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Hypertension and homoeopathy

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Abstract

Hypertension is a commonest cardiovascular disease affecting to our population. Heredity, obesity, stress and sedentary habits are many factors which are involving to develop hypertension. Homoeopathy is a multidimensional system of medicine which works on individuality of every person. Hypertension and its accompanying complaints can effectively be managed by homoeopathic medicines.

Keywords: Cardiac disease, homoeopathy, hypertension

Introduction

Hypertension is becoming silent killer to human being. Eighty five percent of patients are asymptomatic, so earlier diagnosis is a big problem in these cases. Many factors like age, race, sex are dividing a line between normal and abnormal BP because BP is dependent upon all of them ^[1]. Hypertension can be primary or essential when there is no obvious precipitating factor, or much less common secondary hypertension where there is some identifiable cause. Some factors contributed well in the development of HTN like kidney dysfunction, peripheral system resistance, vessel tone, endothelial dysfunction, dysfunction of autonomic tone, insulin resistance imbalance etc. ^[14].

Definition

When the BP is recorded constantly risen 140/90 for tree consecutive times it is called as systemic hypertension ^[2]. Classification of HTN by The British Hypertension Society (BHS), European Society of Hypertension (EHS) and the World Health Organization–International Society of Hypertension (IHS- WHO) is sown in table ^[2].

Category	Systolic BP mm hg	Diastolic BP mm hg
BP		
Optimal	< 120mm hg	< 80
Normal	< 130	85
High normal	130-139	85-89
Hypertension		
Grade 1 (mild)	140–159	90–99
Grade 2 (moderate)	160–179	100–109
Grade 3 (severe)	≥ 180	> 110

The raised BP started from 130/80 mmHg or more but less than 160/100mmHg which comes down to 130/80mmHg or less within 3 months of treatment and management is called White coat hypertension ^[4].

Epidemiology

The prevalence for HTN in Men- 6.15% to 36.36%, the prevalence for HTN in Women- 2% to 39.4% in urban areas and it is 3% to 36% in men and 5.80% to 37.2% in women in rural areas. These findings are by several surveys in last 20 years ^[5]. Many surveys on HTN are showing that the cases are increasing 15-20% per year. By 2025 the no of patients can be reach at least 1.5-1.6 billion ^[6].

Aetiology ^[2, 5]

The exact causes are unknown but following factors may responsible for it.

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Family history

- **Genetic factor:** prior surveys and studies suggests that 20-60% of hypertension is hereditary and remaining cases may be acquired.
- **Age:** 25-55 years age are more prominent
- **Sex:** commonly seen in males
- **Weight gain:** abdominal obesity is more prone to HTN. 70% of men and 60% of women with obesity are suffering from HTN.
- **Salt intake:** The inter salt study, which was conducted in 32 countries people; it shows of that a 100 mmol/day lower sodium intake during entire life gives marked results up to 9-10 mmhg can be reduced by it. Alcohol intake: excessive intake of alcohol is an important risk

- factor for hypertension, it accounts for 5-30% of all hypertension.
- **Physical activity:** Less physical activity people are more prone to HTN. They have 20-50% increased risk for it.
- **Smoking:** Tobacco smoking plays an important role to rising acute BP.
- **Race:** it is said to be common in American negroes and Japanese
- Influence of sympathetic nervous system
- Neurogenic hypertension
- Psychic factors
- Renin angiotensin system: this system is playing an important role to regulating blood pressure.

Symptoms ^[1]

Symptoms due to HTN	Symptoms due to affection of target organs	Symptoms due to underlying disease
Morning frontal Headaches of throbbing type.	CVS Angina (IHD) pain in chest Dyspnoea during Exercise Throbbing pulsation in heart	Edema and puffy face- acute nephritis
Dizziness	Kidneys: hematuria, nocturia, polyuria.	Weight gain, hirsutism and stria-cushing's syndrome
Epistaxis: nasal bleeding in capillaries of nose due to raise of BP.	CNS Transient ischemic attack or stroke. Dizziness, tinnitus and syncope.	Weight loss tremors palpitations and sweating- hyperthyroidism
	Retina: blurred vision or sudden blindness	Weakness- is more during HTN

Investigations ^[3]

For all patients

Analysis of urine, blood, protein analysis and glucose analysis

- Blood tests for urea, glucose, electrolytes and creatinine test
- Triglycerides and serum cholesterol
- TFT
- ECG –for any cardiac abnormality i.e. LVH or CAD
- X-ray Chest:
- Regular monitoring of BP
- 3 D cardiac echo- monitoring is essential in cardiac patients,
- Renal ultrasound and angiography.

