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Impact of exercise modalities on blood pressure control in hypertensive patients: A narrative review

Tahchi Abderrahmen

Professor Lecturer - B, Institute of Science and Technology of Physical Activities and Sports, University of Constantine 2 – Abdelhamid Mehri, Algeria
Email: abderrahmen.tahchi@gmail.com

Hassen Ahmed Chaouki

Professor Lecturer - A, Institute of Science and Technology of Physical Activities and Sports, University of Djelfa – Zian Achour, Algeria
Email: ac.chaouki@univ-djelfa.dz

Ghessier Mehamed

Professor Lecturer - B, Institute of Science and Technology of Physical Activities and Sports, University of Djelfa – Zian Achour, Algeria
Email: m.guessier@univ-djelfa.dz

Kharchi Amir Khaled

Professor Lecturer - B, Science and Technology of Physical Activities and Sports, University of Setif 2 Mohamed Lamin Debaghine, Algeria
Email: fan.ddf2021@gmail.com

Brahimi Rachid

Professor Lecturer - B, Institute of Science and Technology of Physical Activities and Sports, University of Djelfa – Zian Achour, Algeria
Email: r.brahimi@univ-djelfa.dz

Abstract---Hypertension poses a significant health burden, necessitating effective interventions to manage blood pressure and mitigate associated cardiovascular risks. Exercise has emerged as a cornerstone non-pharmacological strategy in the management of hypertension. This comprehensive review synthesizes current evidence regarding the impact of various exercise modalities on blood pressure regulation in hypertensive individuals. The review commences by elucidating the physiological mechanisms underpinning exercise-induced blood pressure alterations, highlighting factors influencing blood pressure responses during different exercises. It delineates the differential impacts of aerobic and resistance training, examining their

effectiveness in blood pressure reduction among diverse populations, considering age, fitness levels, and comorbidities. Moreover, the review explores the emerging prominence of high-intensity interval training (HIIT), showcasing its unique effects on blood pressure regulation and cardiorespiratory fitness improvement compared to traditional continuous aerobic exercises. Additionally, alternative mind-body exercises, including tai chi, qigong, and mindfulness-based interventions, are investigated for their potential to influence blood pressure levels among hypertensive populations. Furthermore, the review identifies novel exercise approaches such as deep breathing exercises and multi-modal isometric exercise training (MIET) as promising strategies for blood pressure control in hypertensive individuals, emphasizing their potential benefits and implications for tailored exercise prescriptions. In conclusion, this comprehensive review underscores the multifaceted impact of diverse exercise modalities on blood pressure regulation among hypertensive patients. It emphasizes the necessity for personalized exercise prescriptions considering individual characteristics. It also advocates for continued research to refine optimal exercise durations, intensities, and combinations for maximal blood pressure reduction and cardiovascular benefits. Ultimately, by harnessing the diverse benefits of various exercise modalities, healthcare practitioners can empower individuals with hypertension to effectively manage their blood pressure and enhance overall cardiovascular health.

Keywords---hypertension, blood pressure regulation, aerobic exercise, resistance training, mind-body exercises, deep breathing exercises.

Introduction

Hypertension is a major risk factor for cardiovascular disease, with cardiovascular disease being the leading cause of hypertension-related mortality (Salmon et al., 2022). Systolic blood pressure is more effective than diastolic blood pressure in predicting cardiovascular risk (“High Blood Pressure (BP),” 2023). However, diastolic blood pressure still plays a significant role in calculating risk, particularly for ischaemic heart disease in older populations and stroke in younger populations (Kokubo et al., 2015). Hypertension often coexists with other cardiovascular risk factors, such as dyslipidaemias, hyperglycemia, and elevated body mass index (Parati & Ochoa, 2018). Lowering elevated blood pressure can reduce cardiovascular risk, with recent studies recommending a target systolic blood pressure of less than 130 mmHg.

