



# MEDICINAL PLANTS USED IN THE MANAGEMENT OF HYPERTENSION

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## ABSTRACT:

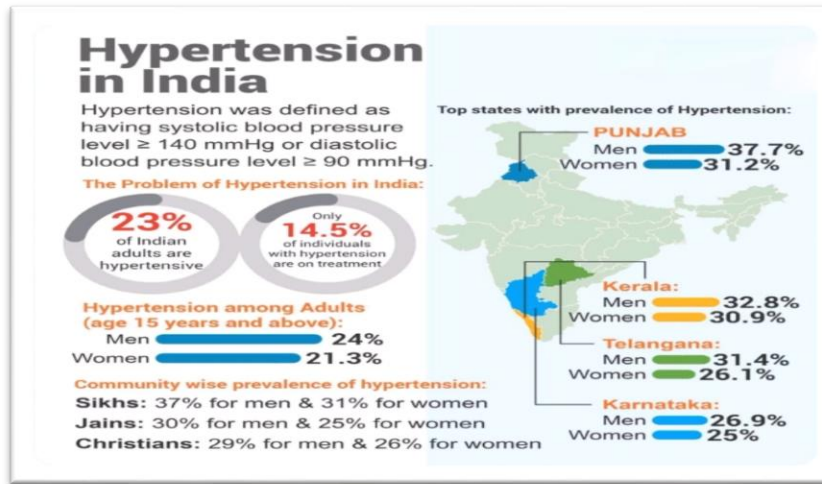
Hypertension is a condition where your Blood pressure is consistently high, which can potentially cause damage to your heart, brain, and other important organs, it is defined as any Blood pressure that is equal to or greater than 140 over 90 mmHg. Hypertension is one of the most common disorders affecting the heart and Blood vessels. can even moderately high Blood. pressure increases your risk of developing heart disease, so it's important to have your Blood pressure measured regularly.

**Keywords:** Hypertension, medicinal herbs, epidemic mortality percentage

## INTRODUCTION

Blood pressure is one of the important diseases in industrialized countries. hypertension is one of the most important public health problems in the world. Statistics show that more than Seven million people worldwide are affected by this disease each year. Hypertension is the third cause of death in the world. The prevalence of hypertension. increasing but the Awareness, control, and treatment of the disease are very weak. Hypertension causes people to engage with complications Such as damage to the brain and retinal artery. renal dysfunction, diabetes, cardiovascular disease, disability, and death. The reasons that make Hypertension more important are the increased risk of coronary heart disease and the incidence of cardiovascular events as well as stroke. medicines used to treat Hypertension include captopril, prazosin, hydrochlorothiazide, atenolol, hydralazine, methyldopa, etc. Blood pressure treatment is usually difficult, so only 30% of patients who were under treatment had their Blood pressure controlled at an ideal level. Reports and statistics show the disorders and diseases of nephrons. Kidney and associated tissues have been increased. Nephron diseases are associated with pain and suffering and impose enormous economic costs on the patient. chemical and Synthetic medicines have devastating effects on the patient's body. The use of medicinal heabs hydrochlorothiazide atenolol. hydralazine. methyldopa etc. Blood pressure treatment is usually difficult, so only 30% of patients who were under treatment have. their Blood levels. pressure controlled Reports and Statistics at a Show ideal that the disorders and diseases of nephrons Kidney and associated tissues have been increased. Nephron diseases are associated with pain. and suffering and impose enormous economic costs on the patient. chemical and Synthetic medicines have devastating effects on the patient's body. The use of medicinal herbs, and herbal and natural medicines in the prevention Control, and treatment of urinary tract and nephron diseases is interesting to researchers in this field. medicinal herbs have a number of Active substances with pharmacological and prophylactic effects in the treatment of such disorders. Since the medicinal herbs are used in the herbal and ethnobotanical medication to treat hypotension, the aim of this study is to identify.

