



Review Article

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## OVERCOMING THE STUMBLING BLOCKS OF HYPERTENSION: A HOMEOPATHIC AND PREVENTIVE APPROACH

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### Abstract:

The most significant modifiable risk factor for worldwide all-cause morbidity and death is systemic arterial hypertension, which is also linked to an elevated risk of cardiovascular disease (CVD). Though proper treatment of hypertension lowers the overall burden of disease and mortality, less than half of persons with hypertension are aware of their condition, and many more that are aware but are not treated or are treated insufficiently.

The intricate interplay of environmental and path physiological factors, which have an impact on numerous systems, as well as genetic predisposition, is the etiology of hypertension. Detecting secondary causes of hypertension and the presence of co morbidities (like CVD and kidney disease) as well as accurate standard blood pressure (BP) measurement are all part of the evaluation of patients with hypertension. Lowering blood pressure and preventing hypertension and its CVD consequences can be accomplished through lifestyle changes, such as dietary adjustments and increased physical activity.<sup>[1]</sup>

**Keywords:** hypertension, blocks, prevention, homeopathy.

## Introduction

There are several **stumbling blocks** in hypertension, including:

1. Lack of awareness: The most recent statistical data on undiagnosed cases of hypertension in India comes from the National Family Health Survey (NFHS-5) conducted in 2019-2020. According to the survey, about 46% of adults in India aged 18-49 years with hypertension were not aware of their condition. Many hypertensives are unaware of their disease and wait until symptoms are severe before seeking medical help.<sup>[2]</sup>
2. Diagnosed but not treated: There are several reasons why a person with hypertension may not be correctly treated, including -
  - Incorrect diagnosis: A misdiagnosis or under diagnosis of hypertension can lead to incorrect treatment or no treatment at all.
  - Inadequate dosage or medication: The prescribed medication may not be effective in controlling blood pressure, or the dosage may be too low to achieve the desired effect.
  - Inadequate follow-up care.
  - Poor drug compliance: Hypertension is frequently a chronic illness that necessitates continual medication. However, a lot of people skip doses, which results in improper blood pressure management.
3. Lifestyle choices that are unhealthy: Factors like a diet heavy in sodium, a lack of exercise, and smoking can cause hypertension and make it difficult to control.
4. Genetics: Individuals with a family history of the ailment may be more sensitive to it. Genetics and family history both play a role in the development of hypertension.
5. Co morbidities: It can be challenging to treat hypertension when it coexists with other medical diseases like diabetes or kidney disease.
6. Stress: Long-term stress can raise blood pressure and increase the risk of heart disease, which can both lead to hypertension.

A multifaceted strategy, including medication, lifestyle modifications, stress reduction strategies, and homeopathy, may be necessary to overcome these roadblocks.

The target BP should be less than < 140 mm systolic in persons < 80 years old and < 150 mm systolic in those over 80 years old, while the target diastolic BP is < 90 Mm Hg. [6]

### **Clinical features of Hypertension:**

- Usually, no symptoms are present. Occasionally, you may experience a mild headache; especially Sub occipital headache which usually subsides in 1-2 hrs without treatment.
- These may be a sign of dangerously high blood pressure (called malignant hypertension) or a complication from high blood pressure:[3]
- Headache
- Dizziness
- Blurred vision
- Epistaxis (bleeding from nose)
- Anxiety
- Nausea
- Vomiting
- Red face and skin (flushing)
- Increased swelling
- Diplopia (double vision)
- Flushes of heat
- Dyspnoea (difficulty in breathing)
- Palpitation

- Tremors
- Fatigue, tiredness
- Drowsiness
- Irritability
- Angina-like chest pain (crushing chest pain)
- Blood in urine
- Irregular heartbeat
- Ear noise or buzzing

**Complications of Hypertension [4]:**

- Heart failure – left ventricular failure followed by congestive failure
- Angina pectoris – usually with transient rise of blood pressure
- Cerebrovascular accident – cerebral hemorrhage, thrombosis or subarachnoid hemorrhage
- Hypertensive encephalopathy
- Malignant hypertension – can occur in hypertension from any cause except coarctation of aorta.
- Renal damage – trace of proteinuria and hyaline casts common.
- Hemorrhages – Epistaxis (nose bleed), rarely haematemesis (vomiting of blood), or haemoptysis (coughing up blood).

**Strategies overcoming hypertension:**

- BP awareness, especially after age 40, schedule regular examinations.
- Make sure it is not medication-induced hypertension caused mostly by the use of steroids and OCPs.

- Always keep an eye out for co morbidities such as IHD, Diabetes, Gout, Hyperlipidemia, Renal failure, etc.
- Control weight since this is one of the risk factors for hypertension.
- Family history of hypertension.
- An untimely death in the family that is younger than 55.
- Ask about daily fruit intake and water consumption.
- H/o smoking tobacco
- Consumption of salt, particularly adding extra table salt to buttermilk and eating highly salted foods like papad, pickles, chutney, and gathiya.
- BP is regularly monitored every six months.
- Set a goal BP and try to get there as closely as possible.
- Promote a stress-relieving healthy lifestyle that includes food, exercise, yoga, and meditation.
- Lastly clarify the myths and misconceptions of the disease & treatment.