Exercise plays a crucial role in managing hypertension. It has been demonstrated to enhance vascular structure and function, including reversing microvascular remodeling and normalizing capillary density (De Cuiçeis et al., 2023; Herlina, 2023). Exercise also improves endothelium-dependent vascular relaxation, reduces oxidative stress, and balances prostacyclin and thromboxane levels (Simamane et al., 2023). Moreover, exercise training results in decreased blood pressure in hypertensive patients (De Cuiçeis et al., 2023). It is recommended

that hypertensive patients participate in light-to-moderate intensity exercise programs, which can positively impact blood pressure management (Munir et al., 2021). Successful interventions for managing hypertension include aerobic and strength exercises, with a frequency of 2-3 days per week and a duration of 8-24 weeks. Overall, exercise is an effective non-pharmacological therapy for controlling blood pressure and enhancing the overall health of hypertensive individuals.

Exercise is a significant non-pharmacological intervention for managing blood pressure in hypertensive patients. This review examines the effect of various exercise methods on the regulation of blood pressure, such as aerobic and resistance training, as well as high-intensity interval training (HIIT) and mind-body exercises. The examination discusses the biological mechanisms behind exercise-induced blood pressure changes and the factors that influence these effects, such as age, fitness levels, comorbidities, and the type and intensity of exercise.

It also investigates the function of aerobic exercises in managing hypertension and the consequences of diverse forms and durations of aerobic activities on blood pressure decrease. The review also examines the effectiveness of resistance training on its own or in combination with other exercises for reducing high blood pressure in people with hypertension.

The relationship between high-intensity interval training (HIIT) and traditional continuous aerobic exercises in blood pressure regulation is analyzed. The review also examines the possibility of alternative mind-body exercises such as tai chi, qigong, and mindfulness-based interventions in influencing blood pressure in hypertensive populations.

Emerging tendencies and unique exercise approaches, like profound inhalation exercises and multi-modal isometric exercise training (MIET), are examined as potential strategies for managing blood pressure in hypertensive individuals. This comprehensive review aims to unite current knowledge and provide evidence-based insights into the numerous exercise techniques for managing hypertension. It seeks to enhance understanding of their differential impacts and facilitate more tailored and effective exercise prescriptions.

II. Physiology of Exercise and Blood Pressure Regulation

A. The physiological mechanisms that regulate blood pressure

Blood pressure regulation is influenced by various physiological mechanisms, including neural, hormonal, and metabolic factors that act both systemically and locally (Segar, 2013). The autonomic nervous system plays a crucial role in controlling blood pressure, with the sympathetic and parasympathetic branches having different effects. Additionally, humoral factors within the central nervous system can influence sympathovagal balance (Smolensky et al., 2017). Circadian rhythms, environmental and behavioral cycles, and endogenous rhythmic influences also contribute to the 24-hour blood pressure profile (Hart & Charkoudian, 2017). The sympathetic nervous system, which controls vascular tone and hormonal responses, is a key regulator of arterial pressure (Bhowmik et

al., 2023). Gender differences exist, with women generally having lower blood pressure and sympathetic neural activity compared to men, but the risk of hypertension increases in women after menopause (Botzer et al., 2021). Multiple physiological pathways, including the sympathetic reflex pathway and the renin-angiotensin-aldosterone system, are involved in blood pressure regulation. Overall, blood pressure regulation is a complex process involving multiple physiological components and their interactions.

B. Mechanisms of Exercise-Induced Blood Pressure Changes

Exercise influences blood pressure regulation through various mechanisms. During exercise, there is an integration of physiological systems to regulate blood pressure and provide blood flow to the active skeletal muscles (E. J. Lee et al., 2023). Endurance training has been shown to induce significant reductions in resting and daytime ambulatory blood pressure (Fagard & Cornelissen, 2007). The hemodynamic responses to exercise are regulated by two neural control systems, "Central Command" and the "exercise pressor reflex" (Raven et al., 1997). Central Command is a feed-forward neural control system that establishes the hemodynamic response to exercise, while the exercise pressor reflex causes sympathoexcitation (Brasileiro-Santos & Santos, 2017). Post-exercise hypotension, a decrease in blood pressure after physical exercise, has been attributed to autonomic mechanisms and adjustments in cardiac autonomic balance and baroreflex sensitivity (Fisher & Secher, 2019). Overall, exercise has a beneficial effect on blood pressure regulation, leading to reductions in resting blood pressure and improvements in cardiovascular health.

