

Abstract Type : Poster

Abstract Submission No. : PO-1477

Role of natural herbs in the treatment of hypertension and their Mechanisms of Action

Amit Jain

Department of Pharmaceutics, Bhagyoday Tirth Pharmacy College, Sagar, India

Objectives: Hypertension (HTN) is the medical term for high blood pressure. It is dangerous because it makes the heart work too hard and contributes to atherosclerosis (hardening of arteries), besides increasing the risk of heart disease and stroke. HTN can also lead to other conditions such as congestive heart failure, kidney disease, and blindness. Conventional antihypertensives are usually associated with many side effects. About 75 to 80% of the world population use herbal medicines, mainly in developing countries, for primary health care because of their better acceptability with human body and lesser side effects. So the present study discussed the plants that are most commonly used in the treatment and management of hypertension.

Methods: Our search utilized the PubMed and ScienceDirect databases, and the criterion for inclusion was based on the following keywords and phrases: hypertension, high blood pressure, herbal medicine, complementary and alternative medicine (CAM), nitric oxide, vascular smooth muscle cell (VSMC) proliferation, hydrogen sulfide, nuclear factor kappa-B, oxidative stress, and epigenetics/epigenomics.

Results: The renewed interest in the search for new drugs from natural sources, especially from plant sources, has gained global attention during the last two decades. The tropical rain forests have become an important point of this activity, primarily due to the rich biodiversity they harbor, which promises a high diversity of chemicals with the potential novel structures. However, of this rich biodiversity, only a small portion has been studied for its medicinal potential.

Conclusions: In this study we highlighted the antihypertensive therapeutic benefits of plants and herbs. Premise of our argument is for a consistent, favorable outcome with herbal treatment for hypertension