

**THE IMPORTANCE OF DIET IN THE TREATMENT OF HYPERTENSION**

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**Abstract:** Hypertension, also known as high or raised blood pressure, is a condition in which the blood vessels have persistently raised pressure. Blood is carried from the heart to all parts of the body in the vessels. Each time the heart beats, it pumps blood into the vessels.

**Key words:** hypertension, healthy-eating plan, obesity, blood vessels, diet.

**INTRODUCTION**

- An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries
- An estimated 46% of adults with hypertension are unaware that they have the condition.
- Less than half of adults (42%) with hypertension are diagnosed and treated.
- Approximately 1 in 5 adults (21%) with hypertension have it under control.
- Hypertension is a major cause of premature death worldwide.
- One of the global targets for noncommunicable diseases is to reduce the prevalence of hypertension by 33% between 2010 and 2030.

***There are two types of hypertension:***

- Primary: High blood pressure that is not related to another medical condition.
- Secondary: Another medical condition that causes high blood pressure, usually occurring in the kidneys, arteries, heart, or endocrine system. Examples include: Sleep problems like sleep apnea.

***Staging of hypertension.***

1. Normal: SBP less than 120 and DBP less than 80 mm Hg;
2. Elevated: SBP 120 to 129 and DBP less than 80 mm Hg;
3. Stage 1 hypertension: SBP 130 to 139 or DBP 80 to 89 mm Hg;
4. Stage 2 hypertension: SBP greater than or equal to 140 mm Hg or DBP greater than or equal to 90 mm Hg.

***High blood pressure has many risk factors, including:***

- Age. The risk of high blood pressure increases with age.
- Race. High blood pressure is particularly common among Black people.
- Family history.
- Obesity or being overweight.
- Lack of exercise.

- Tobacco use or vaping.
- Too much salt.
- Low potassium levels.

DASH stands for Dietary Approaches to Stop Hypertension.

The DASH diet is a healthy-eating plan designed to help prevent or treat high blood pressure, also called hypertension. It also may help lower cholesterol linked to heart disease, called low density lipoprotein (LDL) cholesterol.

High blood pressure and high LDL cholesterol levels are two major risk factors for heart disease and stroke.

Foods in the DASH diet are rich in the minerals potassium, calcium and magnesium. The DASH diet focuses on vegetables, fruits and whole grains. It includes fat-free or low-fat dairy products, fish, poultry, beans and nuts.

The diet limits foods that are high in salt, also called sodium. It also limits added sugar and saturated fat, such as in fatty meats and full-fat dairy products.

The standard DASH diet limits salt to 2,300 milligrams (mg) a day. That amount agrees with the Dietary Guidelines for Americans. That's about the amount of sodium in 1 teaspoon of table salt.

A lower sodium version of DASH restricts sodium to 1,500 mg a day.

The DASH diet provides daily and weekly nutritional goals. The number of servings depends on daily calorie needs.

Here's a look at the recommended servings from each food group for a 2,000-calorie-a-day DASH diet:

- Grains: 6 to 8 servings a day. One serving may be 1/2 cup of cooked cereal, rice or pasta, 1 slice of bread or 1 ounce dry cereal.
- Vegetables: 4 to 5 servings a day. One serving is 1 cup raw leafy green vegetable, 1/2 cup cut-up raw or cooked vegetables, or 1/2 cup vegetable juice.
- Fruits: 4 to 5 servings a day. One serving is one medium fruit, 1/2 cup fresh, frozen or canned fruit, or 1/2 cup fruit juice.
- Fat-free or low-fat dairy products: 2 to 3 servings a day. One serving is 1 cup milk or yogurt, or 1 1/2 ounces cheese.
- Lean meats, poultry and fish: six 1-ounce servings or fewer a day. One serving is 1 ounce of cooked meat, poultry or fish, or 1 egg.
- Nuts, seeds, or dry beans and peas: 4 to 5 servings a week. One serving is 1/3 cup nuts, 2 tablespoons peanut butter, 2 tablespoons seeds, or 1/2 cup cooked dried beans or peas, also called legumes.
- Fats and oils: 2 to 3 servings a day. One serving is 1 teaspoon soft margarine, 1 teaspoon vegetable oil, 1 tablespoon mayonnaise or 2 tablespoons salad dressing.

- Sweets and added sugars: 5 servings or fewer a week. One serving is 1 tablespoon sugar, jelly or jam, 1/2 cup sorbet or 1 cup lemonade.
- Drinking too much alcohol can increase blood pressure. The Dietary Guidelines for Americans recommends that men limit alcohol to no more than two drinks a day and women to one or less.
- The DASH diet doesn't talk about caffeine. How caffeine affects blood pressure isn't clear. But caffeine can cause blood pressure to rise at least briefly.

## **MATERIAL AND METHODS**

We treated 110 hypertensive patients (48 men, 62 women) and administered questionnaires. According to the results of the survey, we found out that they have excess body mass, an inactive lifestyle, inactivity, irrational eating, and disturbed sleep patterns. Obesity causes not only cardiovascular diseases but also hundreds of other diseases. Inactive lifestyle and inactivity increase tolerance to hypertension. Nowadays, special attention is paid to healthy diet in the treatment of all diseases. Because there is a strong connection between rational nutrition and prevention of diseases. We explained the importance of diet in preventing the disease along with their treatment. We provided them with all the information about the importance of diet in the treatment of hypertension.

## **RESULTS AND CONCLUSION**

We gave advice on healthy eating to hypertensive patients. As a result, we saw that body mass index and blood pressure returned to normal in patients who followed a healthy diet and had a constant active lifestyle.

The diet helps create a heart-healthy eating style for life. There's no need for special foods or drinks. Foods in the diet are at grocery stores and in most restaurants.

When following DASH, it is important to choose foods that are:

- Rich in potassium, calcium, magnesium, fiber and protein.
- Low in saturated fat.
- Low in salt: read food labels and choose low-salt or no-salt-added options; use salt-free spices or flavorings instead of salt; don't add salt when cooking rice, pasta or hot cereal; choose plain fresh or frozen vegetables; choose fresh skinless poultry, fish and lean cuts of meat; eat less restaurant food. When eating at restaurants, ask for dishes with less salt and ask not to have salt added to your order.