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To endeavor the effect of *Spartium scoparium* in essential hypertension

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Abstract

Hypertension is one of the most common diseases and is recognized as the most important public health problem in developed countries. Hypertension is the increase in the blood pressure that is higher than the normal. The risk of cardiovascular diseases doubles with increase in every 20 mm of Hg in systolic blood pressure and 10 mm of Hg in diastolic blood pressure above the normal values. The asymptomatic nature of the disease requires early detection and early blood pressure measurement. There are several medicines in homoeopathy for elevated blood pressure among those *Spartium scoparium* is one of the remedy useful for reducing essential hypertension. In my study 30 pts were selected and *Spartium* effectiveness is been evaluated by blood pressure.

Keywords: Essential hypertension, *Spartium scoparium*, homoeopathy

Introduction

Hypertension is known as the persistent increase in blood pressure of 140/90 mm of hg or higher. Blood pressure is nothing but the force exerted by the blood on walls of the major blood vessels in the body, the arteries ^[1]. For adult's the normal blood pressure is 120/80 mm of Hg. It changes with age, gender and the condition of health. If the systolic blood pressure is ≥ 140 mm of Hg and if the diastolic blood pressure is ≥ 90 mm of Hg on 2 or 3 consecutive visits then it is called as Hypertension ^[2].

Systolic and diastolic blood pressures are considered as two different categories, and to classify the individual's blood pressure the higher value is selected. Isolated Systolic hypertension is known as a systolic blood pressure of more than 140 mm of Hg and a diastolic blood pressure of less than 90 mm of Hg ^[3]. The following are the combination of risk factors responsible for high blood pressure leading to the cardiovascular diseases in an individual, they are: age, sex, increase in body weight, reduced physical activity, smoking, family history of hypertension, increase in serum cholesterol, blood glucose levels and any pre-existing vascular disease ^[4]. Hypertension is one of the major cause for cardiovascular deaths and is associated with many health-related complications like thickening of blood vessel, strokes, congestive heart failure and renal diseases etc.

Classification of Hypertension.

Hypertension is of 2 types ^[5]:

1. **Primary or Essential Hypertension:** The cause is unknown for the increase in blood pressure and it accounts for about 80-95% of the patients suffering from hypertension.
2. **Secondary Hypertension:** The cause for the blood pressure increase is secondary to the diseases of some other organs like kidneys, endocrines etc and it accounts for the remaining 5 to 20% of patients suffering from hypertension.

Epidemiology: A report on the progress made under IHCI reported that by April 2022, more than 2.5 million hypertensive patients have been enrolled in over 15000 health facilities.

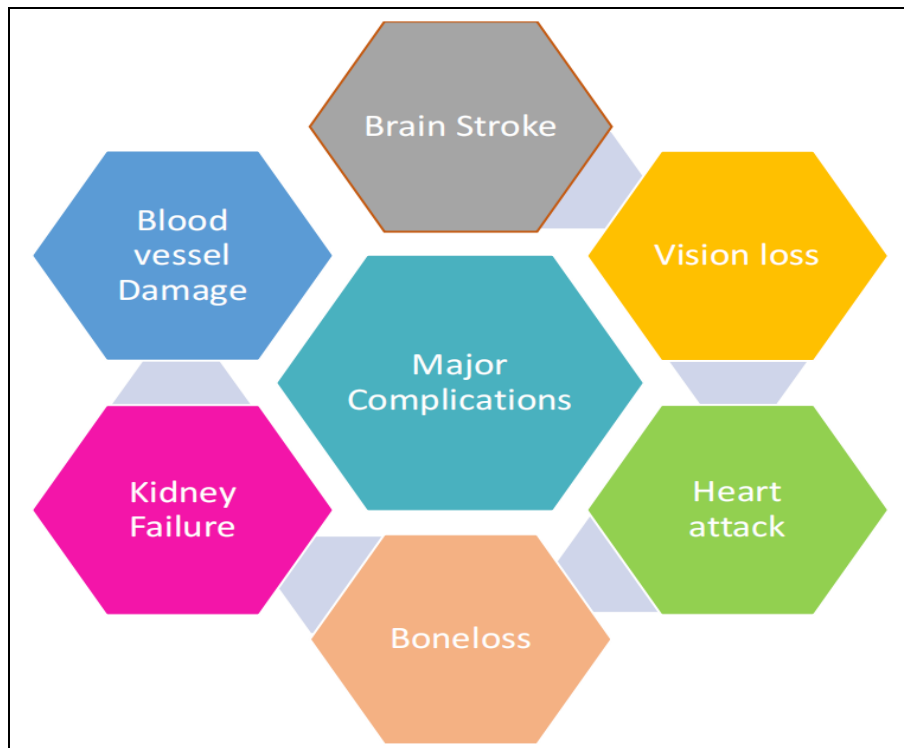
- Of a million patients registered in the 4505 health facilities till December 2020, about 740000 were under care between April 2020- March 2021.
- Nearly 47% registered patients under care had blood pressure under control during the most recent visit in the first quarter of 2021^[6].

Causes: Role of genetics, Salt intake, alcohol intake, physical inactivity, Smoking, Socioeconomic status and most important is weight gain. Synopsis.

Clinical Features: Most hypertensive people have no symptoms at all sometimes there are symptoms such as

headache, dizziness, chest pain, palpitation, nose bleed.

