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Magnitude and trend of hypertension among student community in the locality of Lahore, Pakistan

Irfan Bashir[1,2]
[1]The Islamia University of Bhawalpur, Pakistan
[2]Foundation for Young Researchers, Pakistan

Hypertension is a most common cardiovascular disease and a precursor to other major diseases like brain stroke, heart attack, kidney failure as well as myocardial infarction etc. Limited studies have been carried out to check the prevalence of hypertension among student community who are in striving phase of their life. So information about prevalence and risk factors for hypertension among student community is desirable. With a clinically validated sphygmomanometer and stethoscope, resting blood pressure values were measured in 400 respondents. The study population consisted of boys and girls of age 15 to 25 years, who participated in the survey conducted in various educational institutes. Survey was based upon various questions to evaluate dietary habits, obesity factor, routine blood pressure values, and socioeconomic status and personality factors. During the study period, there was an upward trend in B.P. among students community in the locality of Lahore, Pakistan. After adjustment for gender, age and weight status, the prevalence of pre-hypertension and hypertension was found to be 19%. Being overweight was strongly associated with pre-hypertension and hypertension in comparison with those having normal weight. A considerable rise in cases of hypertension in students can be attributed to their lifestyle, habits and attitude which usually affect them in the form of abnormally high weight and mental stress. Blood pressure can be kept under control by maintaining normal BMI, adapting a healthy lifestyle and having positive reaction to critical circumstances.

foundation.young.researchers@gmail.com

Molecular docking of HIV-1 env gp120 using diterpene lactones from *Andrographis paniculata*

Kabir O Otun
Kwara State University, Nigeria

The search for effective drugs to treat HIV/AIDS has been the major task of most researchers since several years of its discovery. Most synthetic drugs such as Efavirenz, Tenofovir, Emtricibatine among others are employed in the antiretroviral treatment which have dangerous effects on patients. Thus, herbal medicine can be used as an alternative source of treatment for HIV positive patients as they exhibit little or no side effects when compared to synthetic drugs. This research work sought to examine whether plant diterpene lactones isolated from *Andrographis paniculata* exhibit anti-HIV activity using molecular docking studies. The HIV-1 env gp120 was docked by two diterpene lactones namely; andrographolide and neoandrographolide using docking tool (igemdock v2.1) after retrieving protein structure from Protein Data Bank (PDB). The result indicates that neoandrographolide is a more promising drug against HIV-1 than andrographolide due to its low interaction energy for the formation of ligand-receptor complex.

kabir.otun@kwasu.edu.ng