

## HYPERTENSION & HOMOEOPATHY

DR. B. N. CHAKRAVARTY, B.SC., D.M.S., (Cal), M.B.S. (Hom.),

D.F.HOM. (Lond.), L.M. (Dublin), Howrah

It is generally agreed that blood pressure readings in an adult male persistently over 160 systolic and 95 diastolic or 170 systolic and 100 diastolic is pathological and commonly termed as hypertension or hyperpiesia.

Usually the major section of hypertension is essential hypertension and the other variety is renal hypertension.

The essential hypertension may be divided into two classes—benign and malignant.

"The Aetiology and pathogenesis of essential hypertension is obscure, and constitutes one of the most important and difficult questions in clinical medicine"—Price.

Though the cause is obscure yet we find some common factors in hypertensive patients.

Heredity plays an important factor as high familial incidences are found in certain cases.

Persons subject to emotional disturbances like worry, too much anxiety, takes things too seriously, gets excited or enraged very quickly are prone to hyperpiesia.

The job hazards like excessive and continued mental stress and strain leads to this condition.

The obese persons are also commonly subject to hypertension.

It is interesting to note that the tall persons are more affected than the short ones.

Addictions to excessive alcohol and excessive smoking may lead to hypertension.

It is also interesting to note that it is common to persons who have a high animal protein intake in their diet.

### PATHOGENESIS OF ESSENTIAL AND RENAL HYPERTENSION

The immediate cause of this condition is an increased resistance to the passage of blood through the smaller arteries or arterioles due to hypertonus. If the hypertonic condition of the vessels are not reduced in a reasonable time sooner or later, it will cause cardiac hypertrophy specially of the left ventricle. Further it will lead to diffuse hyperplastic sclerosis causing narrowing of the blood vessels resulting in increased resistance. Benign or malignant nephrosclerosis may occur.

In cases of renal, hypertension occurs as secondary to Bright's disease, polycystic kidneys, urinary obstruction resulting to hydronephrosis, diffuse hyperplastic sclerosis, coarction of aorta in the arms, some endocrine disorders like Cushing's syndrome, adrenal medullary tumours, thyrotoxicosis,

myxoedema, climacteric changes in ladies, polycythaemia vera, increased intracranial tension like intracranial haemorrhage and toxæmia.

#### SYMPTOMS

- (1) There may be none, specially in early benign cases.
- (2) Head symptoms like dizziness, vertigo, headache with sensation of fullness and swelling in the head. Occipital headache is common but may be vertical or frontal.
- (3) There may be tinnitus aureum.
- (4) Hot flushings and insomnia.
- (5) Cardiac symptoms like palpitation, cardiac pain, anginal attacks, shortness of breath on exertion, nocturnal dyspnoea. At later stage heart failure develops.
- (6) Fainting attacks are sometimes found.
- (7) Fatigue.
- (8) Mental irritability and diminished mental control.
- (9) Various gastro intestinal symptoms may develop as nausea, vomiting, diarrhoea etc.
- (10) There may be haemorrhages from nose, stomach, intestines and other mucous membranes, kidneys, conjunctiva, sometimes in retina.
- (11) Hypertensive encephalopathy may occur.
- (12) Cerebral haemorrhage may be a terminal event.

#### SIGNS

- (1) Persistent hypertension.
- (2) Left ventricular hypertrophy.
- (3) The radial pulse is hard and resists compression—'whip cord' artery.
- (4) 'Silver wire' arteries of retina—due to thickened retinal arteries.
- (5) Trace of albumen in urine may be present in some cases.

#### DIAGNOSIS & PROGNOSIS

Recognised by persistent hypertension.

Benign hypertension usually runs a slow course and longevity of the patient may be 15 years or longer depending on the care and condition.

The prognosis of malignant hypertension is usually grave and the duration of life is at the most two years.

#### TREATMENT

"There are no means known of arresting these arterial diseases nor is there any remedy available which will directly promote the healing and repair of the diseased arteries."—Savills.

"The patient's life should be so ordered as will give him the greatest health and happiness."

- (1) Extra rest: 10 to 12 hours sleep a day,  $\frac{1}{2}$  to 1 hour rest after lunch.

- (2) No irksome restriction on his activities unless essentially needed.
- (3) Avoidance of exposure to cold.
- (4) Regular habits of life.
- (5) Overeating should be avoided.
- (6) Smoking and drinking should be in strict moderation.
- (7) Constipation should be avoided.
- (8) Daily lukewarm bath.
- (9) Reduction in intake of animal protein in diet.
- (10) Extra salt should be avoided.
- (11) Reduction of weight.
- (12) Exercise—walking or yogic exercises.

#### HOMOEOPATHIC TREATMENT

For homoeopathic treatment we should always follow the guideline of treating a chronic disease as given by Dr. Hahnemann. A case should always be evaluated according to its miasmatic preponderance and treated accordingly. Usually we come across mixed miasms today. The miasmatic indications on the surface should be our guide for prescription. If we can carry out proper miasmatic treatment, an early case of hypertension can be cured.

