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**Department: PHYSIOLOGY**

**Podcast Title:**

Hypertension hacks, focusing on non-pharmacological interventions for hypertension

**Category: (Select relevant category)**

**Public awareness**

**TRANSCRIPT**

Hello everyone this is Rakshana, this is Saniya Nafiza C 1st yr medical students at SMVMCH.A Warm Welcome to All listeners of this podcast. This podcast is all about hypertension hacks, focusing on non-pharmacological interventions for hypertension. No pills, no prescriptions, just real strategies you can start today. Tune in 'cause today, we'll explore proven strategies from global guidelines to manage hypertension.

Hypertension, affects over a billion adults worldwide, driving risks for heart disease, stroke, and kidney failure—yet simple non-drug strategies can transform management. They empower patients and reduce side effects. Imagine reclaiming control through everyday choices like diet and movement, without relying solely on pills.

Alright Saniya, why do you think so many people suffer from hypertension?

Answer: Many people don't have the awareness or know how to control it, leading to poor quality of life, or sometimes even premature death. Hypertension often has no symptoms until serious damage occurs. High pressure causes coronary artery disease, in the brain, it weakens vessels, raising stroke risk. Kidneys suffer too—over 60% of chronic kidney disease ties back to hypertension.

Hypertension is caused due to a mix of modifiable and non-modifiable factors.

Rak: Modifiable and Non modifiable? What does that mean?

Saniya: Excess sodium and caffeine intake, Stress, Obesity, smoking, drinking are some of the modifiable factors in which change can be brought by us.

Non- modifiable factors include age, Genetics and family history which play a key role, making some people predisposed regardless of lifestyle.

Men under 60 often have higher rates, while postmenopausal women catch up due to estrogen decline.

Saniya: What are non-pharmacological interventions for hypertension?

Rak: Non pharmacological treatments mainly focus on lifestyle modifications.

These are evidence-based lifestyle changes recommended by bodies like the American Heart Association. We're talking diet, exercise, weight management, stress reduction, adequate sleep and more. They work by addressing root causes like inflammation, vessel stiffness, and sodium overload.

Saniya: There are so many forms of exercise, what works best?

Rak: 30–40 minutes of moderate-to-vigorous aerobic exercise like walking, jogging, cycling, swimming, most days of the week is sufficient.

Saniya: To make this discussion more intriguing, let me share a real-life case scenario with you. My neighbor, a 45-year-old

office worker, led a sedentary lifestyle. He indulged in processed foods daily, loaded with sodium, and was notably obese. For three months, he experienced throbbing headaches, particularly in the early morning, accompanied by frequent drowsiness. One day, his headache intensified dramatically, prompting a hospital visit where he was diagnosed with hypertension.

Rakshana: Didn't he get checked earlier, given the headaches lasted three months?

Saniya: No, he dismissed it nonchalantly. He often brushed it off, saying, "It's just a headache." Due to his negligence, he's now reliant on medications to manage it.

what kind of diet do you think is best for hypertension management?

Rak: DASH which stands for Dietary Approaches to Stop Hypertension is the first level intervention for management. This diet is rich in fruits, veggies, whole grains, lean proteins, and low-fat dairy, while cutting sodium to under 2,300 mg daily – ideally 1,500 mg.

Rakshana: Hey, let me share a case too. My friend, a 20-year-old, frequently suffered headaches and palpitations. She guzzled energy drinks and, paradoxically, wasn't obese or diabetic. The key factor was exam-related stress, which exacerbated her symptoms during pre-exam phases. Upon diagnosis, she had hypertension.

Saniya: Alright, how can she better her condition now?

Rak: Stress management plays a key role in controlling hypertension

Relaxation methods like deep breathing, meditation, progressive muscle relaxation, and mindfulness reduce systolic blood pressure.

Yoga, tai chi, and biofeedback also show benefits, with analyses confirming modest BP drops, especially when practiced regularly.

Do you know any other hacks to treat hypertension?

Saniya: daily petting sessions, listening to music and dancing, social Laughter Clubs and watching your favourite comedies or sitcoms can also lower your blood pressure and stress levels

Let's not forget that if you are someone who's diagnosed with hypertension, clinical intervention is required alongside lifestyle changes. Consult your doctor and monitor your bp regularly for betterment. Remember pharmacologic therapy is required for stage 2 hypertension ( $\geq 140/90$  mm Hg) or stage 1 (130-139/80-89 mm Hg) with high cardiovascular risk like diabetes or CKD.

Commit to these fun, sustainable hacks, Track progress, stay consistent, and consult your doctor to personalize—your body's got this!

Thanks for listening!!

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