C. Factors Influencing Exercise's Impact on Blood Pressure

Numerous factors have an impact on how exercise affects blood pressure. Notably, age plays a significant role in this relationship, as older individuals tend to exhibit more pronounced elevations in blood pressure during exercise in comparison to their younger counterparts (E. J. Lee et al., 2023). Furthermore, the level of fitness a person possesses also contributes to the response, with physically active individuals experiencing greater reductions in blood pressure following exercise (Sardeli et al., 2020). Moreover, the specific type of exercise undertaken presents yet another crucial factor to consider, as both aerobic and resistance training have been demonstrated to lower blood pressure in older adults effectively (Esmailiyan et al., 2023). It is important to note that the presence of comorbidities, such as diabetes and kidney problems, has the potential to affect the efficacy of exercise in reducing blood pressure (Esmailiyan et al., 2023). In light of these various factors, it becomes evident that individual characteristics necessitate careful consideration when prescribing exercise for the management of blood pressure.

III. Aerobic Exercise and Hypertension Management

A. Effects of Aerobic Exercise on Blood Pressure

Different categories of aerobic exercises have distinct impacts on the blood pressure of individuals with hypertension. Various studies have demonstrated that regular aerobic exercise (AE) effectively lowers both systolic and diastolic

blood pressure in different populations, including those who are normotensive, prehypertensive, primary hypertensive, resistant hypertensive, and individuals with coexisting conditions such as diabetes and kidney problems (Esmailiyan et al., 2023; Lu et al., 2022). Moreover, the effectiveness of isometric exercise training, regardless of its intensity level, in reducing blood pressure has also been established across all groups. However, the rate of reduction may vary based on gender (Esmailiyan et al., 2023). Furthermore, an extensive network meta-analysis has revealed that medium-intensity training (MIT) is the most beneficial in terms of improving blood pressure levels. In contrast, high-volume, high-intensity interval training (HVHIIT) is more effective in reducing body mass and resting heart rate (Tamayo Acosta et al., 2022).

Additionally, high-intensity interval training (HIIT) has been proven to be non-inferior to lower-to-moderate-intensity aerobic exercise when it comes to reducing ambulatory blood pressure while also exhibiting greater efficacy in improving cardiorespiratory fitness (De Barcelos et al., 2022). It is worth noting that aerobic training, regardless of whether there is a progression in training variables or not, significantly decreases both systolic and diastolic blood pressure levels in hypertensive adults. Nevertheless, further investigation is required to ascertain the optimal duration and intensity of aerobic training that would yield the maximum reduction in blood pressure levels.

B. Duration, Frequency, and Intensity Considerations

Variations in the duration, frequency, and intensity of aerobic exercise have been extensively researched and have shown a significant impact on blood pressure control. Numerous studies have unequivocally demonstrated the effectiveness of aerobic exercise in reducing both systolic and diastolic blood pressure in patients with hypertension (Fu et al., 2022; S. H. Lee & Chae, 2020). It has been observed that different types of aerobic exercise, such as progressive and nonprogressive training, as well as different training cycles, can be beneficial in the context of blood pressure reduction (Esmailiyan et al., 2023). For hypertensive patients, moderate aerobic exercise, particularly water-based exercise, has been recommended as an integral component of lifestyle modification (Maya et al., 2018). Moreover, the impact of both chronic and acute aerobic exercise on blood pressure reduction has been explored in diverse populations, including normotensive individuals, those with pre-hypertension, primary hypertensive patients, as well as individuals with comorbidities like diabetes and kidney problems (Esmailiyan et al., 2023). Additionally, isometric exercise training has emerged as a promising intervention in the management of blood pressure. In conclusion, various durations, frequencies, and intensities of aerobic exercise have proven successful in terms of blood pressure reduction.

