

Essential Hypertension And Its Homoeopathic Therapeutics

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Abstract:

This article provides a comprehensive overview of the management of essential hypertension using homeopathic medicine. It begins by defining essential hypertension. The article then delves into the causes and risk factors of primary and secondary hypertension, along with methods for diagnosing the condition. The management of hypertension is discussed in detail, and also focus on lifestyle changes and complication. The article concludes with an in - depth look at various homeopathic remedies and their specific applications in treating hypertension, emphasizing the holistic approach of homeopathy in managing this prevalent health issue.

Keyword: Essential Hypertension, Homoeopathic Medicine, Therapeutics

Introduction: Primary High Blood Pressure is also known as Essential hypertension or idiopathic hypertension.[1]It seems to be more common in modern times than in the old days. Essential Hypertension is becoming the world's most prevalent health condition as it leads to significant morbidity and mortality. Essential Hypertension has been among the most studied topics of the previous century and has been one of the most significant comorbidities Hypertension is one of the most common chronic medical conditions characterized by a persistent elevation in arterial blood pressure (BP), which contributes to the development of stroke, myocardial infarction, heart failure, and renal failure.[2] It cannot be denied that modern civilization has brought in its trail many adverse factors tending to primary raise Blood Pressure. The intensive struggle for existence associated with continual anxiety, greed, ambition, artificial methods of living, want of faith in religion, intemperance, irregular hours, adulterated and unwholesome food and many vices peculiar to modern civilization do doubt may play an important part in its causation. Moreover, with the discovery of the sphygmomanometer, the detection of raised Blood Pressure has become an easy affair and therefore, more cases are brought to the notice of the profession today than before.

Definition:-Essential hypertension also called **primary hypertension**, or **idiopathic hypertension** is a form of hypertension without an identifiable physiologic cause.[4] It is the most common type affecting 85% of those with high blood pressure. The remaining 15% is accounted for by various causes of secondary hypertension. Essential hypertension tends to be familial and is likely to be the consequence of an interaction between environmental and genetic factors [3]

Etiology: - all though it has frequently been indicated that the causes of essential hypertension are not known, this is only partially true because we have little information on genetic variations or genes that are overexpressed or under expressed as well as the intermediary phenotypes that they regulate to cause high BP. [6]

A number of factors increase BP, including (1) obesity, (2) insulin resistance, (3) high alcohol intake, (4) high salt intake (in salt-sensitive patients), (5) aging and perhaps (6) sedentary lifestyle, (7) stress, (8) low potassium intake, and (9) low calcium intake. Furthermore, many of these factors are additive, such as obesity and alcohol intake[6]

Classification: - Hypertension

Category	Systolic, mm Hg		Diastolic, mm Hg
Optimal	<120	and	<80
Normal	<130	and	<85
High normal	130–139	or	85–89
Hypertension			
Stage 1 (mild)	140–159	or	90–99
Subgroup: borderline	140–149	or	90–94
Stage 2 (moderate)	160–179	or	100–109
Stage 3 (severe)	≥180	or	≥110
Isolated systolic hypertension	≥140	and	<90
Subgroup: borderline	140–149	and	<90

Types of Hypertension:

- 1) **Essential or Primary HTN(90-95%):** There is no direct cause has been identified yet, although it is close to some risk factors as:
 - a) Advancing age,
 - b) Type A personality (active, highly ambitious, responsible, industrious, fastidious)
 - c) 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),
 - d) Obesity
 - e) Addictions like smoking, excessive alcohol consumption, etc.
 - f) Hypercholesterolemia
 - g) Nervous factors like temperament, emotional stress, etc.
 - h) Increased Na⁺ intake or High fat intake.

- 2) **Secondary HTN:** generally, develop secondary to some disease condition. Endocrine, excretory, metabolic, and connective tissue disorders are the main causes for such types of hypertensions.

