

Medicinal plants have long been used as alternative therapy. Today, there's a growing search for effective molecules to treat chronic diseases. Cardiometabolic disorders remain a leading cause of global mortality, and plants offer innovative pharmacological approaches. Terpenes, found in plants, have diverse pharmacological properties, including cardiovascular and metabolic benefits. This review focuses on terpenes' role in treating chronic disorders like obesity, diabetes, hypertension, and vascular conditions. It includes a concise terpenes description based on scientific literature and secondary sources, highlighting their potential as adjunct or primary treatments for cardiometabolic diseases, reducing conventional drug side effects, and preserving traditional pharmacological knowledge.