

**THE ROLE OF 'SAPERA FORTE TABLET'
IN
THE MANAGEMENT OF HYPERTENSION**

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Introduction:

As long as we do not know the cause of hypertension and there is ignorance of the basic mechanisms of its causation, management of a hypertensive subject should be directed chiefly towards the patient as a whole rather than his disease. Indigenous drugs possess reputation of acting on the personality as a whole rather than on a particular symptom or sign of a disease. Many drugs have been tried in the therapy of hypertension, but not a single one fulfills all the criteria of an ideal drug. Many indigenous products have been found to possess beneficial effects on hypertension and this induced us to try 'Sapera' in our cases of hypertension.

Material and methods:

This series consisted of 42 cases of established hypertension with systolic pressure above 150 mm. of mercury and diastolic above 90 mm. of mercury. 22 patients were female, while 20 patients were male and their ages varied from 29 to 81 years. Patients were treated with '**Sapera forte tablets**' in doses of two tablets three times a day to start with for one week and then once the blood-pressure level had returned to normal, the dose was reduced to an average of one to three tablets per day. Patients were seen twice a week and a detailed history regarding their symptoms was taken every time together with a detailed clinical examination and recording of blood pressure.

Observations and Results:

31 cases out of 42 were considered as successful results on '**Sapera forte tablet**' therapy giving a percentage of 71.5 both the systolic and diastolic blood-pressure showed a gradual drop; the diastolic blood- pressure showed the fall, earlier. The response to '**Sapera**' was uniform in both sexes and irrespective of age. Please see chart.

Response to therapy in various age groups:

Age	0-10	10-20	20-30	30-40	40-50	50-60	60-70	Over 70
No. of patients	---	----	1	7	23	6	4	1
No. of patients who responded satisfactorily	---	----	1	6	15	4	4	1

Patients showed marked improvement of symptoms like giddiness, headache, dyspnoea and hyperirritability within 48 hours of starting the treatment. All patients were followed up for a period of three months after starting the therapy and those who did not come for follow-up were not included in this series. It was found that even after the cessation of treatment for more than a month, many patients (23%) were asymptomatic and had normal blood-pressure levels.

Summary and Conclusions:

The most remarkable point noticed in this trial was complete absence of any toxic effects like drowsiness, palpitations, bradycardia, nor were any changes found in the bowel function. Sapera forte tablet is a combination of herbs, which not only reduces the elevated Vata dosha but also strengthens the nervous system.

Herbs like Anethum sowa (Shatapushpa), Piper longum (Pippali mool), Valeriana wallichii (Tagar), Cassia fistula (Aragvadh), Eclipta alba (Bhringaraj), Withania somnifera (Ashwagandha) and Triphala (A herbal combination of three fruits) pacify the aggravated Vata dosha. Elaeocarpus ganitrus (Rudraksha), Herpestis monniera (Brahmi) and Eclipta alba (Bhringaraj) are tranquilizers. Cassia fistula and Triphala are laxatives. They rectify the impairment of the digestive system. Boerrhaavia diffusa (Punarnava) being a diuretic reduces the increased Blood pressure.

Dashmool is a herbal combination of ten herbs, which is a potent combination useful in the disorders of nervous system.

Thus Sapera forte tablet aims to correct the causative factors of hypertension and is free from the drawbacks or side effects of modern antihypertensive.

On the whole, the results of **Sapera forte tablets** have been found to be very encouraging. Improvement was remarkable especially in cases with marked symptoms like giddiness, headache, insomnia, etc.

Hence by these various modes of action, each potentiating the other, remarkable effects are obtainable with this drug.

The drug has been found to be effective and well-tolerated even in cases with kidney damage and has a sustained or possibly a curative effect. Some cases, examined even after a lapse of four weeks after cessation of therapy, were found to be asymptomatic and having normal blood-pressure levels. Though, these patients still do require a follow-up for a very long period, judging from the results of this investigation, '**Sapera forte tablet**', has a definite place in the management of hypertension.

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