Complications

Many large scale trials are showing these major complications of hypertension ^[7, 8, 17, 18]

Cardiac: CHD, MI, LVH

CNS: stroke, HE (hypertensive encephalopathy).

Renal: Kidney failure.

Studies in India on hypertension

The majority of studies were cross-sectional (90%). The study in 2005 was showing 20.6% of men and 20.9% of women in India were hypertensive. By this rate it will go upto 22.9% in men and 23.6% in women till 2025. According to recent studies the prevalence is to be 25% in urban and 10% in rural areas for India. 2008, WHO report shows that only 25.6% of treated patients had their BP under control ^[19-25].

Management of essential hypertension with homoeopathy

According to our master Hahnemann, we treat the patient not the disease he also said that “there is no disease, but sick

people”. So, in any case of hypertension, homeopathy works with the person having increased BP. Homoeopathy restores complete health of a person not for his different organs. According to organon of medicine, Hahnemann tells us about individuality and we should always work on that basis to find out the correct and best similimum for any person ^[9, 10]. When we prescribe for a chronic case, we approach to patient’s complete symptoms. We conclude a case as a whole on these bases and give them a best similimum which is the key of homoeopathic system.

Some important homoeopathic medicines for hypertension ^[11, 12, 13, 15 & 16]

Natrum Muriaticum: sensation of coldness in the heart. Tachycardia. Heart and chest feel constricted. Fluttering, palpitation and intermittent pulse. Pulsation of the heart shake the body.

Glonoinum: A great remedy for high blood pressure with headache. Surging of blood to the head and heart. Tendency to sudden and violent irregularities in circulation. Heart has a laborious action, fluttering and palpitations with dyspnea. Useful in angina pectoris.

Crataegus Oxyacantha: Used as a heart tonic. Useful in myocarditis, chronic heart disease with extreme weakness. Irregularity of heart, high arterial tension, arteriosclerosis are the main clinicals. It is strongly used to dissolve crustaceous and calcareous deposits in the arteries.

Baryta Mur: It is a medicine for high blood pressure with high systolic reading and a low diastolic reading. Hypertension and vascular degeneration. Increased tension of pulse. Arteriosclerosis with cerebral and cardiac symptoms. Also useful in aneurism.

Adonis Vernalis: a heart medicine, after rheumatism or influenza, or Bright’s disease or kidney affections. Where the muscles of heart are in a stage of fatty degeneration, regulates the pulse and increases the power of contractions

of the heart, with increased urinary secretion. Most valuable in cardiac dropsy. Low vitality with a weak heart.

Allium Sativum: The medicine is adopted to fleshy subjects with dyspepsia and catarrhal affections. This 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. It has vaso-dilatory properties

Amylenum Nitrosum: Palpitations of the heart and similar conditions are readily cured by it. Precordial anxiety. Tumultuous action of heart. Pain and constriction around the heart. Headache and flushes of heat, with anxiety and palpitation are the key notes for prescribing.

Kalmia Latifolia: fluttering of heart with weak, slow pulse and anxiety. Palpitations worse leaning forward. Gouty and rheumatic metastasis of the heart. Tachycardia, with pain (angina pectoris). Heart's action tumultuous, rapid and visible.

Conclusion

Hypertension is a most often seen clinical condition in our clinics. Hypertension is categorised in a chronic disorder which is constituted by many factors. Hereditary tendency, sedentary life style, alcohol and other narcotic activities, stressful life, obesity, wrong food habits etc. all are responsible for it. So, for the successful treatment of HTN we should always pay attention on management part and along with all these management homoeopathic medicines works wonderfully when they prescribed on individually to a person. After giving the best suited simillimum medicine we can effectively manage and cure the cases of hypertension.

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Abbreviations

BP (blood pressure), CAD (coronary artery disease), CHD (Coronary heart disease), CNS (central nervous system), CVS (cardiovascular system), DBP (diastolic blood pressure) ECG (electrocardiogram), EH (essential hypertension), HDL (high density lipoproteins), SBP (systolic blood pressure).