

## Treatment of essential hypertension with homoeopathy- an overview

### Tratamiento de la hipertensión esencial con homeopatía: una visión general

Valli Srivani Duvvuri, Anita S.Patil<sup>1\*</sup>

<sup>1</sup>Post graduate Scholar, Department of Repertory, Bharati Vidyapeeth (Deemed to be University) Homoeopathic Medical College and Hospital, Dept. of Post Graduate and Research Centre, Pune-Satara Road, Dhankawadi, Pune, India 411043.

Email id- vallisrivani93@gmail.com

<sup>1\*</sup>Corresponding Author Details:

Prof. Dr. Anita S. Patil

M.D. (Hom.), Ph.D (Hom.)

H.O.D of Repertory, Bharati Vidyapeeth (Deemed to be University), P.G Guide in Homoeopathic Medical College and Hospital, Dept. of Post Graduate and Research Centre, Pune-Satara Road, Dhankawadi, Pune, India 411043

Email id- anitap405@gmail.com , vallisrivani93@gmail.com

#### ABSTRACT

Arterial pressure is essential for sustaining life, at the same time, an elevated blood pressure can be most inimical to life, if persisting over a period of time. In more than 95% of cases, a specific underlying cause of hypertension cannot be found. Their condition is referred to as essential hypertension. Now a days, in the name of modernization, present day generation has brought about a lot of changes in life style and environment. These external forces interact with mental and emotional state of a person to produce certain degree of stress which has made "TENSION" become one's friend in day to day modern life. People are pushing themselves harder at the price of their health with target-oriented jobs and competitiveness making life more sophisticated. Lifestyles have become sedentary and people are developing unhealthy habits like smoking and drinking from an early age. This is making individuals more vulnerable to illness. Hypertension is common, asymptomatic and leads to lethal complications if left untreated. So early the hypertension detected, more the chances to prevent organ damage. Here we are going to discuss the existing literature and work done in the Essential Hypertension condition and also the effectiveness of Homoeopathic treatment.

Keywords: Hypertension, Homoeopathy, HTN, Silent killer.

#### RESUMEN

La presión arterial es esencial para mantener la vida, al mismo tiempo, una presión arterial elevada puede ser muy perjudicial para la vida, si persiste durante un período de tiempo. En más del 95% de los casos, no se puede encontrar una causa subyacente específica de hipertensión. Su condición se conoce como hipertensión

esencial. Hoy en día, en nombre de la modernización, la generación actual ha provocado muchos cambios en el estilo de vida y el medio ambiente. Estas fuerzas externas interactúan con el estado mental y emocional de una persona para producir cierto grado de estrés que ha hecho que la "TENSIÓN" se convierta en un amigo en el día a día de la vida moderna. Las personas se esfuerzan más al precio de su salud con trabajos orientados a objetivos y competitividad que hace que la vida sea más sofisticada. Los estilos de vida se han vuelto sedentarios y las personas están desarrollando hábitos poco saludables como fumar y beber desde una edad temprana. Esto hace que las personas sean más vulnerables a las enfermedades. La hipertensión es común, asintomática y conduce a complicaciones letales si no se trata. Tan pronto se detecta la hipertensión, más posibilidades hay de prevenir el daño a los órganos. Aquí vamos a discutir la literatura existente y el trabajo realizado en la condición de Hipertensión Esencial y también la efectividad del tratamiento Homeopático.

Palabras clave: Hipertensión, Homeopatía, HTA, Asesino silencioso.

#### INTRODUCTION:

In the past century, India has witnessed major epidemiological transition with increasing urbanization, industrialization, rapid socio cultural and economic changes. At present elevated blood pressure is recognised as most important public health issue in developed and developing countries, and primary hypertension is held responsible for more than 95% of the cases. Hypertension is the attributable cause for 57% of strokes & 24% of coronary heart disease deaths in India. Currently, estimates put the incidence of hypertension to 20-40% in urban areas and 12-17% in rural areas of India.

Studies show that men are more prone to hypertension than women, especially below the age of 50. Women are more susceptible to the condition beyond the age of 50 due to menopause.. the causes among men for the development of this condition are stress, alcohol intake, tobacco and so on due to which they succumb to heart strokes and other heart-related issues. Contrarily, this disease is brought on in women by menopause, obesity, contraceptive pills, and other factors, making them susceptible to heart attacks and other problems.

The aim of this review was to summarize and review the available literature on the efficacy of homeopathic medicines and their therapeutics for the treatment of Essential Hypertension.