Cause may be

1. Renal disorders such as Glomerulonephritis, Polycystic kidney disease, tumors, etc.
2. Endocrine disorders such as Pheochromocytoma[10], Cushing's syndrome,
3. Primary Hyperaldosteronism[11]
4. Toxemia of pregnancy
5. Neurogenic disorders
6. Connective tissue disorders
7. Miscellaneous causes includes use of OCP or Steroid
8. Hypothyroidism or Hyperthyroidism.
9. High salt intake[5]
10. Psychological stress[5]

Other Types of Hypertension

1. **Malignant HTN**– When the blood pressure exceeds more than 200/140 mmHg and considered as an emergency condition because it is related to various life-threatening conditions.
 2. **Resistant HTN:** – If blood pressure does not reduce even after anti-hypertensive medication.
 3. **Isolated hypertension:** - Isolated systolic hypertension is defined as systolic blood pressure above 140 mm Hg and diastolic blood pressure below 90 mm Hg. It's the most frequent type of hypertension in older adults. An estimated 15% of people ages 60 years or older have isolated systolic hypertension.
- Life style changes:** - The lifestyle changes as an important component of therapy. Lifestyle interventions include use of the Dietary Approaches to Stop Hypertension (DASH) eating plan, weight loss, reduction in sodium intake to less than 2.4 grams per day, and at least 30 minutes of aerobic activity most days of the week. The DASH trial convincingly demonstrated that over an 8 - week period a diet high in fruits, vegetables, and low - fat dairy products lowers blood pressure in individuals with high - normal blood pressures or mild hypertension. Reduction of daily NaCl intake to <6g(100meg) augmented the effects of this diet on blood pressure. Fruits and vegetables are enriched sources of potassium, magnesium, and fiber, and dairy products are an important source of calcium. In addition, to delay development of hypertension, improve the blood pressure—lowering effect of existing medication, and decrease cardiovascular risk, alcohol intake should be limited to 2 drinks daily in men and 1 drink daily in women. Note that 1 drink constitutes 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80 - proof liquor. Quitting smoking also reduces cardiovascular Risk. It is obvious here that the JNC 8 guidelines move away from the assumption that lower blood pressure levels will improve outcomes regardless of the type of agent used to achieve the lower level. Instead, the JNC 8 guidelines encourage use of agents with the best evidence of reducing cardiovascular risk. In addition, the guidelines may lead to less use of antihypertensive medications in younger patients, which will produce equivalent outcomes in terms of cardiovascular events with less potential for adverse events that limit adherence.

Difference between Essential Hypertension and Secondary Hypertension

Factor	Essential Hypertension	Secondary Hypertension
Etiology	Unknown,	Renal disease, vascular disease, economic disease, drug induced
History	Strong family history of HTN along with repeated finding of intermittent pressure elevation	Often develops before the age of 35 or after 55. History of use of steroids or estrogens is of obvious significance
Pathology	Pathogenesis not clearly understood	Pathogenesis depends on the disease that had caused HTN
Symptomatic	Symptomatic /asymptomatic vague symptom like headache, vertigo easy fatigability etc., will be present	Symptoms of underlying disease
Investigation	No specific investigation are diagnostic	Depending upon the underlying disease
Prognosis	Not bad, when benign and is controllable with regular medication	Depends upon the primary disease
Treatment	Life style modifications. Symptomatic treatment according to the principle of homoeopathy	Depends upon the cause and requires drug therapy during severe condition

Complications [5]: -

- Heart failure
- Coronary artery diseases
- Left ventricular hypertrophy
- Stroke due to cerebral haemorrhage or infarction
- Progressive renal failure
- Hypertensive retinopathy
- Atherosclerosis.

