Antihypertensive Drugs



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Table 3. Classification of Blood Pressure in Adults (age ≥18 years)							
Classification	Systolic Blood Pressure (mmHg)		Diastolic Blood Pressure (mmHg)				
Normal	<120	AND	<80				
Prehypertension	120-139	OR	80-89				
Stage I HTN	140-159	OR	90-99				
Stage 2 HTN	≥160	OR	≥100				





Treatment – Why?

Symptomatic treatment is Mandatory:

- Damage to the vascular epithelium, paving the path for atherosclerosis (IHD, CVA) or nephropathy due to high intra-glomerular pressure
- Increased load on heart due to high BP can cause CHF
- Hypertension, even asymptomatic needs treatment

Normal Blood Pressure Regulation

Hydraulic equation:

od Pressure = Cardiac output (CO

X Resistance to passage of bloc through precapillary arterioles (PVR)

- Physiologically CO and PVR is maintained minute to minute by – arterioles (1) postcapillary venules (2) and Heart (3)
- Kidney is the fourth site volume of intravascular fluid
- Baroreflex, humoral mechanism and renin-angiotensin- aldosterone system regulates the above 4 sites
- Local agents like Nitric oxide
- In hypertensives Baroreflex and renal blood-volume control system – set at higher level
- All antihypertensives act via interfering with normal mechanisms



Anatomic sites of blood pressure control.

Baroreceptor reflex arc



The Renal response

- Long-term blood pressure control by controlling blood volume
- Reduction in renal pressure intrarenal redistribution of pressure and increased absorption of salt and water
- Decreased pressure in renal arterioles and sympathetic activity – renin production – angiotensin II production
- Angiotensin II:
 - Causes direct constriction of renal arterioles
 - Stimulation of aldosterone synthesis sodium absorption and increase in intravascular blood volume

classification

- Diuretics
- Sympatholytic drugs
- ► ACE inhibitors
- ARBs
- CCBs
- vasoDilators

Antihypertensive Drugs

Diuretics:

- Thiazides: Hydrochlorothiazide, chlorthalidone
- High ceiling: Furosemide
- K+ sparing: Spironolactone, triamterene and amiloride

MOA: Acts on Kidneys to increase excretion of Na and H2O – decrease in blood volume – decreased BP

- Angiotensin-converting Enzyme (ACE) inhibitors:
 - Captopril, lisinopril., enalapril, ramipril and fosinopril
- MOA: Inhibit synthesis of Angiotensin II decrease in peripheral resistance and blood volume
- Angiotensin (AT1) blockers:
 - Losartan, candesartan, valsartan and telmisartan

MOA: Blocks binding of Angiotensin II to its receptors

Antihypertensive Drugs

Centrally acting:

Clonidine, methyldopa

MOA: Act on central a2A receptors to decrease sympathetic outflow - fall in BP

- B-adrenergic blockers:
 - Non selective: Propranolol (others: nadolol, timolol, pindolol, labetolol)
 - Cardioselective: Metoprolol (others: atenolol, esmolol, betaxolol)
- MOA: Bind to beta adrenergic receptors and blocks the activity
- ß and a adrenergic blockers:
 - Labetolol and carvedilol
- a adrenergic blockers:
 - ▶ Prazosin, terazosin, doxazosin, phenoxybenzamine and phentolamine

MOA: Blocking of alpha adrenergic receptors in smooth muscles - vasodilatation

Antihypertensive Drugs –

- Calcium Channel Blockers (CCB):
 - Verapamil, diltiazem, nifedipine, felodipine, amlodipine, nimodipine etc.
- MOA: Blocks influx of Ca++ in smooth muscle cells relaxation of SMCs decrease BP
- K+ Channel activators:
 - Diazoxide, minoxidil, pinacidil and nicorandil
- MOA: Leaking of K+ due to opening hyper polarization of SMCs relaxation of SMCs
- Vasodilators:
 - Arteriolar Hydralazine (also CCBs and K+ channel activators)
 - Arterio-venular: Sodium Nitroprusside

Diuretics

Drugs causing net loss of Na+ and water in urine

Mechanism of anninyperiensive action:

