

MANAGING HYPERTENSION WITH HOMOEOPATHY

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ABSTRACT:

Hypertension is a highly prevalent disease having a large number of modifiable risk factors which should be controlled and managed therapeutically decided by the risk in the patient. Homoeopathy have medicines which can help hypertensive patient in controlling their hypertension but with limitations, thus homoeopathy can be a good choice in cases of hypertension.

KEYWORDS: Hypertension, Homoeopathy.

ABBREVIATIONS USED: DASH: Dietary Approaches to Stop Hypertension.

INTRODUCTION:

Hypertension, a disease in every home is a preventive and manageable disease. Its prevalence varies amongst countries and sub populations.¹ When we talk about the prevalence of hypertension globally, it is estimated to be 26% but is expected to increase to 29% by 2025.² In India, the prevalence of hypertension according to Fourth National Family Health Survey is 13.8% men and 8.8% women (overall 11.3%) aged 15-49 and 15-54 respectively and according to fourth district level household survey, it is 27.4% men and 20% women (overall 27.4%).³

TYPES OF HYPERTENSION:⁴

Hypertension is classified in 2 categories:

1. Primary Essential Hypertension
2. Secondary Hypertension

1. **Primary Essential Hypertension**: 95% of all hypertension cases are considered to be of essential hypertension. Development of essential hypertension is due to complex interactions between genetic and environmental factors.

Exacerbating factors of essential hypertension includes:

- i. Obesity,
- ii. Sleep apnea,
- iii. Increased salt intake,
- iv. Excessive alcohol use,
- v. Cigarette smoking,
- vi. Polycythemia,
- vii. Nonsteroidal anti-inflammatory drug (NSAID) therapy,
- viii. Low potassium intake,
- ix. Sedentary lifestyle.

2. Secondary Hypertension:

Approximately 5% of patients have secondary hypertension which are known to be caused due to identifiable specific causes.

The following patients can be suspected having Secondary hypertension:

- A. Patients developing hypertension at an early age
- B. Patients developing hypertension after the age of 50 years.
- C. Patients previously well controlled who become refractory to treatment.
- D. Hypertension resistant to three medications except in cases associated with diabetes.

Secondary causes include:

- i. Genetic syndromes
- ii. Kidney disease
- iii. Renal vascular disease
- iv. Primary hyperaldosteronism
- v. Cushing syndrome
- vi. Pheochromocytoma
- vii. Coarctation of the aorta
- viii. Hypertension associated with pregnancy,
- ix. Estrogen use
- x. Hypercalcemia
- xi. Medications.

CLASSIFICATION OF BLOOD PRESSURE FOR ADULTS:⁵

Blood Pressure	SBP	DBP
Classification	mmHg	mmHg
Normal	<120	and <80
Prehypertension	120–139	or 80–89
Stage 1 Hypertension	140–159	or 90–99
Stage 2 Hypertension	≥160	or ≥100

SBP, systolic blood pressure; DBP, diastolic blood pressure

CONSERVATIVE MANAGEMENT:¹

- 1) Weight reduction
- 2) DASH Diet: Consume diet rich in fruits, vegetables, low-fat, dairy products with reduced content of saturated and total fat
- 3) Reduce dietary sodium intake to <100 mmol/day
- 4) Engage in regular aerobic physical activity, for example, brisk walking for at least 30 minutes most days
- 5) Avoid Alcohol
- 6) Avoid Tobacco

HOMOEOPATHIC MANAGEMENT:⁶

- 1) *Adrenalinum*: Hypertension with constriction in chest. Rapid pulse and chest tightness.
- 2) *Aurum metallicum*: Arterio-sclerosis, high blood pressure; nightly paroxysms of pain behind sternum. Sclerosis of arterial system. Feeling of self-condemnation and utter worthlessness. Profound despondency, with increased blood pressure, with thorough disgust of life, and thoughts of suicide. Talks of committing suicide. Great fear of death. Peevish and vehement at least contradiction. Violent pain in head; worse at night, outward pressure. Roaring in head. Vertigo. Sensation as if the heart stopped beating for two or three seconds, immediately followed by a tumultuous rebound, with sinking at the epigastrium. Palpitation. Pulse rapid, feeble, irregular. Hypertrophy. High Blood Pressure - Valvular lesions of arterio-sclerotic nature.

Later potency for increased blood pressure as guided by boericke.
- 3) *Aurum muriaticum natronatum*: High blood pressure due to disturbed function of nervous mechanism. Arterio-sclerosis.
- 4) *Baryta carbonicum*: Palpitation and distress in region of heart. Accelerates the heart's action at first, blood pressure much increased, contraction of blood vessels. Palpitation when lying on left side, when thinking of it especially; pulse full and hard.

- 5) *Ceanothus americanus*: Marked blood pressure, reducing powers.
- 6) *Grindelia robusta*: Raises the blood pressure.
- 7) *Iodium*: Acute nasal engorgement associated with high blood pressure.
- 8) *Physostigma venenosum*: Stimulates heart, raises blood pressure.
- 9) *Pituitaria glandula*: High blood pressure
- 10) *Ergotin*: Beginning arteriosclerosis progressing rather rapidly. Increased blood pressure : 2x trit.
- 11) *Strontium carbonicum*: High blood pressure with flushed face pulsating arteries, threatened apoplexy.
- 12) *Uranium nitricum*: High blood pressure.
- 13) *Baryta muriatica*: Hypertension and vascular degeneration. Useful in hypertension of old age people.
- 14) *Plumbum metallicum*: Hypertension and arteriosclerosis. Also useful in hypertension during pregnancy.
- 15) *Digitalis*: Arterial hypertension oliguria and oedema.
- 16) *Eel serum*: Hypertension and oliguria, without oedema.
- 17) *Allium sativum*: Has vaso-dilatory properties. Arterial hypotension begins usually in 30 to 45 minutes after twenty to forty drop doses of the tincture.
- 18) *Veratrum Viride*: Acute and chronic congestions with hypertension. Oppression, sighing, rapid respiration and gasping for breath are their distressing symptoms.

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