C. Comparative Studies on Various Aerobic Activities (Running, Cycling, Swimming, etc.)

Moderate aerobic exercise, particularly water-based exercise, has been discovered to have the most noteworthy impact on the reduction of blood pressure in patients diagnosed with hypertension (Trihartuty et al., 2022). The discoveries of two comprehensive analyses substantiate this conclusion. The initial investigation

ascertained that low-impact aerobics had a significant influence on the blood pressure of individuals with hypertension, leading to improvements in their health-related quality of life and a decrease in blood pressure (S. H. Lee & Chae, 2020). The second study, which incorporated a meta-analysis of 37 randomized controlled trials, deduced that aerobic exercise notably diminished systolic and diastolic blood pressure, as well as heart rate. Additionally, the study divulged that training conducted in water, exercise of moderate intensity, and a workout regimen spanning from 8 to 11 weeks had the most profound effect on the reduction of systolic blood pressure.

In contrast, exercise lasting over 24 weeks possessed the greatest impact on the reduction of diastolic blood pressure. Therefore, it is highly recommended that hypertensive patients engage in moderate aerobic exercise, particularly water-based exercise, as an integral component of lifestyle modification in order to lower blood pressure effectively. This recommendation is firmly supported by the fact that exercise regimens lasting over 24 weeks yielded the most significant effect on the reduction of diastolic blood pressure.

IV. Resistance Training and Blood Pressure Control

A. Impact of Resistance Training on Hypertension

Resistance training has been demonstrated to yield positive outcomes in the management of blood pressure in individuals with hypertension. Numerous studies have provided evidence that resistance exercise in isolation is capable of reducing both systolic and diastolic blood pressure in individuals with prehypertension and stage-1 hypertension (Agarwal et al., 2022). In addition to this, isometric resistance training (IRT) has proven to be effective in diminishing systolic blood pressure (SBP), diastolic blood pressure (DBP), and mean arterial pressure (MAP) in both normotensive and hypertensive individuals (Baffour-Awuah et al., 2023; Wehrmann et al., 2023). Moreover, a 12-week resistance training program has been found to lower both SBP and DBP in hypertensive men while simultaneously increasing vasodilators and reducing vasoconstrictors (Baghaiee et al., 2022). Furthermore, a combination of aerobic and strength training has been discovered to significantly decrease both SBP and DBP in adults with hypertension, with even greater reductions observed when the exercise intensity is higher, and the volume is increased (Schneider et al., 2023). Overall, resistance training, whether performed alone or in conjunction with other forms of exercise, appears to be a highly effective intervention for the management of blood pressure in individuals with hypertension. Consequently, it is strongly recommended that individuals with hypertension incorporate resistance training into their exercise regimen, as it has the potential to enhance their overall cardiovascular health and well-being greatly.

B. Types of Resistance Training and Their Effects

Different types of resistance training have specific effects on blood pressure, which have been extensively studied and documented. For instance, dynamic impedance training (DIT) and isometric handgrip training (IHT) have proven their potential to lower blood pressure in people with hypertension effectively (Fecchio et al., 2023). Besides, it has been seen that resistance training (RT) in older

individuals aged 60 years and above can also cause a considerable decline in blood pressure. Indeed, traditional RT carried out with average burdens has been linked with an impressive reduction of about -7 mmHg for systolic blood pressure (SBP) and -4 mmHg for diastolic blood pressure (DBP) (Henkin et al., 2023).

Interestingly, high-speed resistance training (HSRT) has been found to induce post-exercise hypotension (PEH) in feeble older adults. Nonetheless, the sudden impacts of HSRT on blood pressure in older individuals are indeterminate and necessitate more investigation (Coelho-Júnior et al., 2022). In addition, it has been proposed that regular resistance training with moderate or heavy loads might offer more advantages compared to resistance training with light loads for the purpose of lowering resting systolic blood pressure (RSBP) in hypertensive adults (Igarashi, 2022). In the context of older women, resistance training performed with low or moderate loads has been demonstrated to be equally efficacious in promoting reductions in resting blood pressure (Ribeiro et al., 2021).