- Initially: divresis depletion of Na+ and body fluid volume – decrease in cardiac output
- 1)Subsequently after 4 6 weeks, Na+ balance is regained by 95%, but BP remains low!
- Q: Why? Answer: 2)reduction in total peripheral resistance (TPR) due to deficit of little amount of Na+ and water (Na+ causes vascular stiffness)
- Similar effect is seen with sodium restriction (low sodium diet)
- 3)Also direct effect action on k+ channels causing hyperpolarization

Thiazide diuretics – adverse effects

Adverse Effects:

- Hypokalaemia muscle pain and fatigue
- Hyperglycemia: Inhibition of insulin release due to K+ depletion (proinsulin to insulin) – precipitation of diabetes
- Hyperlipidemia: rise in total LDL level risk of stroke
- Hyperurecaemia: inhibition of urate excretion
- Sudden cardiac death tosades de pointes (hypokalaemia)
- All the above metabolic side effects higher doses (50 100 mg per day)
- But, its observed that these adverse effects are minimal with low doses (12.5 to 25 mg) - Average fall in BP is 10 mm of Hg

Thiazide diuretics – current status

Effects of low dose:

- No significant hypokalaemia
- ► Low incidence of arrhythmia
- Lower incidence of hyperglycaemia, hyperlipidemia and hyperuricaemia
- ▶ Reduction in MI incidence
- Reduction in mortality and morbidity
- ▶ JNC recommendation:
 - JNC recommends low dose of thiazide therapy (12.5 25 mg per day) in essential hypertension
 - Preferably should be used with a potassium sparing diuretic as first choice in elderly
 - ▶ If therapy fails another antihypertensive but do not increase the thiazide dose
 - Loop diuretics are to be given when there is severe hypertension with retention of body fluids

Diuretics

- K+ sparing diuretics:
 - Thiazide and K sparing diuretics are combined therapeutically DITIDE (triamterene + benzthiazide) is popular one
- Modified thiazide: indapamide
 - Indole derivative and long duration of action (18 Hrs) orally 2.5 mg dose
 - It is a lipid neutral i.e. does not alter blood lipid concentration, but other adverse effects may remain
- Loop diuretics:
 - Na+ deficient state is temporary, not maintained round –theclock and t.p.r not reduced
 - Used only in complicated cases CRF, CHF marked fluid retention cases

Angiotensin Converting Enzyme (ACE) Inhibitors

What is Renin - Angiotensin?

(Physiological Background)

RAS - Introduction

- Renin second eligible enzyme and also calles angiotensinogenase
- It is produced by juxtaglomerular cells of kind
- It is secreted in response to:
 - Decrease in arterial blood pressure
 - Decrease Na+ in macula densa
 - Increased sympathetic nervous activity
- Renin acts on a plasma protein Angiotensinogen (a glycoprotein synthesized and secreted into the bloodstream by the liver) and cleaves to produce a decapeptide Angiotensin-l
- Angiotensin-I is rapidly converted to Angiotensin-II (octopeptide) by ACE (present in luminal surface of vascular endothelium)
- Furthermore degradation of Angiotensin-II by peptidases produce Angiotensin-III
- Both Angiotensin-II and Angiotensin-III stimulates Aldosterone secretion from Adrenal Cortex (equipotent)
- AT-II has very short half life 1 min



Angiotensin-II

What are the ill effects on chronic ?

- Volume overload and increased t.p.r
 - Cardiac hypertrophy and remodeling
 - Coronary vascular damage and remodeling
- Hypertension long standing will cause ventricular hypertrophy
- Myocardial infarction hypertrophy of non-infarcted area of ventricles
- Renal damage
- Risk of increased CVS related morbidity and mortality
- ACE inhibitors reverse cardiac and vascular hypertrophy and remodeling

