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How Effective are Herbal Medicines in Lowering Blood Pressure Levels?

by Peter Filinovich

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High blood pressure, caused due to imbalance in systolic and diastolic pressure level is a commonly found health disorder among men and women. It can happen due to versatile causes like high stress, excessive alcohol consumption, excessive sodium intake, over smoking, high acidity and obesity. According to origin, blood pressure is mainly divided into two as primary hypertension and secondary hypertension. Leading a healthy lifestyle is the best natural technique to avoid the risk of high BP level. Apart from following a healthy lifestyle, herbal remedies are found to be very effective in lowering blood pressure levels. Untreated high blood pressure can give rise to health risks in future like heart disease, stroke, brain hemorrhage and kidney disease. Here are some among the most effective herbal medicines in lowering high blood pressure levels.

Hawthorn herb, a traditionally used ingredient in ayurvedic medicines is an effective herbal medicine in lowering high blood pressure level. It is a blend of compounds like sterols, tannins, coumarins, triterpenes and polyphenols. It lowers cholesterol and improves the functioning of heart muscles. This in turn improves blood circulation throughout the body and helps in giving sufficient energy needed for performing daily life activities. Active compounds present in hawthorn herb extract are well known for anti-oxidant, anti-viral, anti-inflammatory and anti-arrhythmic properties. This restorative tonic for heart muscles enhance the strength of heart contractions, repair injured connective tissue and regulate high BP. Apart from curing hypertension, use of hawthorn herb also helps in preventing other health risks like atherosclerosis, high cholesterol and chest pain.

Garlic, an active ingredient in food sources is an effective herbal medicine used for lowering BP levels. Similar to aspirin, use of garlic supplements reduces the ability of blood to clot and promotes easier blood passage through blood vessels. It is found to be as a perfect medicine for those patients suffering from high LDL cholesterol level. Inclusion of garlic extract in diet food improves the production of HDL cholesterol level and enhances heart health. Similar to garlic, onion belonging to allium family is also found to be very beneficial in curing high BP naturally. Regular use of garlic supplement tones the functioning of cardiovascular system and prevents coronary heart diseases.

Green tea is an effective herbal medicine in lowering blood pressure levels. Presence of catechin compounds in green tea relaxes blood vessels and improves blood circulation throughout the body. It acts as a nutritive drink to improve the overall health of body. Powerful anti-oxidants present in green tea prevent blood clots and provide easier blood circulation. Drinking green tea also helps in stimulating nerve cells, improving memory power and delaying aging impact on person. Stevia, the sweet herb is a natural cure in lowering blood pressure level. At present you can easily getstevia extract added herbal capsules from medical stores. Ginkgo biloba, a common ingredient in ayurvedic capsules is another effective herbal medicine in lowering blood pressure level. It dilates blood vessels, improves blood supply to heart and prevents the risk of hypertension.

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Peter Filinovich - About Author:
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