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Prevention of Hypertension with Natural Herbs

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ABSTRACT:

Hypertension is most significant public health problem in India. The cause is idiopathic in 90% patients. Around 50% of the population remains undiagnosed. The prevalence of raised BP in Indians was 32.5% (33.2% in men and 31.7% in women) according to WHO estimates 2008. Although the wide gamut of risk factors, was CVD a major underpin is primary hypertension that accelerates its risk. The 7% of global Disability Adjusted Life Years (DALY) loss is because of high blood pressure. In 2025 about 29% of world's population is projected to be suffered from this condition. The use of medicinal plants for treatment of hypertension is very common because these remedies are easily available and low cost than novel pharmaceuticals. Herbs do not cause side effects like weakness, tiredness, drowsiness, depression, insomnia, and abnormal heartbeats, fever etc. Hence the present article focuses on different medicinal plants worldwide used for hypertension rather than on medications. The present literature emphasizes on causes for hypertension, its signs, symptoms, preventive measures as well as its safer options of treatments.

Keywords: Hypertension, Primary and Secondary Hypertension, Prevalence, Medicinal plant.

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