ACE inhibitors

Captopril, 1 fosinopril e⁻



Captopril – Adverse effects

- Cough persistent brassy cough in 20% cases inhibition of bradykinin and substanceP breakdown in lungs
- Hyperkalemia in renal failure patients with K+ sparing diuretics, NSAID and beta blockers (routine check of K+ level)
- ▶ Hypotension sharp fall may occur 1st dose
- Acute renal failure: CHF and bilateral renal artery stenosis
- Angioedema: swelling of lips, mouth, nose etc.
- Rashes, urticaria etc
- Dysgeusia: loss or alteration of taste
- ▶ Foetopathic: hypoplasia of organs, growth retardation etc
- Neutripenia
- Contraindications: Pregnancy, bilateral renal artery stenosis, hypersensitivity and hyperkalaemia

ACE inhibitors - Enalapril

- It's a prodrug converted to enalaprilate
- Advantages over captopril:
 - ▶ Longer half life OD (5-20 mg OD)
 - Absorption not affected by food
 - Rash and loss of taste are less frequent
 - Longer onset of action
 - Less side effects

ACE inhibitors and hypertension

1st line of Drug:

- No postural hypotension or electrolyte imbalance (no fatigue or weakness)
- Safe in asthmatics and diabetics
- Prevention of secondary hyperaldosteronism and K+ loss
- Renal perfusion well maintained
- Reverse the ventricular hypertrophy and increase in lumen size of vessel
- No hyperuraecemia or deleterious effect on plasma lipid profile
- No rebound hypertension
- Minimal worsening of quality of life general wellbeing, sleep and work performance etc.

ACE inhibitors – other uses

Hypertension

- Congestive Heart Failure
- Myocardial Infarction
- Prophylaxis of high CVS risk subjects
- Diabetic Nephropathy
- Schleroderma crisis

Angiotensin Receptor Blockers (ARBs) -

Angiotensin Receptors:

- Specific angiotensin receptors have been discovered, grouped and abbreviated as – AT1 and AT2
- They are present on the surface of the target cells
- Most of the physiological actions of angiotensin are mediated via AT1 receptor
- Transducer mechanisms of AT1 inhibitors: In different tissues show different mechanisms. For example -
 - PhospholipaseC-IP3/DAG-intracellular Ca++ release mechanism vascular and visceral smooth muscle contraction
 - In myocardium and vascular smooth muscles AT1 receptor mediates long term effects by MAP kinase and others
- Losartan is the specific AT1 blocker

Angiotensin Receptor Blockers (ARBs) - Losartan

- Competitive antagonist and inverse agonist of AT1 receptor
- Does not interfere with other receptors except TXA2
- Blocks all the actions of A-II vasoconstriction, sympathetic stimulation, aldosterone release and renal actions of salt and water reabsorption
- ► No inhibition of ACE

Losartan

- Theoretical superiority over ACEIs:
 - Cough is rare no interference with bradykinin and other ACE substrates
 - Complete inhibition of AT1 alternative remains with ACEs
 - Result in indirect activation of AT2 vasodilatation (additional benefit)
 - Clinical benefit of ARBs over ACEIs not known
- However, losartan decreases BP in hypertensive which is for long period (24 Hrs)
 - heart rate remains unchanged and cvs reflxes are not interfered
 - no significant effect in plasma lipid profile, insulin sensitivity and carbohydrate tolerance etc
 - Mild uricosuric effect

Losartan

Pharmacokinetic:

- Absorption not affected by food but unlike ACEIs its bioavailability is low
- High first pass metabolism
- Carboxylated to active metabolite E3174
- Highly bound to plasma protein
- Do not enter brain
- Adverse effects:
 - Foetopathic like ACEIs not to be administered in pregnancy
 - ► Rare 1st dose effect hypotension
 - Low dysgeusia and dry cough
 - Lower incidence of angioedema
- Available as 25 and 50 mg tablets

Beta-adrenergic blockers

- Non selective: Propranolol (others: nadolol, timolol, pindolol, labetolol)
- Cardioselective: Metoprolol (others: atenolol, esmolol, betaxolol)
- All beta-blockers similar antihypertensive effects irrespective of additional properties
 - Reduction in CO but no change in BP initially but slowly
 - Adaptation by resistance vessels to chronically reduced CO antihypertensive action
 - Other mechanisms decreased renin release from kidney (beta-1 mediated)
 - Reduced NA release and central sympathetic outflow reduction
 - ▶ Non-selective ones reduction in g.f.r but not with selective ones
 - Drugs with intrinsic sympathomimetic activity may cause less reduction in HR and CO