Although these findings are promising, additional research is necessary to determine the optimal load and intensity required for effectively reducing RSBP in hypertensive adults. This knowledge gap underscores the necessity for further exploration and investigation in order to establish evidence-based guidelines for resistance training interventions targeting blood pressure reduction in individuals with hypertension. By addressing this research gap, healthcare professionals and practitioners will be better equipped to design appropriate resistance training programs that optimize blood pressure management in hypertensive individuals. Therefore, future studies should prioritize the comparison of various resistance training regimens, the analysis of their long-term impact on blood pressure, and the identification of the most effective strategies for blood pressure reduction in specific populations. Ultimately, these research efforts will contribute to the development of evidence-based exercise prescription guidelines that can be implemented in clinical and community settings to manage hypertension and improve overall cardiovascular health effectively.

C. Combined Aerobic and Resistance Training Approaches

Combining both aerobic and resistance training has been demonstrated to yield a favorable impact on blood pressure in comparison to engaging in singular exercise modalities. Several studies have revealed that the combination of training interventions results in significant reductions in both systolic and diastolic blood pressure in individuals with hypertension (De Moraes et al., 2022; Schneider et al., 2023, 2023). The degree to which blood pressure decreases is influenced by the intensity and volume of exercise, with greater reductions being observed when higher exercise intensity and a greater number of sets are incorporated into resistance training (Xi et al., 2021). Moreover, it has been determined that concurrent training also results in enhancements in arterial stiffness and mean arterial pressure, thus further contributing to the overall decrease in blood pressure (Songcharern et al., 2022). These significant findings suggest that incorporating both aerobic and resistance training can be an effective approach for managing and preventing hypertension in various populations, including individuals with cardiovascular risk factors and postmenopausal women.

Ultimately, this holistic approach to exercise can yield significant benefits for enhancing overall cardiovascular health.

V. High-Intensity Interval Training (HIIT) and Hypertension

A. Overview of HIIT and Its Effects on Blood Pressure

HIIT, also known as high-intensity interval training, possesses distinctive effects on the regulation of blood pressure in comparison to conventional continuous aerobic exercise. Several studies have provided evidence to support the notion that HIIT surpasses MICT in terms of reducing systolic blood pressure (SBP) during daytime monitoring (Li et al., 2022, 2022). Furthermore, it has been discovered that HIIT elicits a greater degree of flow-mediated vasodilation compared to MICT in patients diagnosed with hypertension (John et al., 2022). In an experiment carried out on young adults displaying pre-hypertensive characteristics, it was observed that high-intensity interval training (HIIT) was more effective than continuous moderate-intensity training (CMT) in reducing systolic blood pressure (SBP), diastolic blood pressure (DBP), and mean arterial pressure (MAP) (Tamayo Acosta et al., 2022).

In a similar vein, another study found that HIIT was not worse than lower-to-moderate-intensity aerobic exercise in terms of decreasing ambulatory blood pressure in individuals diagnosed with hypertension or those who were normotensive. Additionally, HIIT demonstrated its superiority in enhancing cardiorespiratory fitness (John et al., 2022). Hence, it is obvious that HIIT offers exceptional benefits in terms of lowering blood pressure and improving vasodilation compared to traditional continuous aerobic exercise. Additionally, it is plausible to theorize that HIIT could potentially provide advantages for other indicators of cardiovascular well-being, like cholesterol levels and arterial rigidity.

B. Comparative Analysis with Continuous Aerobic Exercise

High-intensity interval training (HIIT) and continuous aerobic exercise both create comparable effects on the overall resting systolic blood pressure (SBP) and diastolic blood pressure (DBP) in individuals with hypertension. Nevertheless, HIIT surpasses continuous aerobic exercise in terms of its efficacy in reducing SBP during daytime monitoring (Li et al., 2022; Tamayo Acosta et al., 2022). Furthermore, it has been unearthed that HIIT prompts a greater enhancement in flow-mediated vasodilation when compared to continuous aerobic exercise in hypertensive patients (Li et al., 2022). These findings demonstrate the potential of high-intensity interval training (HIIT) as a beneficial exercise modality for regulating blood pressure and improving vascular function in individuals diagnosed with hypertension.