Homoeopathic Medicine: -

1. **Natrum Mur:** It is one of the most indicated remedies in cases of high blood pressure which occur due to a prolonged intake of high levels of salty things. Irritable get in a passion about trifles, consolation aggravates,[7] headache a sifa thousand little hammers were knocking on the brain. Chronic headache,[7] from sunrise to sunset. Fluttering or palpitation of the heart. Hearts pulsation shakes the body .Heart intermits on lying down. Cough with bursting pain in the head. Shortness of breath, especially on going upstairs.
2. **Arsenicum Album:** Useful in advanced and desperate heart cases. Palpitation, with anguish; cannot lie on back [12]: worse going upstairs walking. Heartbeats are irritable. Palpitation and tremulous weakness after stool. Angina pectoris; sudden tightness above the heart; agonizing precordial pain; pains extending into neck and occiput; (Kalm. to left arm and hand); breathing difficult; fainting spells. The least motion makes him lose his breath; sits bent forward, or with head thrown back. Worse at 11:00 at night to 2:00 a.m [12]. Rheumatism affects heart, with great prostration, cold, sticky sweat; great anxiety and oppression; burning about the heart. Pulse small, rapid, feeble: intermittent. Valvular disease, with dyspnoea, anasarca. Hydro-pericardium with great irritability, anguish and restlessness. The cardinal symptoms of Ars. Are generally present: extreme restlessness, driving out of bed, or from bed to bed. Thirst for small quantities, often. Aggravation from cold: relief from heat.
3. **Arnica Montana:** Pain in region of heart, as if it were squeezed together (Cact., Lil. tig.), or had shock or blow. Heart first rapid, then extremely slow. Stitches in the cardiac region: stitches left to right. Pulse feeble -hurried-irregular [12]. The horror of instant death with cardiac distress in the night[12]. One of our greatest remedies for a tired heart: is dilated after strain or exertion. Tired out from the physical or mental strain. Feels bruised, beaten, sore, lame. Temperature variation.trauma and its effect, recent or remote[12]
4. **Apis Mellifica:** Apis invaluable in cardiac inflammations and dropsy. Sudden oedema, dyspnoea, sudden lancinating or STINGING pains, restlessness, and anxiety. Think of Apis for burning and stinging pains - anywhere. Apis is generally thirstless. Is worse after sleep: from a warm room, and heat: better cold air, cold room, cold applications. (Reverse of Ars.). Skin alternately dry and hot, or perspiring
5. **Aurum Muriaticum:** Is also very valuable in heart troubles. Hering (Guiding Symptoms) says, "Angina pectoris (next to Arnica indispensable). Heaviness, aching, the sensation of rigidity in the heart. Cardiac anguish. Sticking in the heart.

6. **Aurum Met:** Ailments from suppressed anger or resentment, headache, fear of death. Hopeless, despondent, and great desire to commit suicide. Sensation as if the heart stopped beating for two or three seconds immediately followed by a tumultuous rebound [16]. Palpitation and congestion. Peevish and vehement at least contradiction. Weakness of memory. Roaring in the head. Violent pain in head; worse at night[16]. Congestion to head. In double vision, the upper half of the object is invisible. Sees fiery objects. Horrible odor from the nose and mouth. Obstinate constipation. Stools are hard and painful. Urine turbid like butter milk. Dyspnoea worse at night, sleeplessness. Pulse rapidly and irregularly. Cardiac hypertrophy. Arteriosclerosis with high BP and nocturnal pain behind the sternum. The tumultuous fluttering of heart and anxiety with a sense of oppression in chest.

7. **Aconitum napellus:** Dry heat and red face. Thirsty and restless. Sleeplessness with tossing about, bursting headache, as if brain were moved by boiling water[16]. Vertigo worse on rising [16]. Pulse full and bounding, almost incompressible. Fears death, but believes that he will soon die. Pains are intolerable; they drive him crazy. Bitter taste of everything except water. Burning from stomach to esophagus. Great distress in heart and chest. Dreadful oppression of the precordial region. Inward pressing in the region of the heart. Palpitation with great anxiety and difficulty of breathing. The sensation of something rushing into the head, with confusion and flying heat on face. Sudden attacks of pain in the heart, with dyspnoea. ANXIOUS; restless; with fears. Sudden acute conditions from chill, shock, fright, ailments and fears worse at night. Sits up straight and can hardly breathe. Aconite has such a violent cardiac irritation, pulse fluttering, weak, full, and bounding; sits up in bed, grasps the throat, wants everything thrown off; before midnight to hot skin, great thirst, great fear – everything is associated together. Sudden attacks of pain in the heart with dyspnoea. Breaks into a profuse sweat with anxiety.