Beta-adrenergic blockers

Advantages:

- No postural hypotension
- No salt and water retention
- Low incidence of side effects
- Low cost
- Once a day regime
- Preferred in young non-obese patients, prevention of sudden cardiac death in post infarction patients and progression of CHF
- Drawbacks (side effects):
 - ► Fatigue, lethargy (low CO?) decreased work capacity
 - ► Loss of libido impotence
 - Cognitive defects forgetfulness
 - Difficult to stop suddenly
 - ► Therefore cardio-selective drugs are preferred now

Beta-adrenergic blockers

- Advantages of cardio-selective over non-selective:
 - In asthma
 - In diabetes mellitus
 - In peripheral vascular disease
- Current status:
 - JNC 7 recommends 1st line of antihypertensive along with diuretics and ACEIs
 - Preferred in young non-obese hypertensive
 - Angina pectoris and post angina patients
 - Post MI patients useful in preventing mortality
 - ▶ In old persons, carvedilol vasodilatory action can be given

Alpha-adrenergic blockers

- Non selective alpha blockers are not used in chronic essential hypertension (phenoxybenzamine, phentolamine), only used sometimes as in phaechromocytoma
- Specific alpha-1 blockers like prazosin, terazosin and doxazosine are used
- PRAZOSIN is the prototype of the alpha-blockers
- Reduction in t.p.r and mean BP also reduction in venomotor tone and pooling of blood – reduction in CO
- Does not produce tachycardia as presynaptic auto (alpha-2) receptors are not inhibited – autoregulation of NA release remains intact

Alpha-adrenergic blockers.

Adverse effects:

- Prazosin causes postural hypotension start 0.5 mg at bed time with increasing dose and upto 10 mg daily
- Fluid retention in monotherapy
- Headache, dry mouth, weakness, dry mouth, blurred vision, rash, drowsiness and failure of ejaculation in males

Current status:

- Several advantages improvement of carbohydrate metabolism diabetics, lowers LDL and increases HDL, symptomatic improvement in BHP
- But not used as first line agent, used in addition with other conventional drugs which are failing – divretic or beta blocker
- Doses: Available as 0.5 mg, 1 mg, 2.5 mg, 5 mg etc. dose:1-4 mg thrice daily (Minipress/Prazopress)



Calcium Channel Blockers – Mechanism of action

- Three types Ca+ channels in smooth muscles Voltage sensitive, receptor operated and leak channel
- Voltage sensitive are again 3 types L-Type, T-Type and N-Type
- Normally, L-Type of channels admit Ca+ and causes depolarization excitationcontraction coupling through phosphorylation of myosin light chain – contraction of vascular smooth muscle – elevation of BP
- CCBs block L-Type channel:
 - Smooth Muscle relaxation
 - ▶ Negative chronotropic, ionotropic and chronotropic effects in heart
- DHPs have highest smooth muscle relaxation and vasodilator action followed by verapamil and diltiazem
- Other actions: DHPs have diuretic action

Calcium Channel Blockers

Advantages:

- Unlike diuretics no adverse metabolic effects but mild adverse effects like – dizziness, fatigue etc.
- Do not compromise haemodynamics no impairment of work capacity
- ▶ No sedation or CNS effect
- Can be given to asthma, angina and PVD patients
- No renal and male sexual function impairment
- ▶ No adverse fetal effects and can be given in pregnancy
- Minimal effect on quality of life

Calcium Channel Blockers – current status

- As per JNC 7 CCBs are not 1st line of antihypertensive unless indicated – ACEI/diuretics/beta blockers
- However its been used as 1st line by many because of excellent tolerability and high efficacy
- Preferred in elderly and prevents stroke
- CCBs are effective in low Renin hypertension
- They are next to ACE inhibitors in inhibition of albuminuria and prevention of diabetic nephropathy
- Immediate acting Nifedipine is not encouraged anymore

Calcium Channel Blockers

Contraindications:

- Unstable angina
- Heart failure
- ► Hypotension
- Post infarct cases
- Severe aortic stenosis
- Preparation and dosage:
 - Amlodipine 2.5, 5 and 10 mg tablets (5-10 mg OD) Stamlo, Amlopres, Amlopin etc.
 - Nimodipine 30 mg tab and 10 mg/50 ml injection Vasotop, Nimodip, Nimotide etc.