C. Safety and Efficacy of HIIT in Hypertensive Populations

High-intensity interval training (HIIT) has been widely recognized as a secure and efficacious exercise regimen for individuals with hypertension, given its notable impact on blood pressure. Numerous studies have demonstrated the ability of HIIT to enhance peak oxygen consumption (VO₂ peak), reduce blood pressure (BP), and lower resting heart rate (HR) in patients afflicted with hypertension (De

Souza Mesquita et al., 2023; Li et al., 2022). When compared to moderate-intensity continuous training (MICT) and control groups, HIIT has been proven to be superior in terms of enhancing VO₂ peak and decreasing systolic blood pressure (SBP) during daytime monitoring (Li et al., 2022; Vieira-Souza et al., 2023). Moreover, HIIT has been shown to augment flow-mediated vasodilation, a vital aspect of cardiovascular health (Edwards et al., 2021). It should be underscored that HIIT must be carried out under professional supervision for patients diagnosed with stage 1 hypertension who lack associated risk factors in order to ensure their safety. In essence, HIIT stands as a secure and effective exercise modality for hypertensive individuals, yielding advantageous effects on blood pressure regulation and cardiovascular well-being. Nonetheless, individuals with stage 1 hypertension and accompanying risk factors need to consult with a healthcare professional prior to embarking on a HIIT program, thereby ensuring optimal outcomes and minimizing potential risks.

VI. Other Exercise Modalities and Their Influence on Blood Pressure

A. Tai Chi, Qigong, MB-BP, and Mind-Body Exercises:

Mind-body exercises have displayed effectiveness in reducing blood pressure in individuals with hypertension. As part of the broader mind-body therapy approach, hypnotherapy has been identified as a beneficial intervention for hypertensive patients in the regulation of blood pressure and achieving effective reduction (Sutomo et al., 2023). In addition, mindfulness training, a type of mind-body exercise, may potentially improve blood pressure levels in individuals who are middle-aged and older and have hypertension, with no negative incidents (Ge et al., 2022). Additionally, a mindfulness-based program, specifically customized for individuals with elevated blood pressure, has shown clinically significant decreases in systolic blood pressure compared to enhanced usual care (Loucks et al., 2023). Exercise interventions, encompassing both aerobic and resistance training programs, have consistently been examined in the hypertensive population and have been found to enhance cardiovascular and physical functioning (Gerage et al., 2023).

Additionally, progressive muscle relaxation has indicated significant reductions in both systolic and diastolic blood pressure among hypertensive adults (Am et al., 2023). A comprehensive meta-analysis of studies conducted in China exposed that mind-body exercises, such as tai chi and qigong, effectively improved both systolic and diastolic blood pressure levels among middle-aged and elderly patients with hypertension (Ge et al., 2022). Similarly, a study executed in the United States examined the outcomes of mindfulness-based blood pressure reduction (MB-BP) on systolic blood pressure. The findings indicated that MB-BP was associated with a clinically relevant decrease in systolic blood pressure as compared to enhanced usual care (Loucks et al., 2023).

B. Impact of Sports and Recreational Activities

Sports and recreational activities do have an impact on the regulation of blood pressure in individuals who have been diagnosed with hypertension, a condition characterized by abnormally high blood pressure levels. Several investigations have presented proof to back up the idea that participating in recreational

physical activity (RPA) can effectively lower blood pressure in adults who have hypertension. It has been observed that LTPA of moderate intensity, encompassing various types of physical activities, can lead to a significant decrease in both systolic and diastolic blood pressure when compared to control groups that do not receive any interventions (Shariful Islam et al., 2023). Moreover, investigation has indicated that leisure-time walking, a form of physical activity accessible to most individuals, has been proven to have a substantial impact on reducing both systolic and diastolic blood pressure in people with hypertension (Stefani et al., 2019). Consequently, participating in sports and engaging in recreational activities assume a critical role in the management of blood pressure in individuals diagnosed with hypertension.

