



Case Report on Homoeopathic Management of Essential Hypertension

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Abstract

Hypertension, or abnormally high blood pressure, is often referred to as the “silent killer.” This is because it does not usually manifest any symptoms while causing damage to the heart, brain, kidneys, and eyes. According to the World Health Organization, “Hypertension affects 600 million people worldwide. Yet many are unaware that they have the disease and are at risk of developing a stroke, heart disease, blindness and kidney failure. Hypertension causes five million premature deaths per year, yet there is no proper solution for curing hypertension.” A male patient of age 43 years suffering from hypertension since 2 years, on basis of totality of symptoms given homoeopathic medicine *Lycopodium Clavatum* 30 an relieve his complaints. Homoeopathic medicine has remarkable effect on cases of hypertension, if medicine is given on basis of individualization with proper potency and dose.

Key word- Essential Hypertension, Blood Pressure, Systolic, Diastolic, Pulse Pressure, Homoeopathy.

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Received – 18/3/2020

Revised – 26/3/2020

Accepted – 28/3/2020

INTRODUCTION

As the term indicates blood pressure is the pressure by which the blood is circulated in blood vessels. Heart is the muscular pump that supplies the pressure to move the blood along the blood vessels. Blood vessels have elastic walls and provide some resistance to the flow. Hence there is pressure in the system even between heartbeats. Two to four percentage of rural population and ten to

fifteen percentage of urban population are hypertensive. The prevalence increases with age. Above the age of 60 years, 19 % were found to be hypertensive. Research indicates that about 62% of strokes and 49% of heart attacks are caused by hypertension.

How To Cite Article- Kumar D. Gupta KK. Kaur G. Kaur J. Case Report on Homoeopathic Management of Essential Hypertension. TU J. Homo & Medi. Sci. 2020;3(1):82-87.

There are two types of hypertension – primary and secondary. **Primary hypertension** does not have any specific identifiable causes, whereas **secondary hypertension** results from identifiable and often correctable causes. Only about five to ten percent of hypertension cases are thought to result from secondary causes, the most common of which are kidney disease, adrenal gland disease, narrowing of the aorta, and sleep apnea, among others. Elevation of systolic blood pressure above 140 mm of Hg and / or diastolic blood pressure above 90 mm of hg is defined as arterial hypertension, Normal BP 120 mm of hg systolic and 80 mm of hg diastolic

	SBP (mmHg)	DBP (mmHg)
Normal	<120	<80
Pre hypertension	120-139	80-89
Stage 1	140-159	90-99
Stage 2	>160	>100
JNC-7 on Prevention, Detection, Evaluation and Treatment of High Blood Pressure,		

Risk factors for hypertension:

Age – Blood pressure rises with age in both sexes and the rise is greater in those with higher initial blood pressure.

Obesity – The greater the weight gain, the greater the risk of blood pressure.

Salt intake — High salt intake increase blood pressure

Saturated fat - Increases blood pressure as well as serum cholesterol.

Alcohol - High alcohol intake is associated with an increased risk of developing blood pressure, especially systolic

Physical activity – Help in reducing body weight and there by reducing blood pressure.

Environmental factors -Tense personality. Psychosocial factors operate through mental process consciously or unconsciously to produce hypertension.

Clinical features:- Usually asymptomatic. 50% of the patients are unaware of the condition. Many of them develop symptoms after knowing that they are hypertensive. Patient may felt fatigue, dizziness, palpitation, anxiety and head ache. Throbbing headache felt in sub occipital region waking after sleep suggestive of hypertension.

General management: Weight reduction. Restriction of salt intake. Provision of adequate sleep- 6to 8 hour per day. Avoidance of smoking. Yoga/ exercise, Meditation.

Homeopathy, a branch of alternative medicine based on the Law of Similars, is one of the most effective hypertension treatments, in my opinion. Homeopathic theory views disease as a dynamic

disturbance that affects the whole, as opposed to a specific part of the body. Homeopathy believes in holistic, totality, and individualized approaches. A holistic approach means that every manifested symptom in a body relates to a mental or emotional state. In a totality approach, homeopathy does not aim to treat a specific organ, but the body in its entirety. Many factors affect an individual's life, including the environment and inherited diseases. Consequently, every individual experiences and manifests the same disease differently, and must be treated individually as a result.

Case Profile

A 43 years old male patient came to Medicine OPD of Sri Ganganagar homoeopathic medical College Hospital and Research Institute, Sri Ganganagar, Rajasthan. He was having complaints of Head ache and High Blood Pressure since 2 years.

Name - Mr. A. S.

Age - 43 year Sex - Male

Marital Status - Married

Socio-economic Status - Middle

Religion - Hindu

Occupation- Job

Present Complaints

- K/C/O- Hypertension
- Pain in Occipital region of head since 6 months.

- Character of pain –throbbing type
- Pain better by closing the eye and rest
- Aggravated by exertion and stress
- Heart burn since 3-4 month taking anta acid.
- Sour taste of mouth at morning.
- Flatulence in whole abdomen

History of Present Complaints

Patient come with complaint headache and vertigo before 2 yrs then doctor prescribed him antihypertensive medicine Prolomate –AM, BD. Now again pain in occipital region and does not relive even after taking antihypertensive medicine.