Vasodilators

- Arteriolar : diazoxide, hydralaxine, minoxidil
- Areteriolar and veno : sodium nitroprusside

Vasodilators - Hydralazine

- Directly acting vasodilator
- MOA: hydralazine molecules combine with receptors in the endothelium of arterioles NO release – relaxation of vascular smooth muscle – fall in BP
- Subsequency fall in BP stimulation of adrenergic system leading to
 - Cardiac stimulation producing palpitation and rise in CO even in IHD and patients anginal attack
 - ► Tachycardia
 - ▶ Increased Renin secretion Na+ retention
 - > These effects are countered by administration of beta blockers and diuretics
- However many do not agree to this theory
- Uses: 1) Moderate hypertension when 1st line fails with beta-blockers and diuretics 2) Hypertension in Pregnancy, Dose 25-50 mg OD

Vasodilators - Minoxidil

- Powerful vasodilator, mainly 2 major uses antihypertensive and alopecia
- Prodrug and converted to an active metabolite which acts by hyperpolarization of smooth muscles and thereby relaxation of SM – leading to hydralazine like effects
- Rarely indicated in hypertension especially in life threatening ones
- More often in alopecia to promote hair growth
- Orally not used any more
- Topically as 2-5% lotion/gel and takes months to get effects
- MOA of hair growth:
 - > Enhanced microcirculation around hair follicles and also by direct stimulation of follicles
 - Alteration of androgen effect of hair follicles

Sodium Nitroprusside

- Rapidly and consistently acting vasodilator
- Relaxes both resistance and capacitance vessels and reduces t.p.r and CO (decrease in venous return)
- ▶ Unlike hydralazine it produces decrease in cardiac work and no reflex tachycardia.
- Improves ventricular function in heart failure by reducing preload
- MOA: RBCs convert nitroprusside to NO relaxation also by non-enzymatically to NO by glutathione
- Uses: Hypertensive Emergencies, 50 mg is added to 500 ml of saline/glucose and infused slowly with 0.02 mg/min initially and later on titrated with response (wrap with black paper)
- Adverse effects: All are due release of cyanides (thiocyanate) palpitation, pain abdomen, disorientation, psychosis, weakness and lactic acidosis.

Centrally acting Drugs

Alpha-Methyldopa: a prodrug

- Precursor of Dopamine and NA
- MOA: Converted to alpha methyl noradrenaline which acts on alpha-2 receptors in brain and causes inhibition of adrenergic discharge in medulla – fall in PVR and fall in BP
- Various adverse effects cognitive impairement, postural hypotension, positive coomb's test etc. – Not used therapeutically now except in Hypertension during pregnancy

▶ Clonidine: Imidazoline derivative, partial agonist of central alpha-2 receptor

- Not frequently used now because of tolerance and withdrawal hypertension
- Read it yourself

Treatment of hypertension







Treatment of Hypertension: 7 classification

	BP	Systolic	Diastolic				
Cat	Normal	>120	<80				
	Prehypertension	120-139	80-89				
	Stage1	149-159	90-99				
	Stage2	>160	>100				

Risk factors

- 1. Age above 55 and 65 in Men and Woman respectively
- 2. Family History
- 3. Smoking
- 4. DM and Dyslipidemia
- 5. Hypertension
- 6. Obesity
- 7. Microalbuminuria

Treatment of Hypertension –

► 7 compelling Indications:

- ► Heart failure
- Coronary artery disease
- ► H/o MI
- ► H/o stroke
- Diabetes
- ► Chronic Renal failure