#### MATERIAL AND METHODS

Search strategy: All available literature in the form of books and scientific data from various databases such as PubMed, Google Scholar, MEDLINE and Science Direct were used for the review.

Inclusion criteria: Studies with homeopathic intervention, clinical trials as an add on therapies, animal experiments with homeopathic medicines, studies on signs and symptoms of Essential Hypertension and therapeutic indication of Essential Hypertension in the book literature were included.

Exclusion criteria: studies use homeopathic remedies as a supplement, animal experiments other than Hypertension was not considered, surveys on Essential Hypertension without intervention has been excluded.

Study selection: Only RCTs, clinical trials, observational studies with some defined outcome measures and published in research journals and literature available in English language only were considered.

#### ETIOLOGY

Blood pressure rises in children and adolescents have been linked to the same etiological variables that cause hypertension in adults. malnutrition throughout pregnancy, a history of obesity, especially excess belly fat, hypertension excessive dietary salt consumption, poor dietary fibre, and insulin resistance calcium, potassium, and magnesium intakes, as well as physical inactivity, excessive alcohol consumption, cigarette use, and drug usage (such as emotional stress, food, and drugs (cocaine, ecstasy, anabolic steroids) The factors linked to oral contraceptives and pill use hypertension's emergence. [3,5,22] an insufficient amount of nutrition could set off changes in the foetal body's structure and alterations in metabolism, an elevated risk of hypertension, and other illnesses in old age. [20] insulin and hyperinsulinemic disease resistance are also connected to the growth of hypertension, which causes a number of issues. The increased Sodium sensitivity may result from plasma insulin levels.[5,6] a diet rich in potassium, calcium, and with magnesium consumption has been linked to decreased blood pressure in youth. Calcium and potassium intakes are inadequate. recommended levels, especially in female adolescents, while median protein and phosphorus intakes, which are elevated and induce calcium loss. [12] Insufficient exercise may 20-fold the chance of acquiring hypertension 50%.

#### RISK FACTORS

An individual is more likely to develop hypertension if they have a personal or family history of the condition. [17] Compared to those of normal weight, obesity can enhance the risk of hypertension by a factor of five. Up to two-thirds of instances of hypertension can be linked to obesity. More than 85% of instances involve people whose BMI is higher than 25. [14] Salt sensitivity is another risk factor, and it is the environmental factor that has drawn the most attention. A third or so of people with essential hypertension respond to sodium consumption. [1] It is debatable if eating sodium affects blood pressure. Although cutting back on salt does lower blood pressure, the impact isn't strong enough to support a general salt intake cutback. [16] Additionally, hypertension Insulin resistance and/or hyperinsulinemia, which are aspects of the syndrome X or the metabolic syndrome, can also result in hypertension. Furthermore, according to some authorities, potassium may be able to both prevent and treat hypertension. [11] Smoking cigarettes, which is known to increase the risk of other cardiovascular diseases, may also increase the risk of developing hypertension. [13]

DETAILS OF ARTICLES

S.no	Author	Title of the article	Participants	Type of study	Intervention	Duration of study	Result
1	Sandeep et al	Homeopathic Medicine <i>Rauwolfia Serpentina</i> Ameliorate Blood Pressure and Oxidative Stress Parameters of Kidney by Modulating Expression of Antioxidant Enzymes in Deoxycorticosterone Acetate (DOCA)-Salt-Induced Hypertensive Rat Model(2015)	30	Animal Study	<i>Rauwolfia Serpentina</i> (Q, 30C & 6C)	-	Effective
2	Souvik Dutta	Efficacy of individualized homeopathic medicines in intervening the progression of pre-hypertension to hypertension: A double-blind, randomized, placebo-controlled trial(2021)	92	RCT	Lycopodium, Natrum mur, Thuja were frequently prescribed	3 months	The result of (MYMOP-2)scores were non significantly higher in reduction of B.P in the individualized homeopathic prescription than the placebo group.
3	Subranil Saha et al	Individualized homoeopathy versus placebo in essential hypertension: A double-blind randomized controlled trial (2013)	150	RCT	<i>Natrum muriaticum, Calcarea carbonica, Sulphur, Thuja occidentalis, Nitric acid and Medorrhinum</i>	6months	Effective

