



Hypertension & Its Homoeopathic Management

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Abstract

Hypertension is very disturbing public health problem. It causes high morbidity and mortality worldwide. It is a major risk factor for subsequent cardiovascular disease. Defining hypertension is very difficult, but individual patient risk only assess from severity of hypertension. So JNC 7 recommends a classification of Blood Pressure (expressed in mm Hg). Most of the people with hypertension have unaware about their problem because it has no warning sign & symptoms. Occasionally and in severe cases sign and symptoms occur. It is most commonly diagnosed based on repeated BP measurements in a clinical office setting. Therapeutic lifestyle changes should be recommended for all individuals with hypertension and pre-hypertension.

Key Word- Homoeopathy, Hypertension, Blood Pressure, PH.

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INTRODUCTION

Blood pressure is defined as lateral pressure exerted by the blood on the walls of the blood vessels while flowing through them. Blood pressure in a blood vessel depends upon two things

- Distance from the heart
- Nature of the blood vessels.

Hypertension or high blood pressure is the by-product of modern civilization and it has become a “Silent killer” due to our modern stressful life.

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High BP is not a disease, but a manifestation or sign of internal malady or pathological process. The elevation in blood pressure is actually a compensatory or conservative process by which an adequate circulation of blood to the tissues is maintained, in spite of obstruction or increased resistance to the flow of blood. Hypertension is associated with various health related complications like arterial aneurysm, strokes, heart failure, heart attacks and kidney failure or can lead to death due to failure of circulation [1]. There are several conventional medicines to control high blood pressure as acetazolamide, β - blockers etc. However, these medicines have several side effects. So there is a need of alternative treatment to control and manage HTN. This review aims to describe role of homeopathy in managing hypertension.

For adults normal blood pressure is 120/80 mmHg. It varies with age, sex and health condition. According to world health organization (WHO) criteria, hypertension is diagnosed when there is:

- Repeated higher blood pressure readings OR Sustained/persistent BP is termed as hypertension
- 3 high blood pressure readings on 2 consecutive health care visits
- Sustained systolic BP= >140mmHg
- Sustained diastolic BP= >90mmHg is considered to constitute Hypertension².

The British National Formulary recommends the following approach: Blood pressure >220/120 mmhg; immediately therapy;

Blood pressure 200-219/119 mmhg: confirmed over 3-4 weeks, then treat; or Blood pressure 160-199/100-109 mmhg confirmed over 3-4weeks, then treat.

Serious side effect of antihypertensive as cited by Mayo clinic includes insomnia, decreased sex drive, shortness of breath and depressed mood. A patient experiencing these symptoms should consult with a physician before continuing doses of any antihypertensive medication [3]

Epidemiology [4] - In some industrialised countries up to 25 percent of adults have diastolic pressures above 90 mm Hg. Prevalence in the developing countries seems to be similar to that in European or other technically developed societies ranging from 10 percent to as much as 20 percent among adults. Only a few populations either living at high altitudes or belonging to primitive cultures seems to have exceptionally low levels of blood pressure.

Prevalence in India - The data are derived from two well-planned studies which screened all persons aged 20-60 yrs and followed WHO suggested criteria for diagnosis. The prevalence of hypertension was 59.9 and 69.9 per 1000 in males and females in the urban population and 35.5 and 35.9 per 1000 in males and females in rural population

Classification of Hypertension

▪ Types of Hypertension on The Basis of Cause

1. Primary or Essential hypertension
2. Secondary hypertension

About 90 to 95% of HTN cases are primary in origin, having no specific cause or organic disease. The residual 5 to 10% of HTN cases are caused by other conditions affecting arteries, heart, or endocrine system [3].

Congenital hypertension is due to some congenital defects or due to any genetic cause. Pregnancy induced hypertension is due to changes (endocrine changes, weight gain etc.) occurring in pregnant women [5].

▪ Types of Hypertension on the Basis of Severity

Taking average of patient's resting BP readings (systolic and diastolic BP) on two

or more occasions indicates the level of hypertension

Hypertension may be mild, moderate or severe. If the systolic or diastolic BP measurement is higher than the normal expected for that age is termed as pre-hypertension [6].

Predisposing factors of Hypertension

Essential or Primary HTN (90-95%) No direct cause has been identified yet, although it is closely related to some risk factors as given below:

- (1) Advancing age,
- (2) Type A personality (active, highly ambitious, responsible, industrious, fastidious),
- (3) Hereditary (if one parent has hypertension 25% chances in children to develop HTN, if both parents have hypertension 60% chances in children to develop HTN),
- (4) Obesity
- (5) Addictions like smoking, excessive alcohol consumption, unnecessary intake of coffee and cocaine etc.,
- (6) Hypercholesterolemia,
- (7) Nervous factors like temperament, emotional stress etc.

