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A Comprehensive Review on Non-Pharmacological Management of Hypertension

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ABSTRACT

One of the biggest worldwide public health issues is still hypertension, which is a major cause of heart disease, stroke, renal problems, and early death. Current clinical recommendations highlight the significance of non-pharmacological techniques as the first and fundamental step in controlling increased blood pressure, even if antihypertensive drugs are an essential part of treatment. Regardless of the severity of the condition or concurrent medication therapy, these lifestyle-based interventions are advised for everyone with hypertension because they not only reduce blood pressure but also improve cardiovascular health in general and increase the efficacy of medications when combined.

Non-pharmacological management of hypertension primarily revolves around structured lifestyle modifications. A major component of this approach is dietary improvement, which includes reducing sodium intake, increasing consumption of fruits, vegetables, whole grains, and adopting evidence-supported patterns such as the DASH (Dietary Approaches to Stop Hypertension) diet. These dietary strategies help regulate vascular tone, improve endothelial function, and minimize fluid retention, thereby lowering blood pressure. Regular physical activity represents another cornerstone, as both aerobic and resistance exercises promote better cardiac output, reduce arterial stiffness, enhance metabolic health, and contribute to long-term cardiovascular protection.

Because excess body weight is strongly associated with elevated sympathetic nervous system activity and increased vascular resistance, weight control is equally important. It has been demonstrated that even little weight loss can result in clinically significant drops in blood pressure.

By lowering cortisol levels and regulating autonomic nervous system reactions, stress-reduction methods including yoga, meditation, deep breathing exercises, and mindfulness are also beneficial. Furthermore, lifestyle treatments promote total cessation of tobacco use and limitation of alcohol intake, both of which are known causes of hypertension. While giving up smoking enhances endothelial

function and lowers the long-term risk of cardiovascular problems, cutting back on alcohol diminishes vascular responsiveness.

Keywords: *Hypertension, non-pharmacological management, Lifestyle modification, Cardiovascular risk reduction, Preventive strategies.*

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