



EXPLORING THE EFFECT OF CHRONIC HOMOEOPATHIC REMEDY IN THE MANAGEMENT OF ESSENTIAL HYPERTENSION

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ABSTRACT:

The prevalence of Essential Hypertension is rapidly growing around the world. With the progress of civilization has come a brand-new set of challenges for man. Incidences of the sickness are no longer universal in just the aged however have started cropping up amongst teens. The evolution of a lifestyle illness, like Essential Hypertension, commonly stems from man's loss of adjustment to his environment. Hence, the control wishes to be a holistic one, one that can accurate this inadaptability and repair man's device to a stability. Homoeopathic management of Hypertension, like all different chronic, dynamic diseases, typically entails the affected person being prescribed a constitutional remedy that is particular to him/her. The constitutional treatment is able to extinguishing the chronic, dynamic morbid process in the device and restoring concord amongst thoughts, frame and the dynamic crucial force. But with the arrival of multi-pronged exercise of Homoeopathy (specific remedy prescriptions, use of multiple remedy, use of allopathic remedy alongside homoeopathy) this have a look at endeavours to discover the function of the Constitutional Remedy within the management of Essential Hypertension through reading 30 cases which have been handled by way of persistent remedies.

Keywords: Essential Hypertension, High Blood Pressure, Chronic Homoeopathic Medicines, Homoeopathy.

Introduction:

Modern day lifestyle has become a hectic one with people continually speeding against time, looking to realize their goals, putting in more recent goals, being intensely competitive. All this has begun taking its toll on their charter. There is a consistent strain in a person's lifestyles, and whilst the strain turns into persistent, the machine is now not able to keep homeostasis, and man becomes a sufferer to the innumerable sicknesses that are induced because of his faulty lifestyle. One of these sicknesses, this is becoming more and more accepted, is Essential Hypertension.

Without blood pressure, existence could be impossible. For proper perfusion to arise in all tissues, the coronary heart has to pump blood with sufficient stress. While thinking about blood pressure as an organic entity, there also are steps in Normal Distribution. And which means "nothing like an ordinary stress at man or woman degree, but a full range from the bottom to the best, both being integral to the herd, herbal to the herd, and no error of Nature" (NJH, January- February, 1996, page- 19). But while this arterial strain exceeds the everyday variety, it will become a disease entity and a completely fertile soil for plenty existence threatening complications.

Hypertension is present globally however its prevalence varies amongst countries and sub populations. This disorder demonstrates the ice-berg phenomenon well, where most effective small part of sufferers affected by hypertension are known and majority are nevertheless undetected or unaware of the disorder (K. Park Textbook of preventive and social medication twentieth edition). As majority of cases are asymptomatic they stay undiagnosed and tend to be trying to find clinical attention when they have already advanced complications. It is anticipated that EHT will increase the threat at least fold for CVDs which includes coronary artery disease, congestive coronary heart failure, stroke, renal failure and peripheral artery disorder. That is why hypertension is known as a silent killer. In my IPD experience itself I actually have encounter patients who are best 25 years antique and unexpectedly land up with chest ache, recognized as MI. It changed into later visible that the affected person has been an undiagnosed case of Hypertension.

Hypertension is an end result of a character's gadget this is not able to adapt to the stressors offered by way of the environment (both internal as well as outside) and is not able to preserve homeostasis. Hence, it handiest stands to purpose that the mode of therapy will want to be one that could enhance adaptability and permit the system top go back to a nation of concord and stability.

Allopathy doesn't have much to provide on this discipline. The drug treatments used for Hypertension (Anti-hypertensives) paintings to lessen the raised blood stress itself however doesn't work at the mechanism that produce the upward push in blood stress. I have encounter instances that were on normal remedy for hypertension, however nonetheless broaden complications which includes stroke or MI. Homoeopathy on the other hand, works at the diseased person and not the ailment and helps the device to enhance adaptability and repair homeostasis in the man or woman. This is finished by means of the movement of a constitutional treatment decided on the idea of symptom similarity after a detailed case taking, assessing the affected person's susceptibility and sensitivity and selecting the best dose for the chronic treatment.