8. **Allium Sativum:** It 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.

9. **Amylenum Nitrosum:** It is a medicine for high blood pressure when pain and constriction around the heart[12] 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. Anxiety, as if something might happen; must have fresh air. Surging of blood to head and face, flushing followed by sweat at climacteric [16].

10. **Belladonna:** High blood pressure associated with the intense throbbing of blood vessels in the neck. Throbbing pain, especially on right side, with intolerance of light and noise; hot head and cold feet not relieved by lying down, but by sitting propped up>[15] Severe throbbing headache which increases with the slightest movement, from light, lying down, and exertion. ameliorated by applying pressure to the part and while sitting or standing

11. **Baryta Mur:** Arteriosclerosis and cerebral affection in the aged, where a high systolic pressure with a comparatively low diastolic tension is attended by cerebral and cardiac symptoms. Scrofulous affections with loss of memory, irresolute, lack of confidence in himself, and childish; grieves over trifles. (Bar-c)

12. **Cratageus Oxycantha:** It is a medicine used to help lower 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 the chest, accelerated pulse and irregular pulse. Other symptoms include anxiety and cardiac dyspnoea.

13. **Cactus Grandiflorus:** Palpitation of the heart. heart squeezed. The sensation of constriction in the heart, as if an iron band prevented its normal movement. Several violent, irregular beats of the heart, with the sensation of pressure and heaviness. Small, irregular heartbeats, with necessity for deep inspiration. painful sensation of constriction in lower part of chest[15]; "a cord tightly bound round false ribs, obstructing breathing". Great constriction (sternum) "compressed by iron pincers". It is the nature of Cactus to constrict. Tightness and constriction about head-chest-diaphragm -heart-uterus: - clutching pain. A chest as if filled with hot gushes of blood. Fear and distress. Violent suffering. Screaming with the pain. Strong pulsations felt in strange places - stomach - bowels – and even extremities.

14. **Digitalis Purpurea:** Sudden cracking sensation in head[17] with throbbing pain in forehead, with great anxiety, must hold breath, dare not move. Pulse very slow: thready, slow, intermittent. Sensation as if their heart would stop beating if she moved. (Gels. must move or it will stop.). Respiration difficult: sighing: stops when she drops off to sleep. Digitalis affects heart and liver: jaundice - white stools, with very slow pulse. (Kalm.). Diarrhea and nausea with heart disease. There is post- scarlatina dropsy with suppressed urine[17]

15. **Glonium:** It 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.

16. **Ignatia Amara:** It is very used to treat high blood pressure caused by emotional upsurges, grief, and trauma. Involuntary sighing and sobbing. silently brooding. After shocks grief, disappointment. Palpitation of the heart at night, with shootings in the heart.[9] Throbbing in the chest. Anxious feeling in precordia, sinking sensation and emptiness at stomach, constriction with anxiety and disposition to cry.

17. **Kali Carbonicum:** Stitches about heart and through to scapula.[8] The heart's action, is intermittent, irregular, tumultuous, weak. Mitral insufficiency. Leans forward resting on arms to take the weight off chest (rev. Spig.). Stitching pains (like Bry.), but also independently of motion and respiration (unlike Bry.). Worse hours are 2-4 a.m. Has profuse sweat. Puffiness about the eyes. Complementary to Carboveg. Kalicarb. following a few doses of Carbo veg., bring back to life a dying child, an old mitral case, with pericarditis with effusion, and pneumonia with plural effusion

18. **Kali Phos:** It 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.

