

## **NON-DRUG ARTERIAL HYPERTENSION TREATMENT FOR YOUNG PEOPLE WITH OVERWEIGHT**

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**Introduction.** Arterial hypertension (AH) treatment is an activation of organism internal reserves. Hypertension is usually asymptomatic until complications develop in target organs. Dizziness, flushed facies, headache, fatigue, epistaxis, and nervousness are not caused by uncomplicated hypertension. Severe hypertension can cause severe cardiovascular, neurologic, renal, and retinal symptoms (eg, symptomatic coronary atherosclerosis, HF, hypertensive encephalopathy, renal failure). The more severe the hypertension and the younger the patient, the more extensive is the evaluation. The majority of patients with AH and overweight need lifestyle modification first.

The basic treatment for these patients is unloading dietary therapy. Dosed fasting has its complex effects on the patients suffering from AH. It restores selfregulation, compliance with the pumping function of the heart and level of peripheral vascular resistance, reduces cardiac output and blood pressure on the myocardium.

**Aim.** To study non-drug arterial hypertension treatment for young people with overweight.

**Materials and methods .** Patients with early stage of AH combined with overweight were prescribed a short absolute "dry fasting" for 3 days with subsequent limitation of taking water at 10-12 ml / kg per day, throughout the whole discharge period. Starting from the first day of fasting drug therapy was revoked.

**Results and discussion.** At the beginning of the third day of blood pressure (BP) was reduced by 10%, and to 10.9 days in 53% of patients blood pressure was close to the norm for this age group already. After the course carried out, if it is necessary to prescribe drugs, the dose of antihypertensive drugs is decreased by 39.5%. It is prescribed infusions and decoctions of herbs (valerian root, motherwort herb, fruit Aronia) as maintenance therapy. It is recommended to follow a vegetarian days, hypocalorie and hyposodium diet, reducing excess weight, avoiding harmful habits, sufficient physical activity of cyclic type (walking, jogging, skiing), that in the presence of contraindications in combination with diet, 58% of patients with early stage hypertension lead to normalization of ABP level.

**Conclusions.** Non-drug treatment for patients with AH combined with a healthy lifestyle have a positive effect, since more than half of the patients had a normalization of ABP level.