

A REVIEW ON MANAGEMENT OF HYPERTENSION

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ABSTRACT

Hypertension is a major public health problem. Hypertension is a common disorder, especially in the late Middle ages. About a third of people with high blood pressure are not diagnosed and half of those diagnosed are not taking medication. Blood pressure should be less than 130/80 mmHg. Hypertension is defined as systolic blood pressure >130mmHg or diastolic blood pressure >80mmHg. High blood pressure leads to another disease such as kidney failure, loss of vision, heart failure, arteriovenous fibrosis, etc alcohol intake, more sodium intake, careless about health, physical activity, take more stress. The second way to manage hypertension is the medication. After the

diagnosis take antihypertensive medicine for the treatment of hypertension Antihypertensive therapy aims to prevent the morbidity and mortality associated with the temporarily raising BP by lowering it to an acceptable level.

KEYWORDS: Blood pressure, systolic blood pressure, diastolic blood pressure, antihypertensive drug.

INTRODUCTION

Hypertension is the rising of systolic controlling blood pressure or Both above normal level. Hypertension is common in developing and developed countries.^[1] Hypertension is defined by the seventh report of joint National committee on prevention, detection, evaluation and treatment of high blood pressure (JNC 7) as a systolic blood pressure greater than 140 mmHg and diastolic pressure 90 mmHg and based on the average of two or more accurate blood pressure measurement taken during two are more contacts with health care provider.^[2] Hypertension is a common disorder, particularly past middle age. It is not a disease but is an important risk factor for cardiovascular mortality and morbidity.^[3] In the UK National