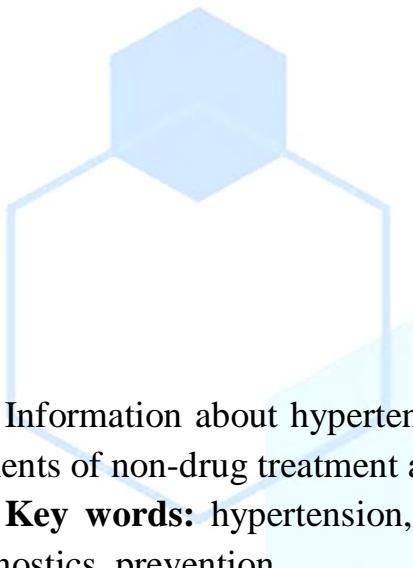


## HYPERTENSION, CLASSIFICATION AND PATHOGENESIS



Ergashov Bekhruzjon Komilovich  
Axmedov Shamshod Jamshidovich

Trainee assistant at the Asian  
International University, Bukhara, Uzbekistan  
ORCID ID 0000-0003-4613-0057

### Annotation

Information about hypertension, its classification, mechanisms of development, elements of non-drug treatment and methods of preventing the disease are provided.

**Key words:** hypertension, nature of the course, treatment options, laboratory diagnostics, prevention.

Hypertension (HTN) is a chronic, stable increase in blood pressure, in which in people not receiving antihypertensive drugs, the level of systolic blood pressure is  $\geq 140$  mmHg. Art. and/or diastolic blood pressure level –  $\geq 90$  mm Hg. Art. (WHO and International Society of Hypertension recommendations 1999).

Arterial hypertension (AH) is a cause of heart attack and stroke. According to WHO estimates, >17.5 million people worldwide died from heart attacks and strokes in 2012.

#### Etiological:

- secrete essential (primary) AG;
- secondary (symptomatic). Secondary (symptomatic) hypertension is a manifestation of the underlying disease (glomerulonephritis, pyelonephritis, renal tuberculosis, hydronephrosis, kidney tumors, renal artery stenosis, thyrotoxicosis, pheochromocytoma, Itsenko-Cushing syndrome, etc.). Secondary hypertension accounts for 5–10% of cases of hypertension. As a rule, treatment of secondary hypertension consists of treating the disease that led to increased blood pressure.

Essential (primary) hypertension, or hypertension, develops as an independent chronic disease; it accounts for 90–95% of cases of increased blood pressure.

#### According to the nature of the flow:

- benign (slowly progressive) course;
- malignant (rapidly progressive). According to the level of diastolic blood pressure there are:
  - mild course – diastolic blood pressure 115 mm Hg. Art.

Mechanisms of development of hypertension The pathogenesis of hypertension is based on an increase in cardiac output and peripheral vascular resistance.

Let us present the development mechanism schematically:

Stress factor → dysregulation of peripheral vascular tone by higher centers of the brain (hypothalamus, medulla oblongata) → spasm of arteries in the periphery, including renal → increased secretion of neurohormones of the renin-angiotensin-aldosterone system → secretion of aldosterone → retention of water and sodium in the vascular bed → increase in the volume of blood circulating in the vessels → increase in blood pressure.

With hypertension, blood viscosity increases, which causes a decrease in the speed of blood flow and metabolic processes in tissues. The inert walls of the vessels thicken, their lumen narrows, which fixes a high level of total peripheral vascular resistance and makes hypertension irreversible. Subsequently, as a result of increased permeability and plasma saturation of the vascular walls, elastofibrosis and arteriolosclerosis develop, which ultimately leads to secondary changes in organ tissues: myocardial sclerosis, hypertensive encephalopathy, primary nephroangiosclerosis.

The degree of damage to various organs in hypertension may be different, therefore, several clinical and anatomical variants of hypertension are distinguished with predominant damage to the vessels of the kidneys, heart and brain.

Risk factors:

- smoking;
- dyslipidemia;
- obesity;
- diabetes mellitus (DM);
- frequently recurring nervous strains;
- increased salt intake (>5 g/day).

Screening. Blood pressure measurements should be carried out at least once every 3–5 years, that is, in all patients who consult a doctor for another reason or during preventive examinations.

If there is a slight increase in blood pressure (130–139/85–89 mm Hg) or indication of an increase in blood pressure in the past, annual blood pressure monitoring is required.

The pathogenesis of hypertension is based on an increase in cardiac output and peripheral vascular resistance. In response to the influence of a stress factor, disturbances in the regulation of peripheral vascular tone by higher centers of the brain (hypothalamus and medulla oblongata) occur. A spasm of arterioles occurs on the periphery, including renal arterioles, which causes the formation of dyskinetic and dyscirculatory syndromes. The secretion of neurohormones of the renin-angiotensin-aldosterone system increases. Aldosterone, which is involved in mineral metabolism, causes retention of water and sodium in the vascular bed, which further increases the volume of blood circulating in the vessels.

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