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## Prevalence of Hypertension in Uttarakhand: A Survey-based study

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### Abstract:

The medical word for elevated blood pressure is hypertension. Hypertension comes in two varieties: primary (idiopathic) and secondary. Ninety-five per cent of cases are primary hypertension, with the remaining five to ten per cent being secondary hypertension. To cure and manage hypertension with little aftereffect, folk medicine is utilised. Several plants in the Uttarakhand region are utilised to treat hypertension. Significant geographical variations exist in the incidence of hypertension, with higher prevalence in the country's more developed states and districts, based on data from the NFHS-5, the Fifth National Family Health Survey and the Indian Council of Medical Research (ICMR). In Uttarakhand, hypertension affects 22.9% of women and 31.8% of men, according to the NFHS-5, the Fifth National Family Health Survey. More than 1.3 million people were successfully served by one such initiative that the Hans Foundation launched in the states of Uttarakhand and Himachal Pradesh in 2021. Among the most critical medical conditions is hypertension, which may be effectively treated with herbal medications. There are 18440 plant species in the Indian Himalayan area, of which roughly 45% have therapeutic uses. The "herbal state of India" is how Uttarakhand is referred to. Uttarakhand is home to Nanda Devi (7817 m), the second-highest mountain in India. Uttarakhand is a veritable gold mine of fragrant, medicinal, and herbaceous plants. There are about 5,000 distinct plant species in Uttarakhand, and nearly 700 of them are utilised medicinally. These plants have a long history of use to cure a wide range of illnesses by both locals and the Indian traditional system. Medical plants are used to treat people with cardiovascular conditions, such as heart attacks, cerebrovascular disorders, hypertension, and heart failure.

**Keywords:** Hypertension disease, Uttarakhand region, Medicinal plants.

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