Complications [7]:



Diagnostic criteria

Hypertension is diagnosed if the Systolic blood pressure is ≥ 140 mm of hg and diastolic is ≥ 90 mm of hg on both days when measured on two different days [6].

Homoeopathic approach

Homoeopathy is a system of medicine based on a definite law Similia Similibus Curantur which means like cures like [8]. According to this system, the medicine is selected based on the principle, that the medicine is capable of producing most similar symptoms of the disease to be cured in healthy persons, aphorism 22 [9]. Homoeopathy medicine is selected based on the symptom totality. Totality of symptoms means the sum of symptoms reflecting the individuality of the patient.

As the disease is severe and related to severe complications its management is also essential. There are certain drugs in homoeopathy which may be helpful for the management of cases of hypertension with or without constitutional medicines depending on the nature and degree of disease condition [3]. Among those remedies *Spartium scoparium* Mother tincture is one of the remedy useful for reducing blood pressure.

A study was done on *Spartium scoparium* by Dr. Jack R. A.F, by treating a case of severe hypertension that had resisted intensive conventional treatment and had been satisfactorily treated with dramatic improvement in health with tincture of *Spartium scoparium* and homoeopathic medicines only [10]

Mother Tincture [11]

Mother tincture refers to a simple combination of a plant extract with a particular amount of alcohol. In general, a

mother tincture contains any homoeopathic preparations of very low potency. Use of mother tincture is proved to be very beneficial in common health related problems. Mother tinctures are liquid products obtained from the maceration, incubation, and extraction of plant materials usually with an ethanol / water mixture.

Mother tincture can be given without diluting, by the oral or topical routes, but it is mostly potentized. There are a large number of cases cured in Homoeopathy using mother tinctures but there is much more work need to be done to identify about very rarely used and known mother tincture.

***Spartium scoparium* [12]**

Synonyms: *Cytisus scoparius*, *Genista scoparius*, *Sarothamnus scoparius*, Broom.

Family: Leguminosae

Habitat: This densely growing Broom, a shrub native to England and very common in this country, grows wide all-over temperate Europe and northern Asia, and is found abundantly on sandy pastures and heaths. It is sparingly naturalized in sandy soil in North America.

Alkaloid: Sparteine sulphate

Constituents: it contains two active principles, and its activity depends on its constituents Sparteine is a transparent, oily liquid which is very slightly soluble in water but easily soluble in ether and alcohol.

Scoparinthe is the other principle in the broom, it is a glucoside which is colourless and taste less and soluble in

hot water and alcohol.

Part used: During the early spring the young, herbaceous tips of the flowering branches are collected as they contain most of the alkaloid at close of the winter. They are used in fresh and dried state.

The mother tincture is prepared out of flowers.



Fig 1: *Spartium scoparium* Plant

Therapeutic use ^[13]

Spartium scoparium increases the heart strength, slows it, and reduces both systolic and diastolic blood pressure. The good effects of Veratrum and Digitalis is continued, without any undesirable effects of either.

The effect of Sparteine sulphate is to reduce systolic and diastolic pressure of the provers.

It is primarily indicated when the heart muscles and especially the nervous system is affected. It also has another use, namely in kidney conditions that causes albuminuria and reduce the swelling of the body and relieve the distress upon the heart

Heart: Tobacco heart, Angina pectoris. Irregular action, heart very feeble in nervous hysterical patients.

Stomach: Along with mental depression there is major accumulation of gas in gastro-intestinal canal.

Urinary: Burning along the urinary tract or in pudendum. There is increase flow of urine.

Methodology

Source of data

The 30 subjects are selected from OPD, IPD and peripheral centres of MNR Homoeopathic Medical College and Hospital, Sangareddy.

Inclusion Criteria

1. Cases of essential hypertension.
2. Both Genders included.
3. Diagnostic criteria mainly on clinical parameter i.e, systolic ≥ 140 mm of hg and diastolic ≥ 90 mm of hg.

Exclusion Criteria

Subjects who had established secondary hypertension of known Etiology such as renal diseases, known diabetes, history of myocardial infarction, severe coronary artery disease, and any systemic illness are excluded.

The collected data is analysed by paired t test.

From the study, it has been observed that 22 patients are

Toxic action

The action of the heart is depressed by the poisonous effect on myocardial muscles, and with the stimulating action of the drug on the vagus, results in reducing the blood pressure and the pulse rate.

male which account for 73.3% and 8 patients are female which account to 26.6% of the total number of patients. Maximum patients were from age group of 50 to 60 years. 23 patients have improved which account for 76.6% and 7 patients did not show any improvement which accounts to 23.3%.

Discussion

From my study, the time taken to show the improvement in difference of blood pressure levels in Essential hypertension patients were 4, 5 and 21 respectively in 4, 6 and 8 months. Considering the improvement of patients, 23 patients that is 76.6% of the patients have improved and 7 patients that is 23.3% of the patients did not show much improvement.

Previous studies says that *Spartium scoparium* is having anti-hypertensive effects and when compared with other homoeopathic remedies it is having good effects in controlling Essential Hypertension. So further studies can be done to know the effectiveness of medicine in less age group and with diabetic complications and can wait for more time for good results.

Conclusion

Out of the study that has been conducted, it has been observed that *Spartium scoparium* is effective in management of blood pressure levels in Essential hypertension.

Remedy *Spartium scoparium* has shown marked improvement in blood pressure levels in 8 months rather than in 4 and 6 months.

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Conflicts of interest: None declared.

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