

# Managing Hypertension by Homoeopathy

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The initial diagnosis and investigation of this condition should be made by a cardiologist. Homoeopathic treatment is possible, but this should always be adjunct to/and in co-operation with the specialist. High blood pressure(HBP) has several causes, including obesity and alcoholism. When no cause, is known as essential hypertension.

Occasionally symptomless, other times patients complain of dizziness, tinnitus, headache and epistaxis.

HBP is today the commonest runner up of heart attacks, strokes, brain hemorrhages and kidney disease. Severe uncontrolled HBP can also lead to blindness.

Normal blood pressure varies with age and sex and is usually expressed in two figures 140/90 or 200/120. The units of measure are millimeters of mercury or mm Hg. The upper one tells the systolic blood pressure the peak pressure at the point of the heart beating and the lower figure called diastolic level - it is the lowest level that occurs between heart beats. The diastolic level is usually considered more significant. A reading of 100 - 105 is grave and needs treatment. The systolic pressure rises with age and most doctors consider a figure of 100 + your age as a normal reading ie 170 for a 70 year old.

**CAUSES:** The majority of cases of HBP are essential hypertension - no specific cause, although certain factors contribute eg being overweight, smoking, lack of exercise, a family history of hypertension, poor diet, stress and tension, high alcohol intake. Some causes of high blood pressure: oral contraceptive pill,

pregnancy, kidney disorders and rare metabolic defects and excess intake of fatty foods.

**SYMPTOMS:** Contrary to popular opinion, headache is a very rare symptom of high blood pressure. Mostly HBP is accidentally detected during routine medical checkup either during antenatal care, life insurance examination or by your family doctor. Symptoms when they do occur are the result of damage to other vital organs like kidney, heart, eyes, brain and suggests chronicity. Therefore yearly routine checkups are important. Also important is to continuously monitor that the blood pressure is actually being reduced. Just a feeling of well being does not mean that your blood pressure has been lowered.

**PREVENTION AND SELF HELP:** Essential hypertension is one of those conditions where self help can be of particular value as so many of the causative factors can be changed.

- Establish a whole food diet, rich in fiber, brown rice and green, leafy vegetables.
- Lose weight by reducing your calorie intake.
- Daily exercise.
- Practice a regular relaxation and meditation routine. The use of the yoga 'corpse posture' for ten minutes, twice a day is very effective.
- Other relaxation exercises described in the healthy living section will also help.
- Reduce salt intake.
- Stop taking stimulant drinks. (Coffee - maximum two cups a day)
- Cut down on sugar intake and cola drinks.

- Eat an onion or a garlic a day, this will not only reduce the blood pressure but also reduce the risk of strokes and heart attacks.
- Cut down on alcohol – a glass of wine a day (one unit of alcohol) is the maximum.
- Stop smoking.
- Stroking, being touched and pursuing an active and guilt free sex life will help towards a healthy body and mind.
- If one is on oral contraceptives, make sure that blood pressure is checked regularly.

For youngsters, hypertension means many years of medication and increasingly doctors are looking to alternative therapies to avoid having to prescribe an extended regime of medication which may have short and long term side effects. The first line of orthodox medical treatment involves the diuretic group of drugs which reduce blood pressure by reducing the fluid status of the body. The second group are the beta blockers which reduce the heart rate, and third group are the vasodilators which increase the diameter of the blood vessels and thus reducing the blood pressure.

**HOMOEOPATHIC APPROACH:** HBP is only a symptom and not the whole disease. The real disease lies in the dynamic derangement of the vital force; the elevated blood pressure is the only external tangible manifestation. To regard blood pressure as the whole disease and make it the object of treatment, ignores the logical relation between cause and effect and inverts the natural direction of treatment. This results in resorting to palliative measures which often lead to metastasis to more important organs causing further complications.

