

땅두릅뿌리를 이용한 혼합음료가 당뇨 및 고혈압 환자의 혈압과 혈액 성상에 미치는 영향

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The Effect of Mixing Beverage with *Aralia continentalis* Kitagawa Root on Blood Pressure and Blood Constituents of the Diabetic and Hypertensive Elderly

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Abstract

Studies were carried out to observe the influence of *Aralia continentalis* Kitagawa root on blood pressure and blood constituents of the 24 hypertensive elderly(10 men and 14 women aged over 60). Total subjects were divided into three groups according to taking antihypertensive medicine(A), antihypertensive medicine and mixing beverage with *Aralia continentalis* Kitagawa root(B) or mixing beverage with *Aralia continentalis* Kitagawa root(C). Mean systolic blood pressure of C group was significantly lower than that of A and B groups($p<0.05$). Mean diastolic blood pressure of C group was lower than A and B groups. Blood glucose level of C group was a little lower than that of A and B groups. The level of TG increased more in A group than C group and decreased in B group. The levels of T-cholesterol and LDL-cholesterol lowered in B and C groups and HDL-cholesterol level was higher in C group. GOT, GPT and T-bilirubin levels of C group were significantly higher than others. Mixing beverage with *Aralia continentalis* Kitagawa root did not affect on blood protein and non-protein nitrogens. In conclusion, mixing beverage with *Aralia continentalis* Kitagawa root had an effect on lowering blood pressure, blood glucose, T-cholesterol and LDL-cholesterol.

Key words : *Aralia continentalis* Kitagawa, blood pressure, hypertension, GOT, GGT.