Moreover in a family where hereditary tendency is predominant, if carefully selected constitutional drugs be given to the youngsters of the family hypertension can be prevented. In hereditary cases, carrying mothers should be treated constitutionally to prevent manifestation of the disease in the offspring in his later age. Of course, even while getting homoeopathic treatment the general treatment regarding mode of living, exercise, rest etc. should be strictly followed.

While treating a case of hypertension sometimes palliative treatment is necessary particularly when some symptoms like headache, palpitation, haemorrhage, fainting attacks, gastric irritation like vomiting, diarrhoea and insomnia cause severe disturbance. The palliation should be homoeopathic palliation.

I have found very good results with the following drugs:

**Aurum metallicum:** It is a great drug widely used for the treatment of hypertension. The mental depression, suicidal tendency and cardiac symptoms are indicative of this drug.

**Aurum iod:** Hypertension with arteriosclerosis and senile paresis are useful indications.

**Baryta carb.:** Drug for old age. Hypertension, senility. Senile behavioral changes are good indications.

**Baryta mur.:** Hypertension where systolic pressure is high and diastolic pressure is too low.

**Cactus g.:** Hypertension with cardiac involvement. The typical anginal pain and constriction feeling is indicative.

**Calcarea carb.:** Fat, Flabby, Fair patient with sweaty head, palm and

soles having craving for egg etc. are indications.

**Calcarea fluor:** This is a drug widely used for arteriosclerosis. Congenital syphilis.

**Conium mac.:** Drug for old age with trembling, difficult gait, stiffness of joints. Vertigo is very much prominent. Hypertension of old bachelors and old maids. Arteriosclerosis.

**Crataegus ox.:** Said to have a solvent power upon cutaneous and calcareous deposits in arteries. Hypertension with cardiac symptoms like palpitation on slight exertion, dyspnoea etc. Insomnia.

**Glonie:** Hypertension with congestion in brain causing severe headache. Climacteric hypertension with congestion in head. Headache having hair cut. Threatened apoplexy.

**Kali iod.:** Hypertension of syphilitic origin. The typical lancinating pain in head and bone pains along with hypertension are indicative.

**Lycopodium:** Hypertension with gastric irritation & flatulence. Craving for sweets and warm food and time modality etc. are indicative.

**Natrum mur.:** It is a great drug for many constitutional diseases like hyperthyroidism, goitre, Addison's disease, diabetes etc. and hypertension therefrom. The headache, craving for salt, mental irritability and emaciation are indicative.

**Natrum iod.:** Syphilitic cases (tertiary syphilis), angina pectoris, vertigo, dyspnoea, endocarditis.

**Phosphorus:** Tall, intelligent, hypertensive people with craving for icecold things. Warm food is rejected by the stomach. Haemorrhages in hypertensive patients where blood doesn't easily coagulate and lack in fibrin.

**Plumbum iod.:** Sclerotic degeneration specially of spinal cord.

**Strontiana carb.:** High blood pressure with flushed face. Pulsating arteries, threatened apoplexy. Complaints > immersing in hot water < cold.

**Spartium scoparium:** Its effect caused a lowering of systolic and diastolic blood pressure in provers. So used as palliative in physiological dosage to combat arterial hypertension.

**Vanadium:** A good remedy for degenerative condition of liver and arteries. Hypertension with symptoms of gastrointestinal irritation like anorexia, nausea, vomiting. Arteriosclerosis—feels a fullness and compressed sensation in heart. Atheroma of arteries of brain & liver.

While treating a case we should not forget the exciting causes which may trigger off the latent miasms. I remember a case, an elderly businessman came to me with hypertension. Needless to say that his hypertension could not be palliated with commonly used drugs of other systems of medicine. After going into the history of the case it was found that the life of the person was being threatened by some miscreants. Basing on this I prescribed Aconite 1000 which cured him completely.

Similarly Ignatia in high potencies cured a few cases of hypertension particularly when originated from mental shock.

There are other such drugs like Gelsemium for grief, Argentum nitricum for nervousness etc. which should not be forgotten.

Of course after cure by such medicines some constitutional or miasmatic drug should be given to complete the case. The miasmatic drugs may be Sulphur, Psorinum, Medorrhinum, Syphilinum, Tuberculinum etc.

In climacteric cases drugs like Lachesis, Bothrops l., Arsenicum alb., Sulphur, Cimicifuga etc. should be considered.

In renal hypertension we have got to treat renal condition and drugs like Apis mel, Natrum mur., Acetic acid, Calcarea ars., Terebinth etc., should be considered.

In cases of toxæmia of pregnancy the cases should be treated according to symptoms. Drugs like, Apis mel, Symphoricarpus r., Nux vom., Ipecac. Phosphorus, Thyroidinum etc., will be of avail.

Lastly, we should not forget diabetes mellitus which frequently affects the cardio vascular system and hypertension appears as a twin brother. In such cases diabetes mellitus should be treated properly by homoeopathic medication.

—*Bulletin*, 2nd Oct. 1983 of Federations of Homoeopathic Physicians