Conclusion
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In this study 65 hypertensive individuals were studied for the effect of caffeine, physical stress, cold pressure test and physical activity on their blood pressure and the results were compared with normotensive individuals of same age and sex. The following conclusion was drawn from the present study:

1. Caffeine ingestion is associated with rise in both systolic and diastolic blood pressure if ingested acutely by an abstainer. The rise in systolic & diastolic blood pressure is more after 60 minutes of ingestion. This rise is more marked in hypertensives as compared to normotensives. Therefore hypertension risk status should take priority in future research regarding pressure effects of dietary intake of caffeine.

2. Caffeine consumption may affect both diagnosis and treatment of hypertension.

3. Mental stress is associated with a significant rise of blood pressure in hypertensive individuals when compared with normotensive individuals.

4. Effect of cold pressure test in hypertensive individuals is similar to those in normotensives individuals; the rise when compared with normotensives is statistically insignificant.

5. The rise of blood pressure (both systolic and diastolic) after physical activity is more in hypertensives as compared to normotensives and the rise is statistically significant.