Although whilst reading the texts of Homoeopathic philosophy, the road of management is quite straight forward, the truth in each day exercise is pretty one-of-a-kind. I even have in my revel in come across patients being handled by using unique treatments for high blood pressure or being given Homoeopathy at the side of Allopathic medicines. Also, whilst running inside the OPDs, I noticed many patients who've a robust miasmatic load inside the background have a tendency to be tougher to manipulate. They regularly show spikes inside the BP readings notwithstanding regular medicinal drug these cases normally want an intercurrent treatment to conquer the miasmatic block. I changed into then intrigued to understand what the function of the constitutional remedy, as stated by means of Dr. Hahnemann, truly was. With these questions in thoughts I decided to take the take a look at forward, to recognize whether or not the workout of the lengthy case taking and pain staking procedure of finding a continual treatment is worth the attempt and holds a gain for both the patient and doctor.

Literature review :

Man is progressing every moment in the herbal life cycle. In a totally short span man has travelled towards a greater civilized world and inside the manner man is getting uncovered each minute to the hazards of urbanization ensuing in a traumatic surroundings to stay in. We also are conscious that stressors and cutting-edge day dwelling together with a disordered lifestyles style plays a critical position in development of diverse sicknesses. One of the diseases is "Hypertension" which is stated to be a ailment of urbanization and fast civilization. High blood pressure (BP) is a first-rate public fitness trouble in India and its occurrence is unexpectedly growing amongst each urban and rural populations. In truth, hypertension is the most conventional chronic sickness in India. "The occurrence of hypertension degrees from 20-forty% in urban adults and 12-17% among rural adults. The wide variety of humans with high blood pressure is projected to increase from 118 million in 2000 to 214 million in 2025, with nearly same numbers of males and females. A survey of 26,000 adults in South India showed a high blood pressure occurrence of 20% (men's 23% and women 17%) however 67% of these with hypertension turned into unaware of their prognosis. Majority of hypertensive subjects nevertheless remain undetected and the manipulate of hypertension is also inadequate. This calls for pressing prevention and manipulate measures for high blood pressure.

Recent (2012) research show that for every acknowledged person with hypertension there are two folks with both undiagnosed hypertension or pre-hypertension. ([http://www.Cadiresearch.Org/topic/high blood pressure/high blood pressure-india.](http://www.Cadiresearch.Org/topic/high%20blood%20pressure/high%20blood%20pressure-india.)). This is top notch instance of the "Ice-berg" concept ailment defined in Park's Textbook of Preventive and Social Medicine. According to the concept of iceberg of disease, disorder in a network may be in comparison with an iceberg. The floating tip of the iceberg represents what the medical doctor sees in the community. The tip represents the ones individuals who have showed symptoms of the disease and are identified as cases (diseased individuals). Several regional surveys have stated a prevalence which varies from 6.15% to 36.36% in guys and a pair of% to 39.4% in women in urban areas and from three% to 36% in men and five.80% to 37.2% in women in rural areas. But in person ladies, BP is decrease than in men of similar age, however the upward push is steeper thereafter and around middle age BP is set the identical, in later lifestyles better in ladies (API, textbook of medication, Page 685) As we are properly conscious that out of all of the hypertensive, ninety- ninety five% have critical high blood pressure (also known as number one or idiopathic hypertension), wherein there's no definable cause for the persistent boom in the systemic arterial blood stress. (Mohan Harsh 2002). Epidemiological studies advocate that 20% to 60% of essential hypertension is inherited and the the rest is received or environmental (API, textbook of medicine, Page 685). The incidence of critical hypertension boom with age, and individuals with particularly excessive blood pressures at younger age are at expanded hazard of subsequent improvement of high blood pressure.

The classification of hypertension given by WHO International society of hypertension (ISH)-1995 (Mohan Harsh 2002) is as follows:

Category	Systolic-B.P (mmHg)	Diastolic- B.P (mmHg)
High normal/ pre-hypertension	130-139	85-89
Hypertension		
Mild (Stage I)	140-159	90-99
Moderate (Stage II)	160-179	100-109
Severe (Stage III)	180-209	100-119
Very severe (Stage IV)	>210	>120
D) Malignant Hypertension	>200	>140
E) Isolated systolic hypertension	> or equal to 140	<90

