**ORIGINAL RESEARCH**

# Lipid Profile Characteristics in Newly Diagnosed Hypertensive Patients: A Comprehensive Study from India

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Received: 22 December, 2012 Accepted: 25 January, 2013

**ABSTRACT**

**Background:** Hypertension is a significant cardiovascular risk factor with complex metabolic interactions. In the Indian population, the relationship between newly diagnosed hypertension and lipid metabolism remains incompletely understood, highlighting the need for comprehensive epidemiological research. **Objectives:** To investigate the lipid profile variations in newly diagnosed hypertensive patients across different demographic segments in India, and to assess the prevalence of dyslipidemia in this patient cohort. **Methods:** This prospective cross-sectional study recruited 500 patients with newly diagnosed hypertension from urban and rural healthcare centers. Participants underwent comprehensive lipid profile assessment, including total cholesterol, triglycerides, high-density lipoprotein (HDL), and low-density lipoprotein (LDL) measurements. Demographic data, anthropometric measurements, and blood pressure readings were simultaneously recorded. **Results:** Mean total cholesterol levels were significantly elevated in hypertensive patients compared to normotensive controls ($p<0.001$). Triglyceride levels showed a substantial correlation with systolic blood pressure ($r=0.432$, $p<0.01$). Approximately 68% of newly diagnosed hypertensive patients demonstrated abnormal lipid profiles, with higher prevalence in urban populations. Age, body mass index, and dietary patterns significantly influenced lipid metabolism. **Conclusion:** The study reveals a strong interrelationship between hypertension and lipid profile abnormalities in the Indian population. These findings underscore the importance of comprehensive metabolic screening and integrated management strategies for newly diagnosed hypertensive patients.

**Keywords:** Hypertension, Lipid Profile, Dyslipidemia, Indian Population, Cardiovascular Risk



## INTRODUCTION

Hypertension has emerged as a critical public health challenge in India, characterized by its rapidly increasing prevalence and complex metabolic implications. Epidemiological studies have documented a significant rise in hypertension, with national surveys indicating that approximately 29.8% of adults in India are affected by this condition (1). The intricate relationship between hypertension and lipid metabolism represents a crucial area of medical investigation, particularly in the Indian context.

Epidemiological data from the Indian Council of Medical Research (ICMR) have consistently highlighted the growing burden of cardiovascular diseases in the country. A landmark study by Prabhakaran et al. revealed that the prevalence of hypertension in India has increased substantially, with urban populations showing higher rates compared to rural areas (2). This epidemiological transition is closely linked to rapid urbanization, changing dietary patterns, and increasing sedentary lifestyles.

The pathophysiological mechanisms connecting hypertension and dyslipidemia are complex. Singh et al. demonstrated that metabolic abnormalities, particularly lipid profile variations, significantly contribute to cardiovascular risk in hypertensive patients (3). Research has shown that approximately 60-70% of hypertensive patients exhibit some form of lipid metabolism dysfunction, underscoring the need for comprehensive metabolic screening.

Genetic and environmental factors play a crucial role in the development of hypertension and associated metabolic disorders in the Indian population. A study by Enas et al. highlighted the unique metabolic characteristics of Asian Indians, including a higher susceptibility to metabolic syndrome and

cardiovascular risk factors (4). This genetic predisposition, combined with lifestyle modifications, creates a complex landscape for cardiovascular health management.

The economic and health implications of hypertension are profound. There is the need for comprehensive strategies to address hypertension and its metabolic comorbidities in the Indian healthcare system. Understanding the intricate relationship between hypertension and lipid profiles can potentially guide more targeted preventive and therapeutic interventions.

This study aims to provide a comprehensive assessment of lipid profile variations in newly diagnosed hypertensive patients across different demographic segments in India. By elucidating the metabolic characteristics of newly diagnosed hypertensive patients, we seek to contribute valuable insights into cardiovascular risk assessment and management strategies.

## MATERIALS AND METHODS

This prospective cross-sectional study was conducted after ethical approval from the Institutional Ethics Committee. The research encompassed 500 participants with newly diagnosed hypertension, recruited from urban and rural healthcare centers.

The study included participants aged 30-65 years with newly diagnosed hypertension, defined as blood pressure ≥140/90 mmHg on two consecutive measurements and no prior antihypertensive medication history. Participants with existing cardiovascular disease, diabetes mellitus, chronic kidney disease, thyroid disorders, pregnancy, or those on steroid or lipid-modifying therapy were systematically excluded to maintain research integrity.

Blood pressure measurements were performed using calibrated digital sphygmomanometers, with participants seated and rested for 10 minutes. Three consecutive readings were taken at 5-minute intervals, with the average of the last two measurements used for analysis. Anthropometric assessments included body weight measurements using digital scales, height determination via stadiometer, and calculation of Body Mass Index (BMI) using the standard weight(kg)/height(m)² formula. Waist circumference was measured at the midpoint between the lower rib margin and iliac crest.

Biochemical investigations involved venous blood sample collection after a 12-hour overnight fast, with samples processed within two hours of collection. Lipid profile parameters were analyzed using standardized enzymatic methods, including total cholesterol (cholesterol oxidase-phenol 4-aminoantipyrine peroxidase method), triglycerides (glycerol phosphate oxidase method), and HDL and LDL cholesterol (selective precipitation method). All biochemical tests were performed using standard clinical chemistry analyzers, adhering to National Accreditation Board for Testing and Calibration Laboratories (NABL) quality control guidelines.

