

A Comprehensive Review on Cardiovascular Diseases: Pathophysiology, Diagnostics, Therapeutic Advances, and Emerging Herbal Strategies

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Abstract: Cardiovascular diseases (CVDs) remain the leading contributors to global mortality, affecting millions annually. These conditions involve structural and functional abnormalities of the heart and blood vessels, arising through mechanisms such as atherosclerosis, thrombosis, electrical conduction disturbances, and congenital malformations. Modern clinical care integrates cardiac biomarkers, advanced imaging modalities, pharmacological therapy, surgical interventions, and complementary herbal strategies. This review synthesizes current knowledge on major cardiovascular disorders, diagnostic biomarkers, imaging technologies, pharmacotherapy, and the emerging role of plant-based cardioprotective compounds. The goal is to provide a holistic understanding of CVD management, emphasizing the relevance of multimodal diagnostic tools and integrative therapeutic approaches.

Keywords: Cardiovascular diseases