- (8) Increased NA⁺ intake,
- (9) Drugs include NSAIDs, oral-contraceptives, antidepressants etc.
- (10) Vitamin D deficiency,
- (11) Lack of aerobic exercise,
- (12) High fat intake,
- (13) Lack of sleep,
- (14) High blood sugar levels etc., can lead patient towards HTN.

Secondary HTN- Generally develops secondary to some disease condition which may be:

- (1) Renal disorders as Glomerulonephritis, Polycystic kidney disease, tumours etc.
- (2) Endocrine disorders as Pheochromocytoma, Cushing's syndrome,
- (3) Primary hyperaldosteronism,
- (4) Toxemia of pregnancy,
- (5) Neurogenic disorders,
- (6) Connective tissue disorders,
- (7) Coarctation of aorta,
- (8) Miscellaneous causes includes use of Oral contraceptives or Steroids,
- (9) Hypothyroidism
- (10) Hyperthyroidism

(11) Adrenal gland cancer etc. predispose a person to develop secondary hypertension or established HTN.

Malignant HTN - When the blood pressure exceeds more than 200/140 mmHg, is a complication of HTN is a complication of HTN and is considered as emergency condition because it is related to various life threatening conditions [5, 7].

Clinical Manifestations

When a person present with headache or vertigo, he must be first suspected for high blood pressure and is then properly diagnosed for hypertension. Very often the patients present without any symptom even though their BP is very high. It is most of the times detected on routine medical checkups or while investigating for other symptoms. The body keeps on adjusting to high BP; hypertension is therefore called as a "Silent killer". Some patients come with vague symptoms picture like heaviness of head, vertigo, headache, dizziness, weakness, dim vision, lack of concentration, anxiety, dyspnoea, palpitations etc. The patients taking antihypertensive medicines usually present with high systolic and low diastolic blood pressure. People also present with clinical features of some complications like stroke. [6, 8]

Symptoms of Hypertension ^(7, 8)

In patients with high blood pressure there are usually no symptoms. If at all symptoms occur, they do not specifically point to high blood pressure. Hence if one is not aware of symptoms of high blood pressure it continues to damage the vital organs of the body slowly and silently. Hence it is called as “the silent killer”

Some of the symptoms listed below may be indicative of the presence of the hypertension and should be brought to the notice of the doctor to enable him to treat better

- Headache
- Dizziness
- Fainting
- Blurred vision
- Bleeding from nose
- Chest pain
- Difficulty in breathing
- Palpitation
- History of diabetes , asthma , gout, drinking , smoking

General management ⁽⁹⁾

Lifestyle changes may help control high blood pressure; lose weight if you are

overweight. Excess weight adds to strain on the heart. In some cases weight loss may be the only treatment needed. Decrease fat and sodium

Homeopathic Concept for treatment of Hypertension

In Homeopathy, health indicates harmonious functioning of vital/life force and disease is considered as deviation from health, when the harmonious functioning of vital force is obscured.

Homeopathy treats the sick individual, not only his sickness as stated in Hahnemann’s writing “there is no disease, but sick people”. Thus in case of primary/essential HTN, homeopathy is concerned with the patient having high blood pressure rather than the hypertension itself. It is the sick man who has to restore to health, not his tissues, not his body. It is the constitutional makeup (inherited or acquired) of an individual and the environmental influences (internal or external) that predispose a person to develop HTN. Thus the totality of various characteristic symptoms narrated by this patient and the peculiar signs leads the homeopath towards similar remedy that relieves the totality of symptoms and also the symptoms of increased blood pressure. Constant stress (mental stress, job stress, stress in family) results in increase

production of adrenaline, nor-adrenaline and cortisone which increases the cardiac activity and narrow the blood vessels, resulting in elevation of blood pressure.

Hahnemann stressed upon the importance of mental or emotional symptoms in the selection of similimum^[4]

Dr Hahnemann says in the 80th aphorism in his organon of medicine “incalculably greater and more important than the two other chronic miasms however is the chronic miasm of psora which whilst those two reveal their specific internal dyscrasia, the one by the venereal chancre, the other by the cauliflower like growth, does also after the completion of the internal infection of the whole organism announce by a peculiar cutaneous eruption sometime consisting only of a few vesicles accompanied by intolerable voluptuous tickling itching the monstrous internal chronic miasm -the psora, the only real fundamental cause and producer of all the numerous I may say innumerable forms of disease⁽²³⁾

