ANNEXURE -I

INFORMED CONSENT
Authorization for the performance of Diagnostic / Therapeutic and / or Investigative procedure

1. I, hereby authorize Dr. and those whom may be designated as his associates or assistants to perform Diagnostic / Therapeutic and / or Investigative Procedures.
   It has been explained to me that, during the course of the procedure, unforeseen conditions may be revealed or encountered, which may necessitate other procedures in addition to or different from the contemplated ones. I, therefore, further request and authorize the above named doctor or his designates, to perform such additional or other procedures, as her or they may deem necessary or desirable.

2. The nature and purpose of the procedures, the necessity thereof, the possible alternative methods of procedure, the risk involved and the possibility of complication in the performing of the procedures, have been fully explained to me, I understand the same.

3. I understand that the result and observation of my investigative procedure will be used for research purposes. I have no objection to that.

I CERTIFY THAT I HAVE READ AND FULLY UNDERSTOOD THE ABOVE CONSENT, THAT THE EXPLANATIONS THEREIN REFERED TO WERE MADE AND THAT ALL BLANKS OR STATEMENTS REQUIRING INSERTION OR COMPLETION FILLED IN AND ANY INAPPLICABLE PARAGRAPHS STRICKED OFF, BEFORE I SIGNED.

Signature and Name of the Investigative Doctor

Name of the Subject

Signature of the person authorized to consent for the subject

Name

Relationship

Date Time
ANNEXURE - II

QUESTIONNARIE—I

GENERAL PROFILE

Date:___________                                                Group No/Case
No:__________

Control/Experimental

1. Name

2. Address & Phone No.

3. Age

4. Sex

5. Educational Status

6. Occupation

7. Total family income per month

8. Marital Status

9. Number of family members

10. Type of family: (a)Joint     (b) Nuclear

11. Do you have any secondary occupation?

12. What are your working hours?

13. Nature of work: (a) Official (b) Field Job (c) Both a&b (d) Any other

14. How much distance do you walk per day?

15. How many stairs do you climb per day?

16. Do you undertake exercise in any form? (a) Yes (b) No

    If yes, in which form: (a) Slow walk

    (b) Brisk walk

    © Jogging

    (d) Cycling

    (e) Swimming

    (f) Yoga
17. Daily intake of fruits and salads.

18. Habit related to Smoking, Tobacco chewing, Pan, Pan masala, etc.
   (a) Non-user (b) Current User (c) Past-User

19. Habit related to drinking (alcohol beverages)?
   (a) Non-user (b) Current-user (c) Past-user.
QUESTIONNARIE—II

CLINICAL PROFILE

Date:________
No:______

Control/ Experimental

1. Name:

2. Age:

3. Sex:

4. Weight (Kg)

5. Height (cm)

6. Blood Pressure(mm Hg)

7. Clinical Parameters

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Pre Supplementation</th>
<th>Post Supplementation</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Total Cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(b) LDL Cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>© HDL Cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(d) VLDL Cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(e) LDL/HDL ratio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(f) Triglycerides</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(g) TC/HDL ratio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(h) Blood Sugar</td>
<td>(i) Fasting</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(ii) Post Prandial</td>
<td></td>
</tr>
</tbody>
</table>

8. Since how long have you been detected hypercholesterolemic?

9. Are you hypertensive and hyperglycemic also?

10. Family history – Positive/Negative.
ANNEXURE - III

DM - Diabetes Mellitus
CHD, CAD - Coronary Heart Diseases, Coronary Artery Diseases
SBP - Systolic Blood Pressure
DBP - Diastolic Blood Pressure
LDL - Low Density Lipoprotein
VLDL - Very Low Density Lipoprotein
BMI - Body Mass Index
FBS - Fasting Blood Sugar
PPBS - Post Prandial Blood Sugar
HDL - High Density Lipoprotein
OS - Ocimum Sanctum
NIDDM - Non Insulin Dependent Diabetes Mellitus
MAP - Mean Arterial Pressure
EFFECT OF TULSI (OCIMUM SANCTUM) ON BLOOD GLUCOSE AND SERUM LIPIDS IN DIABETIC AND HYPERTENSIVE PATIENTS.