As we realize that Essential hypertension is a complicated multi factorial disorder, factors right from genetic, to trendy life-style, improper weight loss program, obesity, occupation, alcohol intake and to a first-rate extent psychogenic elements, where the personality type, individual attributes and manner of living play a role in the genesis of high blood pressure (NJH, January- February, 1996, web page- 21). As mentioned before the impact of urbanization can be cited inside the unhealthy lifestyle most individuals lead. This is visible in the adjustments of food regimen that accompanies a "speedy" and "Stressful" lifestyle. Lifestyle sicknesses are defined as diseases connected with the manner humans stay their lifestyles. This is normally due to alcohol, drug and smoking abuse as well as loss of physical hobby and bad eating. Diseases that effect on our lifestyle are heart disease, stroke, weight problems and sort II diabetes. The sicknesses that seem to the increase in frequency as nations grow to be more industrialized and people live longer. They can encompass Alzheimer's disease, arthritis, atherosclerosis, asthma, cancer, continual liver disease or cirrhosis, continual obstructive pulmonary ailment, type 2 diabetes, heart disorder, metabolic syndrome, chronic renal failure, osteoporosis, stroke, melancholy, and obesity. Hypertension is this kind of diseases. As stated with the onset of urbanization, standards of residing have risen and with that the call for for a larger pay cheque has risen. Consequently human beings select jobs which call for longer paintings hours. The steady call for to remain mentally engaged together with his career, has led guy to make dangerous alternatives in all aspects of his existence: diets (dangerous, rapid ingredients, irregular ingesting habits), conduct (multiplied incidences

of drug and alcohol abuse), sleep (too much less, and abnormal pattern) and workout (too little or an excessive amount of). Along with this, the consistent mental stress has its repercussion on the gadget. This affection can be very well defined with the aid of Hansley theory of adaptation: When the person suffers from pressure either actual or imaginary, a cascade of stages get activated in order to body get adapted and triumph over the strain. When frame fails to repair homeostasis, frame resource ultimately gets depleted and body is not able to maintain ordinary capabilities. When the man or woman is problem to stress either bodily (contamination, trauma, power deficiency) or intellectual (emotionally charged event), there is activation of Hypothalamo-Pituitary- Adrenal Axis (HPA axis), leading to launch of Cortisol from Adrenal glands, which has enormous impact on the frame in particular Carbohydrate, protein and fat metabolism, and is the reason the body structure in the back of Dyslipidemia, NUAPD, Hyperglycaemia, and those are the most typically related diagnoses along side Essential Hypertension. When the individual is chronically uncovered to danger, the system turns into exhausted and adjustments occur, either at behavioural or physiological stage. Behavioural modifications consist of smoking, altered eating conduct and physical hobby. Physiological adjustments consist of extended sympathetic hobby, leading to release of Nor- epinephrine, that's a cardiac stimulant and it growth the heart price and in flip will increase BP. Apart from Cortisol launch, stimulation of Adrenal gland additionally ends in release of Aldosterone, which acts on Kidney's, main to Sodium and water retention, thereby increasing the cardiac output and therefore increases BP. Thus during stress, activation of PNE axis plays an essential component in pathophysiology of Essential Hypertension. Stressors may be in any form, proper from an intellectual country i.e. Tension, fear, grief, to physical i.e. Erratic consuming conduct, abnormal slumbering timings, additionally together with disposition which incorporates stressful, irritable personalities (maximum generally observed). The look at of the pathogenesis may be very essential for a Homoeopath, as to treat someone, it's far vital to understand the genesis of the disease. Dr. Hahnemann has implied this in his sixth version of the Organon of Medicine within the Aphorism five, where he has described the concept of causation: Exciting, Maintaining and Fundamental. Hence he states in his Aphorism ninety four "While inquiring into the state of persistent disorder, the unique circumstances of the patient with reference to his ordinary occupations, his traditional mode of living and eating regimen, his domestic situation, and so forth, need to be nicely taken into consideration and scrutinized, to examine what there's in them which can have a tendency to supply or to keep disorder, in order that via their removal the recovery can also with the aid of prompted"

Homoeopathic drugs for high blood pressure

A certified homoeopathic physician treats high blood pressure efficaciously with remedy this is selected on the basis of characteristic signs of the affected person and the common signs of the circumstance. Such medicinal drug is known as constitutional remedy and is determined after taking a detailed records of signs, bodily examination and diverse diagnostic checks. Few homeopathic drug treatments which can be typically used to treat excessive blood pressure include baryta muriaticum, Glonoine, aurum metallicum, Viscum album, Crataegus, Lachesis, natrum muriaticum, veratrum album, Belladonna, Arsenicum album, and phosphorus.

