

Review on Hypertension by Herbal Remedies

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Abstract: Hypertension (HTN) is the Medical term for high blood pressure. Hypertension is the most common modifiable risk factor for death and disability, including stroke, accelerated coronary atherosclerosis, and systemic atherosclerosis. The use of medicinal plants for the treatment of hypertension has attracted a lot of interest recently. Herbs and plants contain many phytochemicals that have been shown to be effective in the treatment of hypertension and cardiovascular disease. Hypertension is a chronic disorder characterized by persistently high blood pressure of 140/90 mmHg or higher. The use of medicinal herbs to treat hypertension is very common because these medicines are readily available and less expensive than new pharmaceuticals; herbs do not cause side effects, such as weakness, fatigue, cold hands, depression, insomnia, abnormal heartbeats, rash, fever, etc. Every year, more and more studies are done on herbal remedies for high blood pressure. There are many herbal remedies like Punarnava, Barberry, Garlic, Ginger, Ginseng and Arjuna that can be used safely to treat hypertension. Therefore, this article focuses on the various medicinal plants used around the world for the treatment of hypertension rather than drugs. Current literature highlights the causes of hypertension, signs, symptoms, preventive measures and safer treatment options.

Keywords: Hypertension, Target Blood pressure, Herbal effectiveness, Herbal safety, Hypertension management, Antihypertensive agents, Traditional medicines