Past History of Illness with Treatment

- History of constipation.
- History of Appendicitomy

Family History

- Father- DM II
- Mother- OA
- Grand Father- BPH

Patient as a Person -

General Appearance

- a) Built - Fatty
- b) Gait - Normal
- c) Dress Sense - Good
- d) Height - 5'3"
- e) Weight - 77 kg.

Physical General-

- a) Diet - Mixed
- b) Appetite - Normal
- c) Thirst - Normal

- d) Desires - Sweet thing
- e) Aversion - Nothing
- f) Stool - Constipation
- g) Urine - 4-5/0-1 D/N
- h) Thermal - Chilly
- i) Addiction - Alcohol
- j) Sleep - Sleepy but can't sleep

Mental Generals

- Avarice
- Irritability
- Anger-violent.
- Mild with superior and hard with inferiors.(Dictatorial)
- Fault finder (Censorious)

Physical Examination -

- Pulse - 68/min
- Blood Pressure - 140/92 mmHg (Stage 1 Hypertension)
- Pulse pressure- 48 mmHg
- Mean Pressure- 108 mmHg
- Anemia - Absent
- Tongue - Clean

Systemic Examination -

- GIT - Soft and non tender
- CNS - Consciousness & Well Oriented
- CVS - S1, S2 Heard
- Respiratory - Bilateral Lung clear

Investigation- CBC –Normal

Final Diagnosis – Stage 1 Hyertension

Repertorial Analysis

A) Repertorial Totality with Evaluation Of Symptoms

S. No.	Symptoms	Analy sis
1.	Irritability	MG
2.	Dictatorial	MG
3.	Avarice	MG
4.	Anger Violent	MG
5.	Censorious	MG
6.	Stomach Desire Sweets	PG
7.	Stomach Desire –Warm drink	PG
8.	Heart Burn	PP
9.	Head Pain Occiput	PP
10.	Pulsating/throbbing pain	PP
11.	Pain Straining eye from	PP
12.	Flatulence eating after	PP
13.	Sour Taste	PG

B. Analysis With Comments

Out of eight highest grading medicines. lycopodium is covering all the symptoms. So lycopodium becomes the ultimate choice.

Final Prescription –

Rx

Lycopodium Clav. 200/3 dose
PL 30 /BD 4 pills for 7 days

Date - 30.07.2019

General Management

Advice to take medicine regularly. Take blond diet, avoid spicy food and excess salt.

1. Clipboard 1	
1. MIND - IRRITABILITY	(245) 1
2. MIND - DICTATORIAL	(9) 1
3. MIND - AVARICE	(12) 1
4. MIND - ANGER,irascibility - violent	(35) 1
5. MIND - CENSORIOUS,critical	(53) 1
6. STOMACH - DESIRES - sweets	(36) 1
7. STOMACH - DESIRES - warm drinks	(23) 1
8. STOMACH - HEARTBURN	(118) 1
9. HEAD - PAIN, - Occiput	(231) 1
10. HEAD - PULSATING,beating,throbbing ...	(64) 1
11. HEAD - PAIN, - straining eyes,from	(39) 1
12. ABDOMEN - FLATULENCE - eating,aft...	(21) 1
13. MOUTH - TASTE, - sour - morning	(13) 1

lyc.	sep.	sulph.	Calc.	Calc-v.	nat-m.	Nux-v.	brv.
1	2	3	4	5	6	7	8
13	10	10	10	9	9	8	8
30	21	21	19	20	15	21	19

3	3	3	3	3	3	3	3
2	-	-	-	-	-	-	-
2	2	-	1	-	-	-	1
2	1	1	2	2	1	3	2
2	2	3	1	-	1	2	-
3	2	3	2	2	1	1	2
2	-	2	-	1	-	-	3
3	2	2	3	3	2	3	2
2	3	2	2	3	1	3	3
1	3	2	2	2	2	-	3
3	1	1	2	2	3	-	-
3	-	-	1	2	-	3	-
2	2	2	-	-	1	3	-

Fallow up –

Date	Symptoms	Prescription
8/8/19	Headache better B.P.- 130/84 mmHg	Lycopodium 200/2 dose OD Pl 30, 3 Pills TDS for 15 days
24/8/19	Only 2 times pain in head in this duration. Taste of mouth becomes normal Flatulence in abdomen decreased BP- 122/80 mmHg	SL 200/2 dose OD Pl 30, 3 Pills TDS for 15 days
10/9/19	No pain in head All complaint better BP- 120/78mmHg	Pl 30, 3 Pills TDS for 15 days
26/9/19	No new complaint General condition improved No flatulence in abdomen BP- 120/80 mmHg	Lycopodium 200/1 dose Pl 30, 3 Pills TDS for 15 days

CONCLUSION

Above case show that if we prescribe homoeopathic medicine on basis of totality of symptoms and individulization then condition of patient improved. In this case

lycopodium 200 relieve his complaint and patient not taking any hypertensive drugs and their blood pressure become normal. This case shows that homeopathy is effective in case of essential hypertension.

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Conflict of Interest: None

Source of Support: Nil



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