19. **Kalmia Latifolia:** Violent palpitations of the heart with faint feelings: with oppressed breathing. Wandering rheumatic pains in region of heart extend down left arm. – (Med.). Heart disease, after frequent attacks of rheumatism, or alternating with it. Hypertrophy and valvular insufficiency, or thickening after rheumatism; paroxysms of anguish about heart, with dyspnoea and febrile excitement. Remarkable slowness of pulse (Dig.). Pulse very feeble: or, heart's action very tumultuous, rapid and visible (Spig.). When rheumatism has been treated externally and cardiac symptoms ensue.

20. **Lilium Tigrinum:** Dull oppressive pain in heart; sharp quick pain, with fluttering. Roused from sleep by pain as if the heart were violently grasped, the grasp gradually relaxed, interrupting heartbeat and breathing. Sensation as if the heart was grasped or squeezed in a vice (Cactus); as if all blood had gone to heart: must bend double; (reverse of Spig.). Heart alternately grasped and released. My heart feels overloaded with blood. Violent palpitation with the throbbing of carotids. Depression of spirits. Weeps. Hurried feeling, as of imperative duties and inability to perform them. Pressure on rectum and bladder. Terrible urging to stool, to urinate, all the time. Bearing down with heavy weight, as if whole contents of pelvis would issue through the vagina, but for upward pressure of the hand.

21. **Latrodectus Mactans:** It is a medicine for high blood pressure with marked heart pains. The heart pains extend to the shoulder or arm and fingers. There may be numbness of the upper limb, suffocation, restlessness, and extreme weakness.

22. **Lachesis:** It is the chief remedy for high blood pressure. Palpitation, with fainting spells, especially during climacteric. Constricted feeling causing palpitation, with anxiety, cyanosis, and irregular beats. Heart weak, pulse weak, intermittent slow, and irregular. Senile arteriosclerosis. Cramp-like pain in the precordial region, causing palpitation with anxiety. The heart feels too large for containing a cavity. Bluish lips. Cyanosis. Intolerance of touch or pressure on throat - larynx - stomach abdomen. As if something swollen in the pit of their throat would suffocate him. Worse after sleep.

23. **Medorrhinum:** Tensive pain in head as if she would go crazy, intense burning in cerebellum headache from jarring, exhaustion or hard work[12]. Heart felt very hot: beat fast: with bursting sensation: or feeling of a cavity where heart ought to be. Sharp pain at apex, worse motion. Great pain, in heart, extending to left arm and throat. Intense pain, in the heart, radiates to all parts of the left chest: worse least movement. worse - sunrise to sunset. Everything seems unreal like a dream. Time moves so slowly: things done an hour ago, as if done a week ago. - (Can. iin). Anguish: introspection: always anticipating evil happenings. Cannot concentrate: forgets what she is reading; cannot spell simple words. (tub). Heart cases where there is a family or past history of tubercular manifestations. Palpitation: heaviness: pressure over the part Irritable: irritable on waking: nothing pleases: nothing satisfies. Wants to travel: cosmopolitan condition of mind. Suffocates in a warm room. (Puls) desire for juicy fruits

24. **Naja Tripudians:** A great heart medicine only proved in low potencies, so we lack the finer indications. Heart weak. Post-diphtheritic heart. For a heart damaged by acute rheumatism. Palpitation, violent, on slightest motion. Violent, lying on left side. Precordial anguish from emotion. Heaviness, chest, as if a weight lying on it. Constriction: pressing sensation about heart. Burning pain between scapulae. (Lyc.). Tall, fine: fear alone, dark, thunder. Thirst for cold drinks

25. **Nux Vomica:** It is useful for young people who adopt to sedentary modern lifestyle habits. These lifestyle habits include smoking, alcohol consumption, a sedentary routine, a lack of exercise, etc. these factors predispose a person towards blood pressure.

