

The effects of garlic supplementation and implementation of a program of aerobic exercise on blood pressure in postmenopausal women with hypertension

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Background and Aim: Cardiovascular diseases are the most common causes of mortality in the world. Hypertension is one of the most important risk factors for cardiovascular diseases. Decreasing blood pressure due to exercise can reduce the risk of cardiovascular incidents. The purpose of present study was to evaluate the effects of garlic supplementation and implementation of a program of aerobic exercise on blood pressure in postmenopausal women with hypertension. **Materials and Methods:** This study was conducted on 40 postmenopausal women with hypertension. The subjects were randomly divided into four groups include: group aerobic training, group aerobic training and garlic, group garlic supplementation and group control. Cardiovascular variable included heart rate (HR), systolic blood pressure (SBP) and Diastolic blood pressure (DBP) were measured before and after aerobic exercise. **Results:** The results showed that HR, SBP, DBP and rate pressure product significantly decreased in aerobic training with garlic supplementation group compared to other group (P

Keywords : Aerobic Training, Heart Rate (HR), Systolic Blood Pressure (SBP), Diastolic Blood Pressure (DBP), garlic supplementation

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