

## **REVERBERATIONS OF HYPERTENSION ON PSYCHOLOGICAL WELL-BEING OF AN INDIVIDUAL**

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### **ABSTRACT**

According to WHO, globally cardiovascular disease accounts for approximately 17 million deaths a year, nearly one third of the total. Of these, complications of hypertension account for 9.4 million deaths worldwide every year. Hypertension is responsible for at least 45% of deaths due to heart disease, and 51% of deaths due to stroke. Much attention has been devoted to this silent killer as no symptoms occur in early stages of this disease. The progressive increase in the incidence of Hypertension has been related to the increasingly difficult environment being faced by the individuals. Multiple activities now clamor for attention and energy of the individual, leading to a deteriorating lifestyle. These conditions of psychological stress accumulate over a period of time, causing high blood pressure. The present research paper focuses on the impact of Hypertension and the consequences it pose to mental health of an individual.

**KEYWORDS:** Human Mind, Blood Pressure, Cardiac Output, Blood Volume, Peripheral Resistance