Most times Homoeopathic treatment can substantially bring down the BP and/or at least improves the general condition. (*Editor: Never stop your allopathic tablet until the Hom drug has shown a lowering and maintains it.*)

The human system is endowed with a

wonderful property of adaptability. The body seems to adjust itself to the external and internal changes forced upon it. Living organisms always improvises means of meeting new situations and the organic states are very steady. To achieve this stability the entire organism remains in increasing activity and the converging efforts of all the functional systems come into play. We know how animals adapt themselves to thirst and hunger, heat and cold. Animals unable to quench their thirst except at rare intervals learn to drink abundantly when their tissues store large quantity of water over lengthy period. We utilize our adaptive function much less than our ancestors and diseases like hypertension are on rise. In modern times palliative treatment atrophies adaptability

#### TREATMENT

In the acute phase, when hypertension is due to fear, fright or emotional causes:

1. **Aconite:** After fright or exposure to cold, dry winds, sudden rise of BP with anxiety, restlessness and fear of death. Fears the future, crowd, crossing the street; music makes her sad; thinks parts of his/her body are extremely thick, thirsty. On rising from a recumbent position, the red face becomes deathly pale and he becomes faint and giddy.
2. **Bryonia:** High BP from chagrin, mortification, anger. Persons who are irritable, inclined to be vehement and angry and of rheumatic and gouty diathesis; excessive dryness of mucous membranes; constipated, stools dry, thirst increased, headache aggravation from any motion and corresponding relief from absolute rest, either mental or physical.
3. **Causticum:** Useful both in acute and chronic cases, hyper-tension from getting cold; from long lasting grief and sorrow; from loss of sleep, night watching from sudden emotions, fear, fright, joy, from anger or vexation. When hypertension is

associated with rheumatic arthritic and paralytic affections, there is progressive loss of muscular strength, tendon contraction, deformities about the joints, great restlessness at night but motion does not relieve. Constipation, involuntary urination on coughing, sneezing etc. Great sympathy for suffering of others; melancholy mood, sensation of rawness and soreness in different parts.

4. **Gelsemium**: High BP from fear, fright, exciting news and sudden emotions, fear of death; utter lack of courage; desire to be quiet; to be left alone. Dull, drowsy and dizzy, great depression from heat of sun of summer, complete relaxation and prostration of muscular system with entire motor paralysis; great heaviness of the eye lids, cannot keep them open, weakness and trembling, headache and vertigo spreading from the cervical region. Fears that unless on the move the heart will cease beating, thirstlessness.
5. **Opium**: High BP that originates from fright with fear still remaining. Want of susceptibility to remedies, apoplexy threatened, there is a great sopor painlessness. Patients complain nothing, want nothing; sleepy but cannot sleep; sleeplessness with acuteness of hearing; heavy stupid sleep with stertorous breathing; red face, eyes half closed, blood shot, pupils contracted; skin covered with hot sweat, loss of breath on falling asleep, bed feels hot, constipated; hard round black balls or diarrhoea; stools involuntary, urine retained with full bladder.
6. **Glionie**: When condition in BP simulates sun stroke, when high rise in BP is the result of mental excitement, fear, fright or from working under gas light, heat of stove or walking in sun, cerebral congestion of the head and heart. Head feels enormously large, terrific shocks in the head synchronous with the pulse; brain throbs at every jar, step or pulse.
7. **Staphysagria**: High BP after sexual sins and excesses; ill effects of chagrin and unmerited insults, being too dignified to fight, he subdued his wrath and went home sick, trembling and exhausted
8. **Nat-mur**: Great emaciation losing flesh while living well. Anaemic, awkward, hasty, hot, sad; worse from consolation, at seashore from sunrise to sunset, they have mapped tongue and hard, dry, stools which crumble at the verge of anus. They have craving for salt and aversion for bread and are better in open air and going without regular meals, their headaches as if a thousand little hammers were knocking on the brain.
9. **Lachesis**: Menses, regular but too short and scanty better during menses. High BP in climacteric period, flushes of heat, palpitations, burning vertex, headache, fainting spells, abdomen etc. Sleeps into aggravation and is mentally and physically weak trembles.
10. **Graphites**: Patient is obese relaxed, cautious timid and costive, chilly, catches cold, prone to eczematous eruptions, cracks and fissures, has scanty and delayed menses, leucorrhoea in gushes; burning vertex and cobweb sensation on forehead, high BP during climacteric period and from suppressed eczema.
11. **Lilium-tig**: Prolapsus uteri with palpitation. Sensation as if heart was grasped in a vise, heart feels full to bursting. Pulsations over whole body and full distended feeling as if blood would burst through the vessels, rapid heart beat 150-170/minute profound depression of spirits. Wild crazy feeling on vertex and aimless hurried motion. Menses early, scanty, dark clotted offensive flow only when moving about.
12. **Belladonna**: Is the Homoeopathic sheet