### **Homeopathy treatment for Hypertension:**

In and of itself, high blood pressure is not an illness. It is merely a symptom of a deeper illness. Homoeopathy gives a promising outcome for patients with essential hypertension. Homeopathic medications for hypertension are chosen after a thorough case analysis and individualizing assessment that considers the patient's medical history, physical and mental constitution, and other elements.

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.<sup>[8]</sup> 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. Mother tinctures of Amyl nitrosum, Rauwolfia, Allium sativa, Cratageus, Passiflora, Pascidia, Baryta muriatica, Adonis vernalis, Strophanthus. Following homeopathic medicines may help effective in many cases of Hypertension <sup>[5]</sup>:

- *Aurum muriaticum* is indicated for cardiac symptoms of varied nature, arteriosclerosis, valvular lesions and hypertension. It acts on palpitation and tachyarrhythmia. It is useful in patients who are very ambitious and later go into depression due to failures in life. It is also indicated in people with a very high sense of duty, which becomes a burden and results in pathology.
- *Allium sativum* –It has vaso dilatatory properties. Arterial hypotension begins usually in 30 to 45 minutes after twenty to forty drop Allium sativum homeopathic medicine for hypertension has doses of the tincture. Patients who eat a great deal more, especially meat, than they drink. Heavy; pulsation in temples. Voracious Burning eructation. Least change in diet causes trouble. Constipation, with constant dull pains in bowels.
- *Arnica Montana* affects the blood and vascular system. Symptoms occur after any trauma or overuse. It is indicated for hypertension with cardiac dropsy with dyspnoea, angina pectoris, feeble and irregular pulse, cardiac asthma.
- *Cratageus oxyacantha* is used for stage 2 and 3 hypertension and its symptoms like extreme dyspnoea and exhaustion at the least exertion, angina pectoris, valvular murmurs, irregular pulse, cyanosis, cold extremities and oedema.
- *Cactus grandiflorus* acts on muscular fibers of the heart and is indicated for high blood pressure with anxiety due to heart affections, congestive headaches, constriction in

the chest, acute stabbing pains in the heart and weak heart. It is also indicated for low blood pressure.

- *Glonoine*- has great lassitude, no inclination to work. Extreme irritability, easily excited by the slightest opposition, ending in congestive head symptoms. Great remedy for congestive headaches. Head heavy, but cannot lay it on a pillow. Cannot bear any heat about the head. Better from uncovering the head. Throbbing headache. Very irritable. Vertigo on assuming upright position. Head feels enormously large, as if the skull were too small for the brain.
- *Ignatia amara* is useful in hypertensive patients of sensitive excitable nature, and helps overcome grief and worry. It is indicated for depression, nervousness, trembling, sleep disorders, constrictive feeling in throat and chest. Patient has a weeping disposition, is usually thirstless, aggravated by warmth and has a history of grief.
- *Nux vomica* – Nux is pre-eminently the remedy for many of the conditions incident to modern life. The typical Nux patient is rather thin, spare, quick, active, nervous, and irritable. Hypertension due to altered lifestyle. Intoxicated feeling; worse, morning, mental exertion, tobacco, alcohol, coffee, open air. Frontal headache, with desire to press the head against something. Constipation, with frequent ineffectual urging, incomplete and unsatisfactory; feeling as if part remained unexpelled.
- *Lobelia inflata* is a vaso-motor stimulant and helps to increase blood pressure. It increases the activity of all vegetative processes. It is indicated for conditions with constriction of the chest and epigastrium, leading to dyspnoea, vertigo, nausea and vomiting, and arrhythmia.
- *Rauwolfia serpentina* is an Indian medicine, used for hypertension without atheromatous changes in the vessels in the form of mother tincture.
- *Viscum album* lowers the blood pressure. It has a calming effect on palpitation and accelerated pulse. It also relieves weight and oppression of heart and dyspnoea. It is used for cardiac hypertrophy with valvular insufficiency.<sup>[5]</sup>

### **Miasmatic influence [7]:**

Miasms are the diathesis or constitutional states that determine the mode of existence and predisposition of an individual towards various chronic diseases. There are three basic miasms as narrated by Hahnemann which he believed to be the core causes of chronic disease. Thus, an individual patient could be under the influence of one miasm, or combinations of them. For better understanding of the miasmatic influences in primary hypertension, one must rule out its etiological factors, underlying pathology and from the clinical presentation of patient in general.

#### *Psoric dominance*

Patients with psoric predominance are more likely to experience either hypertension or hypotension, which is brought on by protracted emotional disturbances such as worry, anger, anxiety, or grief, among other emotions. When these variables calm, the elevated blood pressure levels subside.

#### *Sycosis dominance*

The element of 'excess' is found in psychotic diseases. Hypertension is usually an expression of sycosis, here the coordination of body functions is lost and they become excess. Narrow thinking characterizes a sycotic, and similarly narrow blood vessels are linked to hypertension. Since obesity, enlargement of the organs, excessive fat deposition, fluid buildup in the body, and other conditions are all sycosis and the main causes of hypertension, metabolic syndrome is truly a combination of excess in several systems.

#### *Syphilis dominance*

The syphilitic effect in primary/essential hypertension causes damage to key organs such as the kidneys, heart, brain, and retina. The majority of secondary HTN patients and malignant hypertension has syphilitic roots. Congenital defect-related hypertension is also syphilitic in aetiology. These patients frequently pass away unexpectedly and without any warning.



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