



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2020; 4(3): 17-20

Received: 08-05-2020

Accepted: 12-06-2020

Dr. Sultana Perween

M.D. Homoeopathic Lecturer,
Department of Community
Medicine Magadh
Homoeopathic medical College
and Hospital, Biharsharif,
Nalanda, Bihar, India

Dr. Shamim Alam

Associate Professor,
Department of Community
Medicine, RBTS govt.
Homeopathic Medical College
& Hospital Muzaffarpur,
Bihar, India

Role of homoeopathy in hypertension

Dr. Sultana Perween and Dr. Shamim Alam

Abstract

Hypertension or high blood pressure is the by-product of contemporary civilization and it has become a “Silent killer” due to our current stressful life. High BP is not a disease, but a symptom or sign of internal malady or pathological course of action. The elevation in blood pressure is in fact a compensatory or conservative progression by which an adequate circulation of blood to the tissues is maintained, in spite of obstruction or increased confrontation to the flow of blood. Hypertension is allied 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.

Keywords: Obstruction, Hypertension, Silent Killer.

Introduction

The pressure exerted by blood upon the blood vessel wall while it flows through it (especially the arteries) is known as blood pressure. A blood pressure reading less than or equal to 120/80 mm Hg is considered as the normal blood pressure range.

Also known as hypertension, high blood pressure can be divided into three grades. Blood pressure interpretation varying between systolic (120-139 mmHg) and diastolic (80-89 mmHg) points towards the pre-hypertensive stage. A reading of systolic (140-159 mmHg) or diastolic (90-99 mmHg) is Grade 1 hypertension. Grade 2 hypertension refers to a reading of systolic (160-179 mmHg) or diastolic (100-109 mmHg). Grade 3 hypertension is equal to or more than 180/110 mmHg. Homeopathic remedies for high blood pressure works to naturally moderate the body's functioning ^[1].

Homeopathy operates on the law of similar; SIMILIA SIMILIBUS CURANTOR. Homeopathy can help high blood pressure, determining its cause through a holistic approach that looks to cure the individual as a whole. Homeopaths simply use symptoms, and the sensation of experiencing those symptoms, to determine which homeopathic remedy will most effectively trigger the body's healing response ^[2].

Homeopathic treatment is recommended because it not only can lower and stabilize blood pressure, it also has a positive effect on overall health.

Pathophysiology of Hypertension

HTN is the result of either increased cardiac output and/or increased peripheral resistance ^[3]. 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 ^[1, 4].

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.

Corresponding Author:

Dr. Sultana Perween

M.D. Homoeopathic Lecturer,
Department of Community
Medicine Magadh
Homoeopathic medical College
and Hospital, Biharsharif,
Nalanda, Bihar, India

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^[5].

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 similimum. 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 similimum. 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 be the dominant psoric miasm, afterward the prominent syphilitic or syphilitic miasm, as manifested by the case picture itself call for appropriate change of remedy^[1, 6].

Palliative approach of Homeopathy in Hypertension

Many of the BP patients continue to change physicians, moving from one physician to another, thus the treatment of patient with HTN is not less than a super mastic art. The success of treatment is based on the selection of remedy that is similar to the acute totality, followed by the intake of the constitutional (antimiasmatic) drug. A repeated and strong suggestions and advice regarding dietary plan and regimen is also essential along with the appropriate similimum, in order to get the better outcome in lowering the BP. When a case is presented as acute emergency, we can also manage the case by using 'Mother Tinctures' as an alternative or as a reserve, this is actually termed as palliative approach of homeopathy for management of HTN. The homeopathic concept of minimum dose also works even in prescribing Mother Tinctures. The use of a few drops of mother tincture is proved effective in lowering BP within few minutes in clinical practice. Thus administration of mother tincture is far better than allowing the patient to continue dangerous and heavy doses of modern medicines^[4, 7].

Homeopathic Remedies for High Blood Pressure

The homeopathic system carries a good scope in managing high blood pressure. Homeopathic medicines work particularly well for those who have recently been diagnosed with hypertension and have not yet become dependent on any other medication for it. People with chronic high blood pressure and those who are using allopathic medicines for a long time can also use homeopathic medicines. Initially, it is advisable to continue allopathic medication along with homeopathic medicines,

and slowly transition into homeopathy for holistic treatment^[3, 5].

Homeopathic medicines to treat high blood pressure are made of natural substances and can be used by people of all age groups without any side effects. For best results, proper lifestyle measures should be adopted along with homeopathic treatment for high blood pressure^[8].

