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## **Antihypertensive Effects of Roselle (*Hibiscus sabdariffa*) in Reducing Hypertension: A Review**

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### **Structured Abstract**

**Background:** In the past decades, hypertension has been one of the leading causes of cardiovascular disease and premature death worldwide, and it is becoming more prevalent. The widespread use of dose-dependent antihypertensive medications over the last 40 years has caused global average blood pressure to remain stable or even decrease significantly. *Hibiscus sabdariffa*, sometimes known as roselle, is a well-known and well-liked antihypertensive medicine that has been shown to significantly lower systolic blood pressure. It is believed to have antihypertensive effects on high blood pressure. Compared to synthetic drugs that have a variety of adverse effects when taken for a prolonged period, roselle in multiple studies has shown very few side effects.

**Methods:** Relevant articles published up to June 2023 were searched on several databases (PubMed, ScienceDirect, Scopus, and Web of Science) using specific keywords (roselle OR *Hibiscus sabdariffa*) AND (blood pressure OR systolic OR diastolic OR hypertension OR antihypertensive). We looked through reference lists of pertinent papers examining the effects of the intake of *Hibiscus sabdariffa* in any form.

**Results:** With little to no toxicity and the anthocyanins' contribution to its antihypertensive benefits, roselle extracts in teas or tablets efficiently lower hypertension in hypertensive individuals.

**Conclusion:** If using natural medicine to reduce high blood pressure is preferable to synthetic medication, roselle would be a great alternative. The antihypertensive effects of roselle in reducing hypertension, as well as the components of roselle that could reduce hypertension that have been tested on hypertensive humans, rats and porcine are reviewed in this paper.

**Keywords:** *Antihypertensive, Hibiscus sabdariffa, roselle, hypertension, high blood pressure*

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