					were frequently prescribed.		
4	D.P. Rastogi & Hafeezullah Baig	Rawolfia Serpentina( Aqua): A New Approach In the Treatment of Hypertension in Homoeopathy(1996)	52	Clinical Study	<i>Rauwolfia Serpentina</i>	3months	<i>Use of Rauwolfia serpentina in 1x potency is safer than Mother tincture for prolonged usage.</i>
5	Pritha Mehra	Usefulness of homeopathy in essential hypertension: an exploratory interventional trial (2015)	30	An exploratory interventional study	Ars alb, Nat mur, Nux vom, Caust, Lyco were frequently prescribed	12 months	Constitutional treatment was effective
6	Tushar Acharya et al	Effect of lesser known homeopathic medicines on hypertension - a pilot study (2018)	30	A pilot study	Acetanilidum, Adonis vernalis, Chininum sulph, Lycopus virginicus, Spartium scoparium, Strophanthus, Veratrum viridae & Viscum album	12 months	Effective
7	Jagdish Thebar & Bharat Bandhu	Hypertension & its homoeopathic management (2020)	-	Review Article	-	-	Explained the need for early diagnosis and management of Pulmonary Hypertension
8	Purushottam kumar Singh & Dr. Km	Hypertension and homoeopathy (2021)	-	Review article	-	-	HTN can be managed by Homoeopathic treatment along

	Om Jee						with life style changes.
9	Roja varanasi et al	Effects of individualised homoeopathic intervention in Stage I essential hypertension: A single-blind, randomised, placebo-controlled trial (2020)	217	RCT	Sulphur, Nux vom, Nat mur, Lyco, Phos were most effective.4 years 6 months	4 years 6 months	Individualized homoeopathy in LM potency along with Life style modifications was found effective over placebo in Stage I HTN.
10	Sultana Perween & Shamim Alam	Role of homoeopathy in hypertension (2020)	-	Review article	-	-	Effectiveness of homoeopathy when similimum is selected
11	Farokh J. Master	A study of Homoeopathic drugs in Essential HTN(1987)	42	Observational study	Adrenalin 30 & 200, Eel serum 6, Baryta mur 30.	9 months	Effective
12	J.Lordson Jebarathin am	Overcoming the difficulties in treatment of hypertension clinically using synthesis (modern) repertory (2020)	-	Opinion	-	-	Described the difficulties in HTN cases and enlisted the useful rubrics in Synthesis repertories and Homoeopathic treatment
13	Nirmala Sharma et al	Study the Effectiveness of <i>Lachesis muta</i> 30C in Patients with Essential	30	Clinical study	<i>Lachesis muta</i> 30C	12 months	<i>Effective</i>

Hypertension in the  
Age Group of 20-75  
Years(2020)

1)Sandeep et al.,concluded that overall findings indicate that different potencies of *Rawolfia serpentina* has efficiently reduced systolic B.P in DOCA- salt induced hypertensive rat and also modulates serum clinical parameters and renal antioxidant defenses.[24]

2)Souvik Dutta. The result of (MYMOP-2)scores were non significantly higher in reduction of B.P( $p>0.05$ ) in the individualized homeopathic prescription than the placebo group.

The most frequently prescribed medicine were *lycopodium*, *natrum mur* ,*thuja*.[10]

3) Subranil Saha et al ., has aimed to evaluate the effect of individualized homoeopathy against placebo in Essential Hypertension which was a double blind randomized placebo controlled clinical trial.statistical analysis using Chi square and Independent T test showed result in reduction in 26.6mm hg SBP under homoeopathic group and increase in 3.6mm hg in Placebo control group. Reduction of 11.8 mm hg & increase by 1.6mm hg of DBP in Homoeo & Placebo respectively which shows that there was a marked significant effect of Homoeopathy in Essential Hypertension cases than Placebo.[23]

4) D.P. Rastogi & Hafeezullah Baig has given that the use of *Rawolfia* as mother tincture have some adverse effects because of the alkaloids & anti toxic agents. But, using the drug in the triturated form of 1x keeps the balance between the antitoxic agent & toxic effects of alkaloids , hence giving no adverse effects on prolong usage.[2]

5) In 2015, Dr. Pritha Mehra, has attempted to show the effectiveness of Homoeopathy in Essential Hypertension & in cases of metabolic syndrome. Medicines like *Ars alb*, *Natrum mur*, *Nux vom*, *Causticum*, & *Lyco* proved to be effective in treating the cases of Essential HTN. It was concluded that constitutional treatment was more effective.[19]

