

Homoeopathic Approach In The Management Of Essential Hypertension

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Abstract

Hypertension (HTN) or elevated blood pressure is a serious medical condition that significantly increases the risk of heart, brain, kidney, and other diseases. HTN in an adult is said to be present when clinical systolic and diastolic blood pressure exceed 140 mm and 90 mm of hg, respectively. An estimated 1.28 billion people aged 30–79 years have HTN worldwide, most (two-thirds) living in low- and middle-income countries (World Health Organization). Homoeopathy can be useful in managing HTN and its complications, for which a proper knowledge of treatment modalities available in homoeopathy is essential.

Keywords: Homeopathy, hypertension, blood pressure

Introduction

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. 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. 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.

Hypertension overview

Definition 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= >140 mmHg
- Sustained diastolic BP= >90 mmHg is considered to constitute Hypertension

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 [4].

Pathophysiology of Hypertension

HTN is the result of either increased cardiac output and/or increased peripheral resistance. Cardiac output is known to increase early in the disease course, with normal total PR. At time, cardiac output lowers to normal levels, but total PR is increased. The possible mechanisms for HTN includes: Failure of kidneys to excrete sodium, Over-activity of renin-angiotensin system, Sympathetic nervous system over-activity plus hereditary/genetic influence with contribution of three environmental factors: sodium, Stress and Obesity etc.

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 checkup 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, dyspnea, 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

Philosophical concept of Homeopathy for Management of Hypertension

The homeopathic management of essential HTN is based on the 'principle of similia'. Being a chronic disorder, it calls for constitutional anti-miasmatic treatment. It is the totality of various characteristics symptoms that guides the homeopath towards simillimum. In Organon, aphorism 153, homeopathy stressed upon the importance of individuality of the patient. Hahnemann stated that it is the strange, rare, peculiar characteristic symptoms of an individual and not the common symptoms that indicate the simillimum. Hahnemann also lays emphasis on the mental symptoms of patients in all physical disorders. He stated that the emotional reactions and mental disposition of a patient are to be particularly noticed as they often govern the remedy. This statement of Hahnemann is applied naturally to the cases of essential HTN as these are the psychological factors that are responsible for the causation of disease. When a disease with multiple miasmatic influences (like essential HTN) is treated, it is significant that the remedy selected corresponds to the prominent/ dominant miasm. Very often, it may the dominant psoricmiasm, afterward the prominent sycotic or syphilitic miasm, as manifested by the case picture itself call for appropriate change of remedy

Mother tinctures of Amyl nitrosum, Rauwolfia, Allium sativa, Crataegus, Passiflora, Pascidia, Baryta muriatica, Adonis vernalis, Strophanthus, Spartium scop. Are proved useful in managing hypertension till the individual drug of patient find out. Amyl nitrosum Q: Acts as vasodilator. It relief all conditions resulting from spasmotic constriction of blood vessels. Rauwolfia Q: Affective in reducing diastolic blood pressure, are of great use in clinical practice. Allium sativa Q: Causes thinning of blood, also work as diuretic thus lowers the BP. Passiflora Q: Relief nervous tension-act as a relaxant, relaxes the blood vessels. Baryta mur Q: Widened the pulse pressure. Spartium scop Q: Acts as a diuretic, useful in case of renal hypertension and HTN with odema. Pascidia Q: Works as a relaxant, and is a powerful sedative.

Homoeopathic Remedies for Hypertension

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 experiences a sudden fear of death. Other accompanying symptoms include palpitations, a pressure in the left side of the chest, sensation of weight under the breastbone and oppression of the chest. Pain in the 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 pressure with high cholesterol levels. This 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. AmylenumNitrosum – For High Blood Pressure with Constricted Sensation AmylenumNitrosum 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. Baryta Mur – For High Systolic/Low Diastolic Baryta Mur is a medicine for high blood pressure with high systolic reading and a low diastolic reading. The arteriosclerotic (abnormal thickening and hardening of artery walls) changes in the arteries are the main symptom, along with vertigo, irregular heartbeats and a heated sensation in the upper part of the chest.

5. Crataegus Oxyacantha – To Dissolve Calcareous Deposits Crataegus Oxyacantha is a medicine used to help lower the blood pressure by dissolving the calcareous deposits in the arteries. Symptoms indicative of this medicine include pain in the region of the heart, oppression of chest, accelerated pulse and irregular pulse. Other symptoms include anxiety and cardiac dyspnoea.

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, dyspnoea, heat in the 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. Glonoinum is also indicated for nephritis (kidney inflammation) with high blood pressure.

7. Kali Phos – For High Blood Pressure with Stress Kali Phos for high blood pressure is used when stress and worry are the main cause of high blood pressure. The symptoms include palpitations from slight motion, shortness of breath, and irregular pulse, along with both mental and physical fatigue.

8. Latrodectus Mactans – For High Blood Pressure with Heart Pain Latrodectus Mactans is a medicine for high blood pressure with marked heart pains. The heart pain extends to the shoulder or arm and fingers. There may be numbness of the upper limb, suffocation, restlessness, and extreme weakness.

9. Nux Vomica – For High Blood Pressure in Young People Nux Vomica for high blood pressure is useful medicine for young people who adopt sedentary modern lifestyle habits. These lifestyle habits include smoking, alcohol consumption, sedentary routine, a lack of exercise, etc. These factors predispose a person towards blood pressure.

10. Tabacum Nicotiana – For High Blood Pressure in Tobacco Users Tabacum Nicotiana is a medicine for high blood pressure used in cases where the person has a habit of taking tobacco. Symptoms include palpitations (especially while lying on the left side), oppression in the chest and a rapid pulse. Other symptoms include pain between shoulders, inability to take a deep breath and twisting sensation around the heart

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