

Aldosterone is a steroid hormone (mineralocorticoid family) produced by the outer section (zona glomerulosa) of the adrenal cortex in the adrenal gland.

It plays a central role in the regulation of blood pressure mainly by acting on the distal tubules and collecting ducts of the nephron, increasing reabsorption of ions and water in the kidney, to cause the conservation of sodium, secretion of potassium, increase in water retention, and increase in blood pressure and blood volume.

When dysregulated, aldosterone is pathogenic and contributes to the development and progression of cardiovascular and renal disease.

Aldosterone has exactly the opposite function of the atrial natriuretic hormone secreted by the heart.

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