C. Emerging Trends and Novel Exercise Approaches for Hypertensive Patients

Deep breathing exercises, such as yogic breathing or Pranayama, diaphragmatic breathing, and abdominal breathing, have exhibited considerable potential in mitigating the adverse effects of hypertension by effectively reducing blood pressure levels in individuals with this condition (Gerage et al., 2023). A plethora of research studies has delved into the exploration and investigation of innovative exercise modalities, such as isometric exercise training (IET), which involves the utilization of multiple exercises within a comprehensive intervention, which is commonly referred to as multi-modal IET (MIET) (Baddeley-White et al., 2021). The results of these studies have demonstrated the promising potential of MIET in significantly lowering blood pressure levels among individuals diagnosed with hypertension. Furthermore, the positive effects of deep breathing exercises and MIET on blood pressure regulation in hypertensive populations have been extensively examined and documented (Baddeley-White et al., 2021; Gerage et al., 2023).

In addition to their potential to reduce blood pressure levels, deep breathing exercises have also been explored as a viable strategy to manage work-related stress and promote overall well-being. The incorporation of deep breathing exercises in the workplace has been found to be an effective approach in reducing blood pressure levels and consequently mitigating the deleterious effects of hypertension. Furthermore, MIET interventions that encompass isometric contractions have demonstrated greater efficacy in lowering blood pressure levels when compared to control groups. These findings provide substantial evidence to support the notion that both deep breathing exercises and MIET hold significant promise as effective methods for positively impacting blood pressure regulation in individuals suffering from hypertension (Baddeley-White et al., 2021; Gerage et al., 2023).

In conclusion, the utilization of deep breathing exercises, such as yogic breathing or Pranayama, diaphragmatic breathing, and abdominal breathing, as well as the incorporation of innovative exercise modalities like MIET, have emerged as highly promising strategies for regulating blood pressure levels in individuals with hypertension. The extensive research conducted in this field has consistently demonstrated the potential of deep breathing exercises and MIET in effectively reducing blood pressure levels and managing the adverse consequences of

hypertension (Baddeley-White et al., 2021; Gerage et al., 2023). Therefore, further investigations and studies must be conducted to explore and validate the efficacy of these interventions in clinical and non-clinical settings in order to establish them as viable and effective methods for blood pressure regulation in hypertensive populations.

Conclusion

The comprehensive evaluation of exercise interventions for the management of hypertension has brought to light the intricate relationship between different forms of physical activity and the regulation of blood pressure. Extensive research has been conducted on the interaction between exercise modalities, their effects on blood pressure, and the underlying physiological mechanisms, providing valuable insights into effective non-pharmacological strategies for individuals with hypertension.

Exercise, particularly aerobic and resistance training, emerges as a significant non-pharmacological approach to controlling blood pressure and enhancing cardiovascular health. Aerobic exercises, ranging from moderate intensity to high-intensity interval training (HIIT), consistently demonstrate their effectiveness in reducing both systolic and diastolic blood pressure in various populations with hypertension. Moreover, resistance training, whether performed alone or in combination with aerobic exercises, has been shown to have a positive impact on blood pressure control, making it a valuable component of hypertension management strategies.

The nuances of exercise prescription, such as duration, frequency, and intensity, play a crucial role in determining the effectiveness of blood pressure reduction. Aerobic exercises, particularly water-based activities of moderate intensity, have shown promising results in consistently lowering blood pressure. Similarly, resistance training with different loads and types offers versatile approaches to achieve similar outcomes.

The review also explores alternative mind-body exercises such as tai chi, qigong, mindfulness-based interventions, and deep breathing exercises. These modalities have the potential to contribute to blood pressure regulation, expanding the range of non-pharmacological interventions available for individuals with hypertension. Emerging trends, including innovative exercise approaches like multi-modal isometric exercise training (MIET), enhance our understanding of novel strategies that could have a significant impact on blood pressure management in populations with hypertension. However, further investigation and validation are necessary to determine their efficacy and safety in clinical settings.

In essence, this comprehensive review consolidates existing knowledge and evidence-based insights into diverse exercise techniques for managing hypertension. It underscores the importance of tailored exercise prescriptions considering individual characteristics, comorbidities, and specific exercise modalities. With continued research and refinement of exercise interventions, a more nuanced and effective approach to controlling blood pressure and enhancing cardiovascular health among hypertensive individuals can be realized.

This synthesis of diverse exercise methodologies and their impacts aims to guide clinicians and practitioners toward more personalized and targeted exercise prescriptions for optimal hypertension management and overall well-being.

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