• Baryta Muriaticum

Common name: Barium chloride

Symptoms: This remedy is helpful for excessive blood stress on account of narrowed arteries going on due to cholesterol deposits (atherosclerosis). Persons who benefit from this remedy typically showcase the following signs:

- High systolic strain (top fee) in evaluation to the diastolic pressure (lower fee).
- Associated symptoms of the top which include headache, heaviness in head, dizziness, etc.
- This treatment is typically extra useful for older people stricken by high blood pressure.

• Glonoine

Common name: Nitroglycerine or Spirits of Glycerinus Nitrates

Symptoms: This treatment is suitable to folks who document symptoms together with:

- Sudden growth in blood strain resulting in a extreme headache with throbbing of blood vessels inside the head that are seen to the bare eye.
- Throbbing sensation all over the body.
- Rush of blood toward the pinnacle with a sense as if the mind is complete of blood.
- Pain within the head which gets irritated even as lying down at the pillow and because of warmth. Slightest movement increases headache substantially.
- Experiencing court cases because of sunstroke
- Headache which reasons confusion with an inclination to neglect acquainted places
- Such human beings feel higher by way of uncovering their head and after taking brandy.

• Viscum Album

Common call: Mistletoe

Symptoms: This homoeopathic medicinal drug is used to treat excessive blood stress as a result of thickening of the muscular tissues of heart (hypertrophy of coronary heart) and defect in the valves of coronary heart. Individuals who enjoy the subsequent symptoms:

- Difficulty in breathing, specially even as slumbering on the left side, and throughout moves.
- A sensation of weight inside the location of heart.
- Swelling over the legs.

• Belladonna

Common Name: Deadly nightshade

Symptoms: High blood strain related intense throbbing of blood vessels inside the neck (carotids) can be handled with this remedy. Patients that benefit from this treatment have the following symptoms:

- A pink and flushed face and eyes.
- Severe throbbing headache which increases with the slightest movement, from light, lying down, and exertion

- Improvement in signs is found by using making use of strain to the head (tight bandaging), and even as sitting or status.

- **Aurum Metallicum**

Common name: Metallic gold

Symptoms: This is a homeopathic medicine for high blood strain as a result of damage to the arterial partitions causing narrowing of the passage for blood waft. This makes the heartbeat weak, fast and abnormal. This remedy is suitable for sufferers who enjoy signs and symptoms inclusive of:

- Pain in the chest at the same time as mendacity down at night.
- A sensation as though the heart stopped beating and then began beating all at once with a difficult blow.
- Severe pain in head at night that from time to time radiates in the direction of the face. Occasionally, the throbbing of blood vessels is visible in temples and neck.
- Congestion in the head which will increase after exertion.
- These human beings usually experience better with warmth.
- Usually over-touchy and depressed with a preference to devote suicide.

- **Crataegus**

Common name: Hawthorn Berries

Symptoms: This treatment is indicated in instances of excessive blood pressure on account of irregular beating of coronary heart. The pulse of the affected person is fast and irregular. Patients who're advised this remedy also produce other symptoms, which consist of:

- Severe weakness and a weak pulse with susceptible functioning of heart.
- Weakness with the slightest exertion, which leads to issue in breathing.
- Pain within the left facet of the chest and now and again on the bottom of the pinnacle.
- Swelling and cold feeling all over the body.

Improvement is stated on exposure to sparkling air, after taking rest and through staying calm, at the same time as tension and excitement worsen the signs and symptoms.

- **Phosphorus**

Common call: Phosphorus

Symptoms: This remedy is useful within the remedy of excessive blood strain taking place due to fats deposition in the heart. This remedy allows in remedying sufferers with the following symptoms:

- A long-status headache due to persistent excessive blood strain.
- Sudden increase in blood pressure which leads to bleeding from the nose.
- Damage to the blood vessels of eye (retina) due to long-standing hypertension.
- Increased sensitivity to the surrounding environment which include lightning, thunderstorm, emotional stress, and many others.
- Frequent desire to drink aerated beverages.
- Aggravation of symptoms from exertion like mountaineering stairs, intellectual strain, lying on left facet, and thunderstorms. Rest, lying on the proper aspect, and outdoors. Carry popular improvement in signs.

