



# DEPARTMENT OF NURSING SCIENCE

## FACULTY OF ALLIED HEALTH SCIENCES

### COLLEGE OF MEDICAL SCIENCES

#### AHMADU BELLO UNIVERSITY, ZARIA, NIGERIA



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3<sup>rd</sup> October 2025

The Executive Director,  
National Agency for Science and Engineering Infrastructure (NASeni)  
Federal Secretariat, Phase 1,  
Abuja, Nigeria.

#### **Endorsement of Proposal for Research on the Effect of Hibiscus Sabdariffa (Zobo) and Hyphaene Thebaica (Goriba) on Blood Pressure**

Dear Sir,

I am pleased to endorse the research proposal titled Effect of Hibiscus Sabdariffa (Zobo) and Hyphaene Thebaica (Goriba) on Blood Pressure Among Hypertensive Patients in Aminu Kano Teaching Hospital, Kano, North-Western Nigeria, submitted by Adamu Dalhatu et al. This research is pivotal in addressing the growing issue of hypertension in Nigeria and exploring cost-effective, herbal alternatives to traditional anti-hypertensive treatments.

The study has shown the anti-hypertensive effects of Hibiscus Sabdariffa and Hyphaene Thebaica through randomized controlled trials on patients with primary hypertension. The outcomes have contributed significantly to public health policy, improved hypertension management, and aligned with Nigeria's efforts toward achieving the SDGs.

We strongly support this proposal and believe it holds the potential to make a meaningful impact on healthcare in Nigeria. We recommend it for funding consideration under the Research Commercialisation Grant.

Thank you for your attention to this important research.

Kind regards,

Dr D. K. Sani  
Head of Department