Summary and Conclusion

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The possible role of calcium in the pathogenesis of essential hypertension has recieved attention. Some studies have suggested a possitive correlation between serum total calcium levels and the height of blood pressure. However, other reports have raised the opposite possibility that an actual deficiency of calcium may somehow be causal.

Several reports have shown an inverse association between calcium intake and blood pressure in healthy pregnant, non pregnant and hypertensive human subjects.

The results of some recent clinical trails have suggested that daily calcium supplementation may be associated with a decreased risk of PIH which was 4.1% in the treatment group versus 27.9% in the placebo group.

This study included 60 primigravidae, from nearly the same socioeconomic class with normal blood pressure till the twentieth week of gestation but with positive roll over test and high mean arterial pressure. They were divided into two groups each consists of 30 primigraridae. The first group

recieved 60 ml of calcium syrup daily containg 1.32gm of elemental calcium.

The women of the second group recieved placebo.

All primigravidae were followed every 2 weeks till delivery. In each visit they were examined for weight, oedema and blood pressure. Also an abdominal examination for assessment of foetal growth, and foetal heart rate were counted.

Urine samples were examined every 2 weeks for albumin and sugar by tape. Serum creatinine and P.C.V% were also done every 2 weeks.

Ultrasonography was done for each woman at first visit to cenfirm gestational age and at 37th meet to assess foetal growth and well being.

At delivery, foetal and placental weights and foetal APGAR scoring were recorded.

The statistical results of this thesis showed that there is significant decrease in both systolic and diastolic blood pressure $P<0.05$. In addition there is low incidence of

albuminuria and serum creatinin level with $P<0.05$ in the calcium supplemented group than that in the placebo group. This points to the vital role of calcium supplementation to all primigravidae especially those who are liable to get PIH as document by the role over test and mean arterial blood pressure as a prophylactic measurement.