

Effectiveness Of Homoeopathic Medicine In The Treatment Of Hypertension-A Case Report

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Abstract

Hypertension also known as High Blood Pressure, is a medical condition where the pressure in your blood vessels is too high. Hypertension is when your blood pressure is consistently 140/90 mmHg or more. Blood pressure- Blood pressure is the force of blood pushing against the walls of your arteries. Its written as two numbers separated by a slash , like 120/80 mmhg. The first number is your systolic pressure and the second is your diastolic pressure.

Case Report-

A female of 65yrs presented with Uneasiness ,Headache , fever with chilliness, heart palpitation , and blood pressure is 180/100mmhg.

Modalities- complaint aggeravated in winters.

History of Present Complaint- Patient has a history of High blood pressure since last 4-5 yrs on medication.

Past History – Alive , Hypertension

Family History- Alive , healthy

Siblings- 2 Brothers, 2 Sisters- ALL alive and healthy.

Obstetric History – G4P4A0L4

3 female child , 2 male child. All are healthy.

Physical Generals –

Appetite- 2 chappatis/meal , 2 meal per day , Normal diet

Thirst- Increased

Desire- Tea

Aversion- not specific

Stool- normal , satisfactory

Urine- 4-5 times/ day

Thermal Reaction- chilly

Perspiration- excessive

Sleep- Disturbed

Dreams- not specific

Addiction-Not specific

H/o vaccination- Had 2 doses of covid vaccination .

General aggravation- cold

Mental Generals-

- Taking too much Tension
- Anxious

- Irritable

**Physical Examination-
General Examination-**

BP- 180/100 mmhg
Pulse – 80/min
R/R- 18/min
Temperature- 100 f
Nails- normal

Sclera- White in color
Tongue- clean, moist
Lymph nodes- not enlarged
Odema- not present

Systemic Examination-

CNS- Concious , oriented
CVS- S1,S2 normal
Resp System- chest clear
Per Abdomen- soft, NT

Investigations-

ECG-
2D-Echo

Analysis of case

S.No.	Symptoms	Mental General	Physical General	Particulars
1	Uneasiness		✓	
2	Headache		✓	
3	Blood pressure high			✓
4	Fever chilliness with			✓
5	Anxious	✓		
6	Irritable	✓		
7	Sleep disturbed		✓	

Evaluation of symptoms-

1. Headache
2. Uneasiness
3. Fever chilliness with
4. High Blood pressure
5. Anxious
6. Irritable
7. Disturbed sleep

Totality of Symptoms-

1. Headache
2. Uneasiness
3. Fever chilliness with
4. High Blood pressure
5. Anxious
6. Irritable
7. Disturbed sleep

Miasmatic Predominance-

S. NO.	Symptoms	Psora	Sycosis	Syphilis	Tubercular
1	Headache	✓			
2	Uneasiness(Restlessness)	✓			
3	Fever chilliness with	✓			
4	High blood Pressure	✓			
5	Anxious	✓			
6	Irritable	✓			
7	Disturbed Sleep	✓			

Repertorial Totality- Kent Repertory

S.no.	Symptoms	Chapter/ Rubric	Page no .
1	Headache	Head- Pain Headache in general	133
2	Uneasiness (Restlessness)	Mind- Restlessness	72
3	Fever with chilliness	Fever- chilliness with	1278
4	Anxious	Mind –Anxiety	4
5	Irritable	Mind- Irritability	57
6	Disturbed sleep	Sleep- Disturbed	1235

Potential Differential field (PDF)

Thermal Reaction- Chilly

Selection of Remedy/Potency/Dose: 30 /twice in day

BOERHAAVIA DIFFUSA 30 CH /BD

Diet & Regimen- Low slated normal diet, Increase water intake

Prescription-

BOERHAAVIA DIFFUSA 30 CH

x 15 days

Follow up Sheet-

Date	Symptoms	Prescription
2/2/23	No change in symptoms BP- 150/90 mmHg	BOERHAAVIA DIFFUSA 30 BD x 15 days
17/2/23	Breathless on exertion slight improved, Anxiety Present BP- 150/90 mmHg	BOERHAAVIA DIFFUSA 30 BD x 15 days
5/3/23	Breathless on exertion slight improved, anxiety slightly low BP- 140/90 mmHg	BOERHAAVIA DIFFUSA 30 BD x 15 days
20/3/23	Breathless on exertion improved, Palpitation improved BP- 140/90 mmHg	BOERHAAVIA DIFFUSA 30 BD x 15 days
5/4/23	Breathless on exertion simproved, Palpitation improved BP- 140/90 mmHg	BOERHAAVIA DIFFUSA 30 BD x 15 days
20/04/23	Breathless on exertion improved, Palpitation improved BP- 140/90 mmHg	BOERHAAVIA DIFFUSA 30 BD x 15 days
05/05/23	Breathless on exertion improved, Palpitation improved BP- 120/80 mmHg	BOERHAAVIA DIFFUSA 30 BD x 15 days

Conclusion-

Homoeopathic medicine Boerhaavia diffusa 30 CH has been found effective in the presented case of Hypertension.

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