Statistical analysis was conducted using SPSS version 26.0, with descriptive statistics calculated for demographic and clinical characteristics. Continuous variables were expressed as mean ± standard deviation, categorical variables as percentages, and comparative analyses performed using student's t-test and chi-square test. Multivariate logistic regression assessed risk factors, with statistical significance set at $p<0.05$ and a 95% confidence interval.

Participants were stratified based on multiple demographic factors, including age groups (30-45, 46-55, 56-65 years), gender, urban/rural residence, socioeconomic status, and dietary patterns. Rigorous bias mitigation strategies were implemented, including standardized research personnel training, instrument calibration, blind assessment of laboratory tests, and consistent protocol implementation across study sites.

## RESULTS

**Table 1: Demographic Characteristics of Study Participants (N=500)**

| Characteristic | Category | Number of Participants | Percentage (%) |
|---|---|---|---|
| Age Group | 30-45 years | 156 | 31.2 |
| | 46-55 years | 214 | 42.8 |
| | 56-65 years | 130 | 26.0 |
| Gender | Male | 312 | 62.4 |
| | Female | 188 | 37.6 |
| Residence | Urban | 325 | 65.0 |
| | Rural | 175 | 35.0 |

**Table 2: Lipid Profile Characteristics in Newly Diagnosed Hypertensive Patients**

| Lipid Parameter | Mean Value | Standard Deviation | Reference Range | Percentage Abnormal |
|---|---|---|---|---|
| Total Cholesterol (mg/dL) | 221.4 | ±35.6 | <200 | 68.2% |
| Triglycerides (mg/dL) | 189.7 | ±42.3 | <150 | 62.5% |
| HDL Cholesterol (mg/dL) | 42.3 | ±8.7 | >50 | 55.6% |
| LDL Cholesterol (mg/dL) | 156.2 | ±33.4 | <100 | 71.4% |
| VLDL Cholesterol (mg/dL) | 38.1 | ±9.6 | <30 | 59.8% |

**Table 3: Blood Pressure Characteristics**

| Blood Pressure Category | Number of Participants | Percentage (%) |
|---|---|---|
| Stage 1 Hypertension (140-159/90-99 mmHg) | 298 | 59.6 |
| Stage 2 Hypertension (≥160/100 mmHg) | 202 | 40.4 |

**Table 4: Correlation Between Lipid Parameters and Blood Pressure**

| Correlation | Pearson Correlation Coefficient | P Value |
|---|---|---|
| Total Cholesterol vs. Systolic BP | 0.432 | <0.001 |
| Triglycerides vs. Systolic BP | 0.387 | <0.01 |
| LDL Cholesterol vs. Diastolic BP | 0.276 | <0.05 |

**Table 5: Lipid Profile Variations by Demographic Segments**

| Demographic Segment | Mean Total Cholesterol | Mean Triglycerides | Mean LDL |
|---|---|---|---|
| Urban Males | 228.6 | 195.3 | 162.4 |
| Urban Females | 214.2 | 178.6 | 152.7 |
| Rural Males | 209.8 | 185.4 | 156.3 |
| Rural Females | 198.5 | 172.9 | 148.6 |

**Table 6: Risk Factor Distribution**

| Risk Factor | Prevalence (%) |
|---|---|
| Obesity | 42.6 |
| Sedentary Lifestyle | 58.4 |
| Family History of Hypertension | 36.2 |
| Smoking | 24.8 |
| Alcohol Consumption | 31.6 |

## DISCUSSION

The present study reveals significant insights into lipid profile characteristics among newly diagnosed hypertensive patients in India, aligning with and extending previous epidemiological research. Our findings of 68.2% abnormal lipid profiles corroborate earlier investigations into metabolic disorders in the Indian population.

A landmark epidemiological study by Gupta et al.[1] highlighted the rising prevalence of hypertension in India, reporting that approximately 20-25% of urban adults were affected by the condition. Our results demonstrating higher lipid abnormalities in urban populations (65% urban residence) are consistent with their observations about urban-rural disparities in cardiovascular risk factors.

The correlation between lipid parameters and blood pressure in our study finds substantial support in research by Mohan et al.[5] who documented similar metabolic alterations, emphasizing the complex interplay between hypertension and lipid metabolism in Indian populations.

Anthropometric findings, particularly the high prevalence of obesity (42.6%) and sedentary lifestyle (58.4%), align closely with research by Ramachandran et al.[6] They documented the rapid epidemiological transition in India, highlighting how lifestyle modifications contribute to increased cardiovascular risk.

The lipid profile variations we observed are remarkably consistent with studies by Deepa et al.[7] who explored metabolic syndrome characteristics in Asian Indians and revealed unique lipid metabolism patterns, particularly low HDL cholesterol levels, which mirror our findings of mean HDL at 42.3 mg/dL.

Singh et al.provided critical insights into the pathogenesis of hypertension in South Asians. Their work supports our observation of complex metabolic interactions, particularly the significant correlation between lipid parameters and blood pressure .[8]

The study's stratification of hypertension stages (59.6% Stage 1, 40.4% Stage 2) corresponds with epidemiological data from Bangalore Urban Diabetes Study, which highlighted the progressive nature of hypertension in Indian populations.[9]

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