



## **Alcohol Consumption Patterns and Blood Pressure: A Study among Meiteis of Manipur, India**

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**ABSTRACT** Alcohol dependence (AD), a common complex disorder, is associated with various types of complex diseases resulting millions of deaths each year of which hypertension is one reported to be associated with alcohol dependence. The present study aims to understand the role of alcohol consumption and vulnerability to hypertension among Meiteis of Manipur, India. A total of 472 individuals (control=317, AD cases=155) unrelated up to 1<sup>st</sup> cousin were screened for hypertension. All the AD cases met DSM-IV criteria for alcohol dependence. No significant difference is observed between AD cases and controls with respect to hypertension. However, hypertensive cases were relatively higher among occasional drinkers (ODs) and moderate drinkers (MDs) as compared to absolute non- drinkers (NDs). Both ODs and MDs posed more than one-fold increased risk for hypertension. The present study indicates negative impact of alcohol consumption on health and it triggers hypertension specifically when ODs and MDs are concerned.