- **Natrum Muriaticum**

Common call: Common salt

Symptoms: Headache due to high blood pressure is the leader indication of this remedy. It is a severe throbbing headache with sensation as though thousand hammers are hitting inside the head. Along with this, the treatment is suitable for sufferers who've the subsequent associated symptoms:

- An elevated heartbeat with an abnormal pulse. Heart beats are extraordinarily extreme and that they cause shaking of the whole frame.
- Anaemia
- A sturdy desire for salt.
- Tongue covered white within the form equivalent to a map.
- Extreme sensitivity, high experience of obligation closer to one's obligations, being indignant effortlessly and a sense of melancholy or sadness.

All the signs are annoyed from publicity to sun, warm temperature, mendacity down and noise. Open air, skipping meals, utility of strain and mendacity at the right facet gives remedy.

- **Arsenicum Album**

Common name: White oxide of arsenic

Symptoms: Arsenic album is beneficial inside the remedy of high blood pressure resulting from continual intellectual stress, tension and concerns. Other related signs for this treatment encompass:

- Excessive worry, anxiety and depression.
- Extreme restlessness of thoughts to the volume that the character can't rest in one area
- Panic attacks, particularly at night.
- Pain within the head witha burning sensation and excessive restlessness.
- Extreme weakness with an incapability to move in a diploma extensively better than the severity of the ailment.
- The addiction of tobacco chewing and consuming alcohol.
- A desire to drink bloodless water in small frequent sips.
- Aggravation from heat, lying down (due fear of suffocation and dying), cold food and drinks. Heat gives trendy comfort besides within the headache, that's higher with bloodless utility for a while.

Some of the opposite homeopathic drug treatments include rauwolfia serpentina, amyl nitrosum, passiflora , veratrum viride, etc.

Conclusion:

After studying 30 cases of essential hypertension, the following conclusions can be drawn:

1. Essential hypertension occurs between the ages of 41 and 50 years, and men have a higher prevalence of HTN than women, and patients with essential hypertension tend to have a family history of hypertension.
2. Mental stressors play an important role in the induction and maintenance of essential hypertension.
3. Anxious and irritable personalities with suppressed anger are prone to developing essential hypertension.
4. Headache is the most common symptom of essential hypertension.
5. Symptoms subside with the progression of the disease, the maximum symptoms that were present at the diagnosis of hypertension were from stage I, followed by stage II, and there were very few cases of stage III
6. With a decrease in sensitivity and sensitivity, there is a progression in the stages of hypertension.
7. Cases in the high-moderate sensitivity range are most prominent in stage 1, and sensitivity decreases as the stages progress. This fits into the general homeopathic concept of disease progression and changes in receptivity
ie disease progresses when susceptibility is low.
8. Sycotic miasma as the underlying miasma is maximally manifested in stage I, and the percentage of tuberculous-syphilitic miasms, singly or in combination, increases as the stages of HTN progress.
9. Sycotic miasma is the dominant miasma in stage I and II. As we enter phase III, the incidence of tuberculosis and sycotics is the same. This may mean that as the stage of HTN progresses, so does the miasmatic cleavage or influence.
10. Thuja is the most commonly used intercurrent remedy in cases of essential hypertension, which is consistent with the prevailing dominant sycotic miasma.
11. The 200th potency is the most frequently used potency in cases of essential hypertension.
12. Cases of fluctuating related problems and blood pressure values stabilized with 50 millesimal potency.
13. There are no consistent data to comment on corrective actions.
14. BP in stage I HTN was stabilized (normalized and maintained) within 6 months and BP in stage II. and III. stages of HTN stabilized within 1 year with administration of similim.
15. Dyslipidemia and NUAPD are associated with essential hypertension.
16. Means from the group Kali, Ferrum and Calcarea and Silica are the most often indicated constitutional means in cases of essential hypertension.
17. Constitutional medicines not only lower BP but also improve mental symptoms and associated complaints, which is consistent with the philosophy that constitutional medicines treat the patient and not just the disease.
18. Veratrum Viride is useful as an acute prescription in cases of essential hypertension with headache manifestations along with accelerated hypertension.

Recommendation:

1. To study the role of institutional drugs in cases of NUAPD and dyslipidemia.
2. To study the effects of stressor, psychodynamic and psychosomatic correlations of essential hypertension.
3. To study the role of anxious dispositions in the genesis and development of EHT.
4. To study the role of chronic homeopathic medicines in stage II and III HTN.
5. To study the role of the Kali group in essential hypertension.
6. To study the role of Ferrum Group in stage III hypertension.
7. Effect of diet and additional measures in the treatment of essential hypertension.

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