26. **Pulsatilla:** Fatigue of head from intellectual labour.—Sensation of emptiness and confusion in head[9]. Rheumatic irritation of the heart, where pains shift rapidly about the body. Heart symptoms reflex from indigestion. Heaviness, pressure, fullness (heart). Violent palpitation with anguish: sight obscured. Patient nervous, weepy, intolerant of heat: craves air and fuss. Thirstless with weeping disposition.

27. **Plumbum met:** Hypertension and arteriosclerosis[16]. Excessive and rapid emaciation[16]. Loss of memory. Slow perception. The face looks pale and cachectic cheek sunken. Cardiac weakness, palpitation, wiry pulse, soft and small pulse. Paralysis of the lower extremities as a result of apoplexy. Chronic interstitial nephritis with albuminous scanty urine. Excessive colic radiating to all parts of the body. Obstructed evacuation from impaction of feces[16].

28. **Rauwolfia serpentina:** This drug has come to the fore and has very effective in cases of high blood pressure, in its various degrees of intensity and acuteness. It has been credited with quickly softening the action of the heart, thereby, normalizing the circulation, and dissipating the violent congestion of the head and heart, thus tending to bring the blood pressure down.

29. **Sepia Officinalis:** Violent palpitation of the heart and beating of all the arteries, in bed. Stitches in heart.

Violent palpitations of the heart, as if it would force its way through the chest wall: relieved by walking a long distance, and walking very fast. The Sepia patient is indifferent. Tendency to ptosis and dragging down, especially in pelvic organs. (Lil. tig.). Profuse perspirations, especially axillae. Restless because the bed feels too hard. Does not wish to be touched: fears approach.

30. **Spigelia Anthelmia:** The VIOLENT beating of the heart that frequently he could hear the pulsation, or that the beasts could be seen through the clothes. Palpitation is aggravated by sitting down and bending forward (rev. of Kali carb.). Heart seemed to beat in tremulous motion. Worse for deep inspiration, or holding breath. Heart sounds may be audible several inches away. Must lie on right side, or with the head very high. Spigelia's pains are stitching. Sharp neuralgic pains (chest, head, heart, eyes, etc.). Worse for the slightest motion.

31. **Spongia Tosta:** Constricting pain (cardiac) with anxiety. Attacks of oppression and cardiac pain agg. Lying with head low. Anxious sweat. Palpitation: violent, with pain, gasping respiration: suddenly awakened after midnight with suffocation, great alarm, anxiety. Awoke often in a fright, felt suffocating (Lach.). Lips blue (Lach.). Angina pectoris: contracting pain in chest, heat, suffocation, faintness, anxious sweat.

32. **Sulphur:** Constant heat on vertex[14]. Anxious palpitation. Violent palpitation. Rush of blood to heart. Too much blood in heart. (Cact.). Heart feels enlarged. Great orgasm of blood, with burning hands. Stitches heart and chest; worse deep breathing. Sulphur is hungry - untidy - argumentative. Worse heat: intolerant of clothing : all the orifice of the body are very red[14]

33. **Thuja Occidentalis:** It is effective for hypertension with a personal or parental history of coronary thrombosis. Here hypertension is associated with the poor arterial wall. Fixed ideas. Sensation as if whole body very thin and delicate sensation as if lower limbs were made of glass and would break easily. Cannot concentrate. There is violent congestion with heaviness in occiput, headache in morning scalp is very sensitive to touch vertigo when closing the eye, cease on opening them[17]. Cramp in the heart, Palpitation of the heart with nausea. Pulses low and weak in the morning, in evening accelerated and full. In evening violent pulsations. Sweating is sweetish honey-like from the genitals.

34. **Tabacum Nicotiana:** Pains in head and eyes.-Vertigo < on rising and looking up-brought on by immoderate use of cigars[13]. It is a medicine used in cases where the person has a habit of taking tobacco. Symptoms include palpitations especially lying on left side[16], acute dilataion caused byshock or violent physical exertion[16] oppression in the chest and a rapid pulse. Other symptoms include pain between the shoulders, inability to take a deep breath and a twisting sensation around the heart

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