Allen says “it is the sick persons that is to be treated, not the pathological name. It is the disturbance of the inner process of life to which we are to look and not alone to the outer process; for the inner process govern the outer as the outer

manifestation is but an outward expression of the inner process”⁽²⁴⁾

Some medicines like *Arsenic alb*, *Aurum mur*, *Adonis ver*, *Apocynumcannabinum*, *Adrenalinum*, *Antimonium tart*, *Apismellifica*, *Baryta carb*, *Berberis vul*, *Carbo animalis*, *Convallaria*, *Crataegus*, *Coffea*, *Digitalis*, *Kali-phos*, *Kalmia latifolia*, *Lycopodium*, *Lycopusvirginicus*, *Plumbum met*, *Strophanthus*, *Sulphur*, *Thuja*, *Veratumviride*, *Viscum album* are some of the commonly used drugs on the basis of symptoms similarity.^[7,9,10]

Additionally ‘Dr.Reckeweg’s R85 Cephabol-High Blood Pressure drops’ and ‘R-185-Hypertension Drops’ also help in regulating blood pressure. Mother tinctures of *Amyl nitrosum*, *Rauwolfia*, *Allium sativa*, *Cratageus*, *Passiflora*, *Pascidia*, *Baryta muriatica*, *Adonis vernalis*, *Strophanthus*, *Spartiumscop*. Are proved useful in managing hypertension till the individual drug of patient find out.

Therapeutics for Hypertension^{(15), (16)}

1. **Aconitum Napellus:** For High Blood Pressure with Anxiety. Aconitum Napellus is a medicine for high blood pressure along with anxiety and restlessness. The affected person often experience a sudden fear of death

.other accompanying symptom include palpitation,a pressure in left side of the chest,sensation of weight under the breastbone and oppression of the chest. Pain in heart extending to the left shoulder is also present.

2. **Allium Sativum:** For High blood Pressure with high Cholesterol. Allium Sativum is a medicine for high blood with high cholesterol levels.This medicine helps in reducing cholesterol levels.Thi medicine helps in reducing cholesterol levels as well as lowering the blood pressure. Other symptoms include a pain in the chest that prevents sleep and leads to palpitations.
3. **Amylium Nitrosum:** For High Blood Pressure with Constricted Sensation. Amylsoum Nitrosum is a medicine for high blood pressure when constricted sensation around the heart is the main symptom. Along with constriction,aching in the heart is also present. a sensation of swelling in the chest ,fluttering in the heart and intensified beating of the heart are the other symptoms that indicate the need for this medicine.
4. **Aurum Met:** Ailments from suppressed anger or resentment, headache, fear of death, violent headache .Congestion to head. Double vision, upper half of the object is

invisible. Dyspnoea worse at night, Pulse rapid and irregular. Cardiac hypertrophy. Arteriosclerosis with high BP and nocturnal pain behind sternum

5. **Baryta Mur:** For High systolic/low Diastolic.Baryta mur is a medicine for high blood with high systolic reading and a low diastolic reading.The arteriosclerotic (abnormal thickening and hardening of artery wall) Changes in the arteies are the main symptom, along with vertigo, irregular heartbeats and a heated sensation in the upper part of the back.
6. **Glonoinum :** For High Blood Pressure with headaches .Glonoinum is a medicine for high blood pressure accompanied by headaches. The headache feels intense,congestive,throbbing and bursting in nature other symptoms include strong palpitations,dyspnea,heat in face and cardiac pains radiating to other parts.Exertion leading to rush of blood to the heart and fainting spells is another feature that indicates the need for this remedy.
7. **Lachesis:** It is the chief remedy for hypertension. Palpitation with fainting spells especially during climatic. Constricted feeling causing palpitation

with anxiety, cynosis, and irregular beats,

8. **Plumbum Met:** Cardiac weakness. Pulse soft and small, dichotic .Wiry pulse, camp like constriction of peripheral arteries worse at night, better by hard pressure. Excessive colic radiating to all parts of the body.
9. **Amylium Nitrosum Q:** Acts as vasodilator. It relief all conditions resulting from spasmodic constriction of blood vessels.
10. **Baryta Muratica Q:** Throbbing of the heart accelerated, palpitation of the heart, heart beats irregular, pulse scarcely perceptible. Trembling of limbs, swelling of hands and feet ⁽²⁵⁾
11. **Rauwolfia Q:** Affective in reducing diastolic blood pressure, are of great use in clinical practice.
12. **Allium sativa Q:** Causes thinning of blood, also work as diuretic thus lowers the BP.
13. **Passiflora Q:** Relief nervous tension-act as a relaxant, relaxes the blood vessels. .
14. **Spartium Scoparium Q:** Acts as a diuretic, useful in case of renal hypertension and HTN with odema

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