## DATA STORY: HYPERTENSION IN INDIA

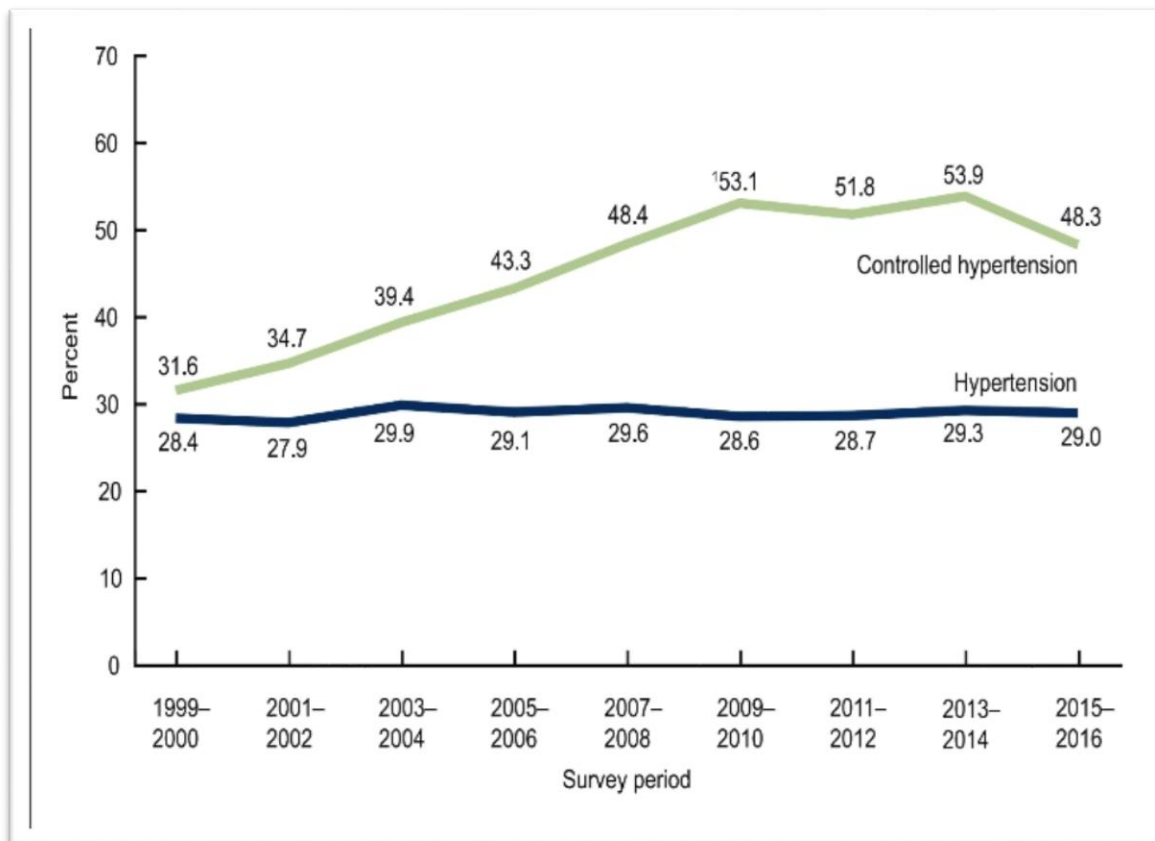


Hypertension is defined as having a systolic blood pressure level greater than or equal to 140 mmHg or/and taking anti-hypertensive medication to lower his/her Blood pressure. India has committed to a "25 by 25" goal which aims to reduce premature mortality due to non-communicable disease (NCDs) by 25% by 2025. One of the nine voluntary targets includes reducing the prevalence of high Blood pressure by 25% by 2025. India Hypertension Control Initiative (IHCI) was launched in November 2017. In the first year, IHCI covered 26 districts across five states, Kerala, Madhya Pradesh, Telangana, and Maharashtra. By December 2020, IHCI was expanded to 52 districts across ten States- Andhra Pradesh (1), Chhattisgarh (2), Karnataka (2), Kerala (4), Madhya Pradesh (6), Maharashtra (13), Punjab (5), Tamil Nadu (1), Telangana (13), and West Bengal (5). The project districts controlled almost 21 Lakh patients across 13,821 health facilities. In the 26 initial districts, almost 21% of the expected patients were enrolled. State proportions were Maharashtra (27%), Kerala (22.6%), Madhya Pradesh (18.7%), Telangana (18.6%), and Punjab (14.2%). Managing blood pressure for 2.5 crore individuals can prevent up to five lakh deaths due to cardiovascular disease in the next 10 years. One in every five Indian women and out of four men suffer from hypertension but when it comes to treatment, only 7 percent of women and 6 percent of men who have been diagnosed with high blood pressure are on medication. The National Family Health Survey 5 (NFHS-5) revealed. The survey also found that 33 percent of women and 46 percent of men have never had their blood pressure measured. Undiagnosed/untreated blood pressure can lead to damage to the heart including a condition (called cardiomegaly) when the heart increases in size because of high diastolic (lower) blood pressure.

This was the first time the Hypertension Survey was done by lowering the cut-off age to 15 years instead of 18. NFHS-5 estimated that 21 percent of females over 15 years have hypertension as opposed to 24 percent of males in the same age group. This data story aims to highlight the data related to hypertension in India, one of the leading causes of death among adults in India.

**Has the overall prevalence and control of hypertension changed between 1999 and 2016?** From 1999 through 2016, no significant change was seen in the percentage of adults with hypertension. The prevalence of controlled hypertension among adults with hypertension in the United States increased from 31.6% in 1999-2000 to 53.1% in 2009-2010 but no significant changes were observed from 2009-2010 through 2015-2016. The observed decrease in hypertension control from 53.9% in 2013-2014 to 48.3% in 2015-2016 was not significant.