Homeopathic 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. *Amylenum Nitrosum* – For High Blood Pressure with Constricted Sensation

Amylenum 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. *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.
11. **Strophanthus Hispidus** – High Blood Pressure due to Arteriosclerosis
Strophanthus Hispidus is a medicine for high blood pressure in elderly due to arteriosclerosis (hardening, thickening, and loss of elasticity of the arterial walls). Strong palpitations that get worse upon emotional release and exercise are noted. The symptoms include constriction behind breastbone, difficult breathing, alternating rapid and slow pulse.
12. **Lachesis** – For High Blood Pressure during Menopause
Lachesis is perhaps one of the most leading homeopathic remedies in controlling high levels of blood pressure. Lachesis may be given when there is marked restlessness physically as well as mentally. Another striking feature for prescribing Lachesis is that, anything tight around the neck like closed collars, neck ties or tight necklaces are unbearable. Even tight clothes are unbearable. Feel better by loosening the belts or by wearing loose clothes. Lachesis may be given in high blood pressure in women who are in their menopausal age or post menopause.
13. **Natrum Mur** – For Those with Salty Tooth
Natrum Mur 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. Due to

this, there may be swelling of the feet in the mornings. Natrum Mur may be given in cases where there is an unusual fatigue especially in the mornings. Though there is a restriction for excess salt intake, it is seen that there is an unusual craving for salty things like pickles, papads etc. There may be a sense of tightness around the chest region and palpitations on slightest exertion. Natrum Mur may be given in high blood pressure associated with hyperthyroidism and goiter. There is extreme sensitiveness to any external stimuli like sounds, smells or lights. Natrum Mur may also relieve the headaches due to high blood pressure.

Other single Homeopathic medicines and homeopathic combination remedies

Other drugs like Arsenic alb, Aurum mur, Adonis ver, Apocynum cannabinum, Adrenalinum, Antimonium tart, Apis mellifica, Baryta carb, Berberis vul, Carbo animalis, Convallaria, Crataegus, Coffea, Digitalis, Kali-phos, Kalmia latifolia, Lycopodium, Lycopus virginicus, Plumbum met, Strophanthus, Sulphur, Thuja, Veratum viride, Viscum album are some of the commonly used drugs on the basis of symptoms similarity [7, 9, 10]. Additionally 'Dr. Reckeweg's R85 Cephalob-High Blood Pressure drops' and 'R-185-Hypertension Drops' also help in regulating blood pressure.

Prevention of Blood Pressure

Eating natural food and adopting a healthy lifestyle is the best and easiest way to manage blood pressure for both patients suffering from hypertension or hypotension. Obesity and lack of physical activity are major culprits behind high blood pressure; which is why, losing weight and exercising regularly can help you manage blood pressure.

Reducing the sodium content and eating more natural, organic foods can be yet another effective way to manage blood pressure. Cutting down alcohol and nicotine consumption may also help patients lower their blood pressure levels naturally [11, 12].

Conclusion

Use of homeopathic remedies in the treatment of HTN is proved effective clinically, but more scientific researches need to be done. Managing an individual having HTN with homeopathic drugs is an art, the success of treatment is based upon the selection of a drug similar in picture to the acute totality, followed by the administration of appropriate constitutional remedy. A strict guideline regarding diet and life-style modifications is very essential along with similimum, in order to get the best possible outcomes. When a case is not going to resolve and becoming worse, even after different suitable remedies, it is advisable to refer the case to higher center.

Reference

1. Hypertension and its homeopathic medicine. (Accessed 28 September, 2017. At [hpathy.com/...treatment/hypertension-and-its-homeopathic-management-a-review/.](http://hpathy.com/...treatment/hypertension-and-its-homeopathic-management-a-review/))
2. Robbins basic pathology, 2017.
3. Tabassum N, Ahmad F. Role of natural herbs in the treatment of hypertension. Pharmacognosy reviews. 2011; 5:30.
4. Hypertension and homeopathy. At

- homeopathyworldcommunity.ning.com/profiles/.../no-more-tension-on-hypertension), 2017.
5. Tabassum N, Ahmad F. Role of natural herbs in the treatment of hypertension. *Pharmacognosy Rev.* 2011; 5:30-40.
 6. Alam MN. Excel community medicine: Study Aid foundation for excellence Islamia jamiat taliba Faisalabad, 2017.
 7. Kamal Kansal RK. Textbook of Practice of Medicine with Homeopathic Therapeutics (Hardback), 2004.
 8. Homeopathy for high blood pressure or high BP, 2017. At <https://www.homeopathicdoctor.co.in/5-best-homeopathic-medicines-for-high-blood-pressure/> <Select-your-remedy-Rai-Bahadur-Bishambar-Das.01125_2.pdf>.
 9. Homeopathic Materia Medica. *California State Journal of Medicine.* 1908; 6:3.
 10. Hu H, Li G, Duan J, Arao T. Prevalence, purposes, and perceived effectiveness of complementary and alternative medicine use in a hypertension population: a questionnaire survey. *ISRN Public Health*, 2013.
 11. Phing TC. A retrospective cohort study on the efficacy of homeopathy compared to homeopathy plus conventional medicine in the treatment of hypertension. *Homeopathy.* 2016; 105:11-2.
 12. Kretchy IA, Owusu-Daaku F, Danquah S. Patterns and determinants of the use of complementary and alternative medicine: A cross-sectional study of hypertensive patients in Ghana. *BMC Complementary and Alternative Medicine.* 2014; 14:44.