Archana Agrawal, Rajesh Misra & Mukesh Kumar

Department of Physiology, Subharti Medical College, Meerut, UP
E-mail: archanaagrawal020@gmail.com.

Objective: Diabetes and hypertension are frequently occurring and closely related diseases. Hypotensive and hypoglycemic effect of tulsi leaves have been reported and attempts have been made to determine quantitatively the effects of tulsi on blood sugar level and its possible role as a substitute for oral hypoglycemic drugs. Our aim is to explore the hypotensive and hypoglycemic effect of tulsi leaves in diabetic and hypertensive patients.

Material and Methods: Forty known patients of diabetes and hypertension in the age group of 26-75 years were divided into control (n=20) and study group (n=20). In both groups BMI, Pulse rate, SBP, DBP, Lipid profile and blood sugar (fasting and P.P.) were recorded. The study group was supplemented with Tulasi tablet of Himalyan Herbal Healthcare; One tablet twice a day before meals for 45 days, along with the treatment. After 45 days all parameters were re-recorded.

Results and Conclusions: In this study; in the study group, we observed a significant (P<0.01) reduction in SBP, DBP, Pulserate, Totalcholesterol, Triglycerides, LDL, VLDL and Tc/HDL in comparison between Pre and Post Supplementation parameters. While on comparing the study group with control group we observed a significant reduction (P<0.01) in SBP, DBP, MBP, Pulserate, Triglycerides and VLDL. We did not find any statistically significant change in Blood Sugar (fasting and P.P), Total Cholesterol, HDL, LDL, Tc/HDL and LDL/HDL.

The results suggest that tulsi (Ocimum Sanctum) has hypotensive effect markedly.
Effect Of Antioxidants (Vitamin E & C) And Ocimum Sanctum(Tulsi) On Blood Glucose And Serum Lipids In Diabetic And Hypertensive Patients

Archana Agrawal*, Rajesh Misra**, Mukesh kumar**

*Assist. Prof., Physiology, ITS CDSR, Muradnagar**Prof., Physiology, Subharti Medical College, Meerut, U.P.

Objective of the study: Diabetes and hypertension are frequently occurring and closely related diseases. Hypotensive and hypoglycemic effect of antioxidants (vit. E & C) and tulsi leaves have been reported. Attempts have been made to determine quantitatively the effects of antioxidants and tulsi on serum lipids and blood sugar level and its possible role as a substitute for oral hypoglycemic and hypotensive drugs. Aim: To explore the hypotensive and hypoglycemic effect of antioxidants (vit. E & C) and tulsi leaves in diabetic and hypertensive patients.

Materials and Method: Eighty known patients of diabetes and hypertension, in the age group of 34-75 yrs were divided into control (n=20) and three study groups (n=20 each). In both groups BMI, HR, SBP, DBP, Lipid profile and blood sugar (fasting and PP) were recorded. The study groups were subjected to undergo antioxidants (Vitamin C (Tab- CELIN 500 mg of GlaxoSmithKline Drug Company), Vitamin E (Tab-EVINAL 400 mg of Alembic Limited) and tulsi (Tab-TULASI 250 mg of Himalaya Herbal Healthcare Pharmaceutical Company). Dosage of antioxidants is one Tab. D each and B.D for tulsi for 45 days. After 45 days all parameters were re-recorded. Result and Conclusion: In this study, we observed a significant (<0.01) reduction in SBP, DBP, PR, Tc, Tg, LDL, VLDL and Tc/HDL in comparison between Pre and Post supplementation parameters. While on comparing the study group with control groups we observed a significant reduction in SBP, DBP, PR, Tc, Tg and LDL. We did not find any statistically significant change in Blood Sugar (Fasting and PP), HDL, LDL, Tc/HDL and LDL/HDL. The results suggest that antioxidants (vit E & C) and tulsi (Ocimum Sanctum) has hypotensive effect more markedly.