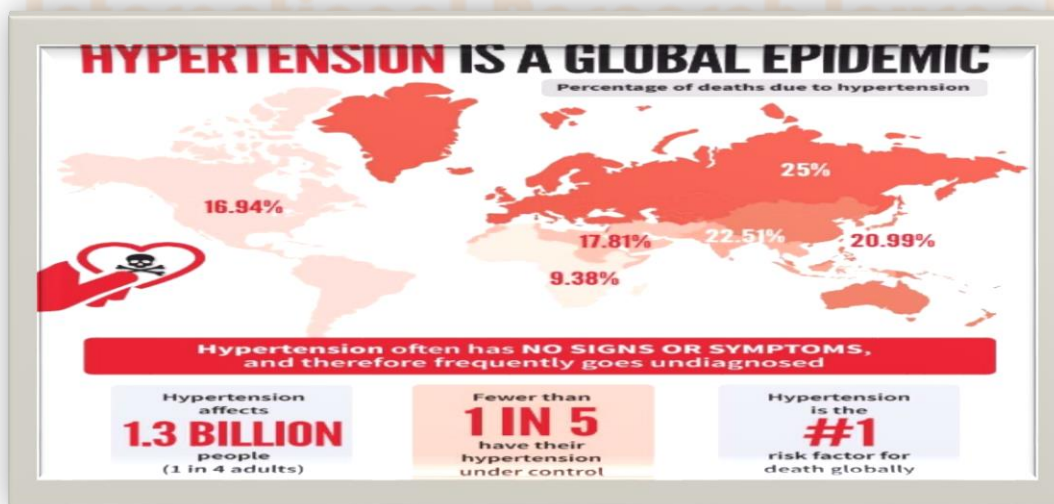
**FIGURE:** Age Adjusted trends in hypertension and controlled hypertension among adults aged 18 and over: United States 1999-2016



**Note:** Hypertension estimates are age-adjusted using the 2000 US census population direct method using age groups 18-39, 40-59, and 60 and older estimates of controlled Hypertension based on a Subpopulation of hypertensive individuals Adjusted for Age directly using calculated weights. 2007-2008 National health and nutrition examination Survey. using Age groups 18-39, 40-59, and 60 and older Access the data table for Figure 2.

**Epidemic mortality percentage map of hypertension in the world:**

map of the standardized mortality percentage of raised blood pressure Hypertension often has **NO SIGNS OR SYMPTOMS** and therefore frequently goes undiagnosed.



**MEDICINAL PLANTS**

Some medicinal plants are used for the treatment of hypertension; scientific names, family names, and plant parts are used.

Scientific name	Family name	Part use
Passiflora edulis	Passifloraceae	Leaves, Fruit, Hydroalcoholic extract
Achillea wilhelmsil	Asteraceae	Aerial parts
Allium sativum	Liliaceae	Bulb
Allium sativum L	Amarylidaceae	Bulb
Anethum graveolens dhi	Apiaceae	Leaves
Avena sativa	Poaceae	whole cereal
Berberis vulgaris	Berberidaceae	Fruits
Centaurea depressa M.	Compositae	Seed
Cinchorium intybus L.	Asteraceae	Leave
Hypericum perforatum	Hypericaceae	Leave
Laurocerasus officinalis R.	Rosaceae	Raw
Matricoria recutitia	Asteraceae	Flower
Nigella sativa	Ranunculaceae	Seed extract
Rauwolfia serpentine	Apocynoaceae	Reserpine alkaloids
Rumex acetosella L	Polygonaceae	Aerial parts
Viscum album	Santalacaeae	Aqueous leaf extract
Ziziphus zizyphus	Rhamnaceae	Fruits

The following Medicinals plants used in the treatment of hypertension

Table:- Medicinal Plants used for Hypertension

Plants name	Ayurvedic / Common Name	Part use
Carom capticum	Ajvan	Leaves
Oleo europaea	Alive tree	Leaves
Mesona procumbens	Vanilla	Seed
Phyllanthus urinaria	Bhuiqonla	Fruits, Leaf, Flowers



Laelia anceps	The bull	Roots
Cocus nurifera	coconut palm	Seed
Guazuma ulmifolia	Rudrakshi	bark
Citrus timetta	Sweet lemon	Fruit
Leonurus cardiaca	Guma	Aerial Parts
Allium Sativum	Garlic	Fruit
Achillea	Plumajillo	Leaves
Graptopetalum Paraguayense	Ghost plant	Leaves
Polyalthia Longifolia	Ashoka	Bark, root
Momordica charantia	Bitter melon	Whole plant
Ficus exasperate	Brahma's banyan	Leaves

**CONCLUSION:** After reviewing the literature, it is concluded that hypertension is one of the biggest challenges in the present Scenario. each and every country of the world is in the grip of the disease irrespective of the Status of its development. The disease is prevalent in every kind of population. now there is a need to make people aware of the enormity of the disease and the ways to prevent it. the patient should be given nonpharmacological treatment and then they should move towards the pharmacological treatment, if necessary. Life Style of the people is the main cause of Hypertension and it needs to be modified. The world is developing, everything is going in a direction

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