anchor remedy when BP suddenly shoots up in plethoric persons who are lively and entertaining when well but violent and often delirious when sick. Head is hot and painful; face is flushed with rush of blood to head and face, there is throbbing of brain and carotids; worse from slight noise, jar, motion, light, lying down; better from tight banding wrapping up. Thirst for cold water with dread of drinking.

13. **Conium**: Bad effects of suppressed sexual desire or menses. High BP at the change of life of old maids and bachelors. Weakness of body and mind, trembling and palpitation arterio-sclerosis, glands enlarged and indurated. Vertigo when lying down or turning in bed. Sweat day and night as soon as one sleeps or even when closing the eyes (*Amyl-nitrite*, *Belladonna*, *Gloline* and *Verat-vir* are useful in the acute phase of hyper tension).
14. **Rhus-tox**: High BP in persons who develop complaints from getting wet or in damp weather.  
(Case: A patient had high BP and sciatica, *Rhus-tox* 200 thrice a day cured both the complaints in a few weeks. It has been seven years now and the patient has had no relapse.)
15. **Sepia**: Mild temperament, indolent, sad, weeping, faints easily, indifferent to those loved best, yellow complexion, chilly and constipated and suffers from prolapsus-uteri. There are flushes of heat from least motion with anxiety and faintness followed by perspiration over whole body. She is worse from washing and better by continued motion. Menses irregular.
16. **Nux-v**: When high BP is due to strain of modern life. Digestive and nervous disorders, over-drugging, then there is no medicine so useful as *Nux-v*. The typical *Nux-v* patient is thin, quick active, nervous and irritable. He leads a sedentary life and is subjected to mental strains, cares and

worries; he seeks stimulants like coffee and wine or resorts to sedatives to quiet his excitement. He takes rich and varied food and wine and women play their part to make him forget his worries. He sleeps late and wakes up with headaches, dyspepsia and irritable temper. Drug addiction soon becomes part of his life. He becomes hypersensitive and over impressionable; such an organism becomes a good soil for HBP to develop and *Nux-v* can do a lot of good

17. **Cina**: Useful where HBP is due to round worms with variable appetite, irritability of mind.
18. **Amyl-nit**: High BP with surging of blood to face and head with blushing and flushing followed by sweating often hot, profuse. Parts below are icy cold followed by great prostration, tumultuous heart action intense throbbing of heart and carotids; angina pectoris. The patient craves fresh air even in the coldest weather. There is constant stretching for hours with profound and repeated yawning.
19. **Verat-vir**: Threatened apoplexy, rush of blood to head, flushed face, dilated pupils, buzzing in ears. Chest oppressed, throbbing arteries, slow, full, hard pulse, tongue white yellow with red streak down the middle, vomiting of food and drink. When high BP results from excessive use of salt *Natrum-mur* and *Phosphorus* are very useful.
20. **Phosphorus**: Tall slender persons of fair skin, delicate eye lashes, fine blond or red hair, quick perceptions and very sensitive nature, over sensitiveness of all the senses, restless, frigidity; moves continually. Haemorrhagic diathesis burning between scapulae, a weak empty, all gone sensation in different parts and great weakness, prostration and trembling, regurgitation of ingesta in mouthfuls, longing for cold food and drinks, stools long, slender, tough and hard or diarrhoea as soon as anything enters the abdomen. *Phosphorus* has the odor of *Sulphur*.