Treatment of Hypertension

Table 1. Classification and management of blood pressure for adults*

BP CLASSIFICATION	SBP* MMHG	DBP* MMHG	LIFESTYLE MODIFICATION	INITIAL DRUG THERAPY	
				WITHOUT COMPELLING INDICATION	WITH COMPELLING INDICATIONS (SEE TABLE 8)
NORMAL	<120	and <80	Encourage	No antihypertensive drug indicated.	Drug(s) for compelling indications. [‡]
PREHYPERTENSION	120-139	or 80-89	Yes		
STAGE 1 Hypertension	140-159	or 90–99	Yes	Thiazide-type diuretics for most. May consider ACEI, ARB, BB, CCB, or combination.	Drug(s) for the com- pelling indications. [‡] Other antihypertensive drugs (diuretics, ACEI, ARB, BB, CCB) as needed.
STAGE 2 Hypertension	≥160	0r ≥100	Yes	Two-drug combination for most ⁺ (usually thiazide-type diuretic and ACEI or ARB or BB or CCB).	

DBP, diastolic blood pressure; SBP, systolic blood pressure.

Drug abbreviations: ACEI, angiotensin converting enzyme inhibitor; ARB, angiotensin receptor blocker; BB, beta-blocker; CCB, calcium channel blocker.

- * Treatment determined by highest BP category.
- + Initial combined therapy should be used cautiously in those at risk for orthostatic hypotension.
- # Treat patients with chronic kidney disease or diabetes to BP goal of <130/80 mmHg.

Treatment of Hypertension – General principles

► Stage I:

- Start with a single most appropriate drug with a low dose. Preferably start with Thiazides. Others like beta-blockers, CCBs, ARBs and ACE inhibitors may also be considered. CCB – in case of elderly and stroke prevention. If required increase the dose moderately
- Partial response or no response add from another group of drug, but remember it should be a low dose combination
- If not controlled change to another low dose combination
- In case of side effects lower the dose or substitute with other group
- Stage 2: Start with 2 drug combination one should be divietic

Treatment of Hypertension – combination therapy

- In clinical practice a large number of patients require combination therapy – the combination should be rational and from different patterns of haemodynamic effects
 - Sympathetic inhibitors (not beta-blockers) and vasodilators + diuretics
 - Diuretics, CCBs, ACE inhibitors and vasodilators + beta blockers (blocks renin release)
 - Hydralazine and CCBs + beta-blockers (tachycardia countered)
 - ACE inhibitors + diuretics
- 3 (three) Drug combinations: CCB+ACE/ARB+diuretic; CCB+Beta blocker+ diuretic; ACEI/ARB+ beta blocker+diuretic

Treatment of Hypertension.

Never combine:

- Alpha or beta blocker and clonidine antagonism
- Nifedepine and diuretic synergism
- ► Hydralazine with DHP or prazosin same type of action
- Diltiazem and verapamil with beta blocker bradycardia
- Methyldopa and clonidine
- Hypertension and pregnancy:
 - No drug is safe in pregnancy
 - Avoid diuretics, propranolol, ACE inhibitors, Sodium nitroprusside etc
 - Safer drugs: Hydralazine, Methyldopa, cardioselective beta blockers and prazosin

Hypertensive Emergencies

- Cerebrovascular accident or head injury with high BP
- Left ventricular failure with pulmonary edema due to hypertension
- Hypertensive encephalopathy
- Angina or MI with raised BP
- Acute renal failure with high BP
- Eclampsia
- Pheochromocytoma, cheese reaction and clonidine withdrawal
- Drugs:
 - Sodium Nitroprusside (20-300 mcg/min) dose titration and monitoring
 - ▶ GTN (5-20 mcg/min) cardiac surgery, LVF, MI and angina
 - Esmolol (0.5 mg/kg bolus) and 50-200mcg/kg/min useful in reducing cardiac work
 - Phentolamine pheochromocytoma, cheese reaction nd clonidine withdrawal (5-10 mg V)

Desirable to know/learn

- Classification of Antihypertensive
- Antihypertensive mechanisms: Diuretics, ACE inhibitors, ARBs, Betablockers, alpha-blockers, CCBs, Vasodilators and central sympatholytics
- Present status of above mentioned group of Drugs
- Common Adverse effects of above groups of Drugs
- Pharmacotherapy of Hypertension
- Pharmacotherapy of hypertensive emergencies
- Preparation and dosage of commonly used drugs of above mentioned groups



- Learn the anti hypertensive drugs drugs used in pregnancy
- Treatment of pulmonary hypertension