6) In 2018, Dr, Tushar Acharya et al., conducted a pilot study & the treatment given was of rare remedies relating to HTN. They enlisted the remedies for Systolic BP & Diastolic BP seperately which showed massive improvement in the patients. For Systolic BP - *Acetanilidum*, *Adonis vernalis*, *Chininum sulph*, *Lycopus virginicus*, *Spartium scoparium*, *Strophanthus*, *Veratrum viridae* & *Viscum album*. For Diastolic BP - *Adonis vernalis*, *Chininum sulph*, *Lycopus*, *Spartium scoparium*, *Strophanthus* & *Veratrum viridae*.[9]

7) HTN & Its Homoeopathic Management In 2020, Dr, Jagdish Thebar & Bharat Bandhu, attempted to explain the role of the Homoeopathic treatment in cases of HTN & its management. Author explained the classification of HTN basing on causation, severity & its stages with the clinical symptoms of HTN. Author explained the importance & need for the early diagnosis of Pulmonary HTN & its management.[7]

8)HTN & Homoeopathy. In 2021, Dr. Purushottam kumar Singh & Dr. Km Om Jee, attempted to explain about the Hypertension and the scope of Homoeopathy in effectively managing the symptoms of HTN & its accompanying complaints. According to authors, HTN can be managed by Homoeopathic treatment effectively by Individualized prescription along with some changes in diet , life style changes, regular exercise, limiting salt intake , alcohol, tobacco or smoking & with management of weight.[25]

9)In 2020, Roja varanasi et al., had attempted to show effects of Homoeopathic treatment in stage I HTN. Individualized Homoeopathy along with lifestyle modifications. Result showed Sulphur, Natrum mur, Nux vom, Lyco, Phos were most effective medicines in treating Ess. HTN of stage I.[26]

10) Role of Homoeopathy in HTN. In 2020, Dr. Sultana Perween & Dr. Shamim Alam, has reviewed role of Homoeopathy in HTN with reference to pathophysiology of HTN, treatment of HTN with Homeopathy & its concepts, management of HTN with philosophical concept of Homoeopathy, palliative treatment of Homoeopathy & HTN related Homeopathic remedies.[8]

11) A study of Homoeopathic drugs in Essential HTN. In 1987, Dr. Farokh J. Master, has conducted an observational study and Homoeopathic drugs used in this study are listed as Adrenalin 30 & 200, Eel serum 6 & Baryta mur 30. Finally the author concluded showing the rate of success in the treatment of HTN as 66.66%.[18]

12) Overcoming difficulties in treatment of HTN clinically using Synthesis( Modern) Repertory. In 2020, Dr. J.Lordson Jebarathinam, enlisted the various rubrics relating to HTN representing in Synthesis Repertory. Under difficulties in treatment author explained about one sided expression of treatment, & Old school way of treating HTN cases & in cases of managing of managing & requiring treatment in malignant HTN.[15]

13) In 2020, Dr. Nirmala Sharma et al., had explained about the indication of Lachesis on blood and its effectiveness and actions to reduce high B.P.[21]

#### PREVENTION

As a measure, it is advised that people with hypertension limit their daily sodium intake to 6 grammes of sodium chloride salt, or 2.4 grammes of sodium. Replace processed foods with natural foods. Try to stay away from salty snacks like pickles, chutney, pappad, and salted nuts. Avoid taking drugs that contain a lot of salt, such as antacids. The WHO advises 5 grammes or fewer, particularly in populations where high salt intake or a high prevalence of high blood pressure are known characteristics. [27]Chain smokers have a sustained increase in blood pressure. So prevention from smoking is must here. These are widely practised for stress reduction. Obesity and hypertension have a substantial correlation, according to epidemiological studies. So maintaining the body fitness and preventing the body from obesity is very necessary. [4] Maintaining a good health and exercising regularly prevents hypertension. Eating a balanced diet and monitoring the blood pressure is very must.

#### CONCLUSION

From the above articles, it can be concluded that Essential hypertension can be managed with Homoeopathic treatment effectively along with some life style modifications like regular exercise or yoga, proper



balanced diet with restrictions in salt intake, maintaining fitness, reducing stressful life, avoiding sedentary life habits etc. Maintaining a healthy lifestyle is necessary. Constitutional treatment with homoeopathy, by considering the mental and physical generals gives good relief from the symptoms and can be managed with homoeopathy effectively. Some homoeopathic medicines like *Rawolfia* can be thought of to give as a specific remedy which acts well in reducing blood pressure.

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