

A Review on Congestive Heart Failure

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Abstract: Congestive Heart Failure (CHF) is a clinical syndrome that occurs when the heart is unable to pump blood effectively to meet the body's metabolic demands, leading to the accumulation of fluid in the lungs, liver, and peripheral tissues. It is commonly the result of underlying cardiovascular conditions such as coronary artery disease, hypertension, valvular heart diseases, and cardiomyopathies. The pathophysiology of CHF involves impaired myocardial contractility, increased preload, and afterload, which disrupt normal hemodynamic and tissue perfusion. Symptoms include dyspnea, fatigue, orthopnoea, edema, and ascites. Diagnosis relies on clinical presentation, imaging studies (echocardiography), and laboratory tests, including natriuretic peptide levels. Management involves pharmacological therapy, such as ACE inhibitors, beta-blockers, diuretics, and aldosterone antagonists, as well as lifestyle modifications. In severe cases, mechanical circulatory support or heart transplantation may be considered. Despite advances in treatment, CHF remains a major cause of morbidity, mortality, and hospitalization, particularly among older populations. Ongoing research is focused on improving early diagnosis, understanding the molecular mechanisms underlying CHF, and developing novel therapeutic approaches..

Keywords: Congestive heart failure, Types, Etiology, Treatment, Classification.

