuric effect of losartan in newly diagnosed hypertensive patients with hyperuricaemia.

Objectives:

-) Changes in serum uric acid & urinary uric acid excretion from baseline to the endpoint
-) Changes in blood pressure and lipid profile from baseline to the endpoint
-) Improvement in quality of life score
-) Tolerability of tablet losartan

Methodology:

Fifty four hypertensive patients with hyperuricaemia who fulfilled the eligible criteria were included in the study. All the study participants were given T.Losartan 50mg once daily for four weeks. At the end of 1st, 2nd, 3rd and 4th week blood pressure control, tolerance and compliance were monitored. At the end of 4th week all the baseline laboratory parameters like renal function test, liver function test, lipid profile, random blood sugar, serum uric acid and urinary uric acid elimination were performed. The EQ-5D questionnaires were completed at two points in the study time: at the patient's initial visit and after 4 weeks of Losartan therapy.

Results:

The results were statistically analysed. There was statistically significant reduction in mean serum uric acid from 6.43mg/dl to 5.33mg/dl with $p < 0.0001$. The mean urinary uric acid excretion was increased from 418.12mg/day to 467.84mg/day which was statistically significant ($p < 0.001$). The mean systolic blood pressure, diastolic blood pressure and lipid profile values were reduced significantly with $p < 0.0001$. Improvements in the QOL parameters, paralleled with improvement of the clinical picture. Losartan was well tolerated.

Conclusion:

Losartan is safe and effective in treating hypertensive patients with hyperuricaemia due to its uricosuric effect and it also has benefits of reducing serum glucose, lipid levels; and improvement in the quality of life.

Keywords:

Losartan, essential hypertension, hyperuricaemia, blood pressure and lipid profile.