



## MEDICAL TIPS

### CINIBLU TABLETS

Issue IV, No. 16, 2022

#### **Efficacy of Cilnidipine (L/N-type Calcium Channel Blocker) in Treatment of Hypertension: A Meta-Analysis of Randomized and Non-randomized Controlled Trials**

*Chakraborty RN et al. Cureus 2021; 13(11): e19822*

- Cilnidipine is a newer dihydropyridine calcium channel blocker (CCB) shown to have a prolonged antihypertensive property.
- A meta-analysis of comparative randomized and non-randomized clinical trials evaluated the effect of Cilnidipine monotherapy or combination therapy.
- The changes in systolic blood pressure (SBP), diastolic blood pressure (DBP), and pulse rate were evaluated and compared to other CCBs from baseline over 48 weeks.
- Cilnidipine caused a significant reduction in SBP, DBP, and PR at end of therapy and the outcomes were similar to other CCBs.

**Cilnidipine had similar anti-hypertensive effects compared to other first-line antihypertensive drugs and can be used as a novel first-line CCB for the management of hypertension either as monotherapy or in combination.**

