

**DEMOGRAPHIC AND DIETARY INSIGHTS INTO HYPERTENSION MANAGEMENT:  
A SURVEY OF HYPERTENSIVE PATIENTS IN THE WESTERN PROVINCE,  
SRI LANKA**

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Hypertension, a pervasive global health challenge, disproportionately affects middle-income nations like Sri Lanka. This study aimed to investigate the impact of demographic characteristics and dietary practices on hypertension management among patients in the Western Province. Ethical approval was obtained from the Ethics Review Committee, Faculty of Indigenous Medicine, University of Colombo (ERC 23/224). A total of 120 hypertensive patients from diverse socioeconomic and educational backgrounds were surveyed using structured interviews and questionnaires. The data collection included dietary frequency, lifestyle habits, symptom presentation, and treatment choices. Participants were recruited from Medico Pharmacy, Battaramulla, and Ayurvedic hospitals in Borella, Navinna, Meegoda, Lunava, and Jamburaliya. Data were statistically analyzed using SPSS software. The majority of respondents were aged 45–50 years (30%), with a higher prevalence among males (60%). Employed individuals (57%) were more likely to be hypertensive, potentially due to occupational stress. Most participants were Sinhala (80%), Buddhist (77%), belonged to middle-income households (72%), and had formal education (48%). Common symptoms included headaches (23%) and fatigue (21%). Western (allopathic) medicine was the primary treatment for 55%, with 63% reporting moderate relief, defined as noticeable and sustained symptom reduction. The findings underscore gender-based differences in disease duration, urban–rural healthcare disparities, and the influence of lifestyle and culture. Despite limited geographic scope, the study advocates for integrative, diet-conscious healthcare models suited to Sri Lankan contexts.

**Keywords:** Ayurvedic healthcare, Demographic insights, Dietary practices, Hypertension management