



The Story Behind Blood Pressure: A Journey Through Time

1. Ancient Understanding of Blood Flow

The concept of blood circulation has fascinated humans for centuries. Ancient Egyptians (around **2600 BCE**) believed that the body had **channels like the Nile River**, and blockages caused disease. The Chinese medical texts (around **500 BCE**) described **pulses** as indicators of health but did not yet understand blood pressure as we do today.

2. Galen's Influence (2nd Century CE)

The Roman physician **Galen** proposed that the **liver produced blood**, which was then pumped by the heart. However, he **mistakenly believed** that blood was consumed by the body rather than circulating. His ideas dominated medicine for over **1,400 years**.

3. The Discovery of Blood Circulation (1628)

William Harvey, an English physician, changed history by proving that the heart **pumps blood in a continuous loop**. His groundbreaking work, *"De Motu Cordis" (On the Motion of the Heart and Blood)*, laid the foundation for modern cardiovascular science.

4. The First Blood Pressure Measurement (1733)

The first recorded blood pressure measurement was made by **Stephen Hales**, an English clergyman and scientist. He inserted a glass tube into a horse's artery and observed how high the



blood spurted, introducing the concept of **blood pressure measurement**.

5. The Mercury Sphygmomanometer (1896)

Scipione Riva-Rocci, an Italian physician, developed the first practical **blood pressure cuff** using mercury. This device led to non-invasive BP measurement. Today's **mmHg (millimeters of mercury)** unit comes from this invention.

6. Korotkoff Sounds & Modern BP Measurement (1905)

A Russian physician, **Nikolai Korotkoff**, discovered the **sounds made by blood flow** when using a stethoscope with a BP cuff. These sounds—now called **Korotkoff sounds**—are the basis for today's **systolic and diastolic BP readings**.

7. The Link Between High Blood Pressure & Heart Disease (20th Century)

Early doctors thought high BP was a natural part of aging. However, in the **1950s-60s**, research confirmed that **untreated hypertension leads to strokes, heart attacks, and kidney disease**, shifting medical approaches toward prevention and treatment.

8. Modern Innovations & Digital BP Monitors

Today, blood pressure is monitored with **automated digital devices**, wearable technology, and even **smartwatches**. Genetic research and AI-driven healthcare are further refining BP management.

The Journey Continues...



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Blood pressure research has come a long way, from ancient pulse readings to AI-powered monitoring. With growing knowledge, scientists continue to find better ways to prevent and manage hypertension, improving millions of lives worldwide.