

A Review on Role of Herbal Medicine in Antihypertensive Drug

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Abstract: *Herbal medicines have long been used worldwide to treat hypertension. In recent decades randomized trials, systematic reviews and mechanistic studies have investigated a number of botanicals showing modest but clinically meaningful reductions in blood pressure for some agents and plausible mechanisms (vasodilation, antioxidant effects, RAAS/ACE modulation, diuresis). Evidence quality is heterogeneous, safety and herb–drug interactions are important concerns, and larger, standardized trials with well-characterized preparations are needed before many herbal products can be recommended as routine antihypertensive therapy. Key clinical and mechanistic findings are summarized below. Some of the most commonly cited herbal medicines for high blood pressure include garlic, hibiscus, ashwagandha, and triphala, which are thought to work through various mechanisms like relaxing blood vessels, reducing stress, and improving cardiovascular function. However, it is crucial to consult a doctor before using any herbal remedies for high blood pressure, as they can interact with medications and may not be suitable for everyone.*

Keywords: Antihypertensive Drug, Herbal Medicine, Herbal Plant

