
Report on a Case of Essential Hypertension Treated with Homoeopathy
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Abstract-

People commonly call hypertension, which is an unusually high blood pressure, the "silent killer." Reason being, it harms vital organs including the heart, brain, kidneys, and eyes without often showing any signs. Worldwide, 600 million individuals are affected with hypertension, according to the World Health Organization. But many people with the condition don't know it, putting them at risk for serious complications including blindness, renal failure, heart disease, stroke, and heart disease. Every year, five million people lose their lives due to hypertension, and unfortunately, there is now no cure for this condition. The 43-year-old male patient had been dealing with hypertension for two years when he was prescribed 30 milligrammes of the homoeopathic remedy *Lycopodium Clavatum* based on the whole spectrum of his symptoms. If homoeopathic medication is administered based on individualization with the correct dosage and potency, it may have a significant impact on hypertension conditions.

Key word- Hypotension, Essential Hypertension, Systolic, Diastolic, Pulse, and Homoeopathic Blood Pressure.

INTRODUCTION

The force exerted on blood as it flows through the circulatory system is known as blood pressure. The heart provides the force necessary to propel blood through the circulatory system via its muscular pumping action. A certain amount of resistance to the flow is provided by the elastic walls of blood vessels. Therefore, the system is under strain even when the

heart isn't beating. Only around 2% to 4% of people living in rural areas have hypertension, compared to 10% to 15% in metropolitan areas. The incidence rises as people get older. Among those over the age of 60, 19% were determined to have hypertension. Hypertension is the underlying cause of around 62% of strokes and 49% of heart attacks, according to research.

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Primary and secondary hypertension are the two main categories of the disease. There are no known causes of primary hypertension, however there are known and, in many cases, curable causes of secondary hypertension. Several conditions, including kidney disease, adrenal gland illness, aortic stenosis, and sleep apnea, are believed to contribute to the remaining 5% to 10% of hypertension cases. Blood pressure that is consistently higher than 120 mm Hg systolic and 140 mm Hg diastolic is considered arterial hypertension.

and 80 mm of hg diastolic

	SBP (mmHg)	DBP (mmHg)
Normal	<120	<80
Pre hypertension	120-139	80-89
Stage 1	140-159	90-99
Stage 2	>160	>100

JNC-7 on Prevention, Detection, Evaluation and Treatment of High Blood Pressure,

Risk factors for hypertension:

Age – Blood pressure rises with age in both sexes and the rise is greater in those with higher initial blood pressure.

Obesity – The greater the weight gain, the greater the risk of blood pressure.

Salt intake — High salt intake increase blood pressure

Saturated fat - Increases blood pressure as well as serum cholesterol.

Alcohol - High alcohol intake is associated with an increased risk of developing blood pressure, especially systolic

Physical activity – Help in reducing body weight and there by reducing blood pressure.

Environmental factors -Tense personality. Psychosocial factors operate through mental process consciously or unconsciously to produce hypertension.

Clinical features:- Usually asymptomatic. 50% of the patients are unaware of the condition. Many of them develop symptoms after knowing that they are hypertensive. Patient may felt fatigue, dizziness, palpitation, anxiety and head ache. Throbbing headache felt in sub occipital region waking after sleep suggestive of hypertension.

General management: Weight reduction. Restriction of salt intake. Provision of adequate sleep- 6to 8 hour per day. Avoidance of smoking. Yoga/ exercise, Meditation.

Homeopathy, a branch of alternative medicine based on the Law of Similars, is one of the most effective hypertension treatments, in my opinion. Homeopathic theory views disease as a dynamic

disturbance that affects the whole, as opposed to a specific part of the body. Homeopathy believes in holistic, totality, and individualized approaches. A holistic approach means that every manifested symptom in a body relates to a mental or emotional state. In a totality approach, homeopathy does not aim to treat a specific organ, but the body in its entirety. Many factors affect an individual's life, including the environment and inherited diseases. Consequently, every individual experiences and manifests the same disease differently, and must be treated individually as a result.

Case Profile

A 43 years old male patient came to Medicine OPD of Sri Ganganagar homoeopathic medical College Hospital and Research Institute, Sri Ganganagar, Rajasthan. He was having complaints of Head ache and High Blood Pressure since 2 years.

Name - Mr. A. S.

Age - 43 year Sex - Male

Marital Status - Married

Socio-economic Status - Middle

Religion - Hindu

Occupation- Job

Present Complaints

- K/C/O- Hypertension
- Pain in Occipital region of head since 6 months.

- Character of pain –throbbing type
- Pain better by closing the eye and rest
- Aggravated by exertion and stress
- Heart burn since 3-4 month taking anta acid.
- Sour taste of mouth at morning.
- Flatulence in whole abdomen

History of Present Complaints

Patient come with complaint headache and vertigo before 2 yrs then doctor prescribed him antihypertensive medicine Prolomate –AM, BD. Now again pain in occipital region and does not relive even after taking antihypertensive medicine.

Past History of Illness with Treatment

- History of constipation.
- History of Appendicitomy

Family History

- Father- DM II
- Mother- OA
- Grand Father- BPH

Patient as a Person -

General Appearance

- a) Built - Fatty
- b) Gait - Normal
- c) Dress Sense - Good
- d) Height - 5'3"
- e) Weight - 77 kg.

Physical General-

- a) Diet - Mixed
- b) Appetite - Normal
- c) Thirst - Normal

- d) Desires - Sweet thing
- e) Aversion - Nothing
- f) Stool - Constipation
- g) Urine - 4-5/0-1 D/N
- h) Thermal - Chilly
- i) Addiction - Alcohol
- j) Sleep - Sleepy but can't sleep

Mental Generals

- Avarice
- Irritability
- Anger-violent.
- Mild with superior and hard with inferiors.(Dictatorial)
- Fault finder (Censorious)

Physical Examination -

- Pulse - 68/min
- Blood Pressure - 140/92 mmHg
(Stage 1 Hypertension)
- Pulse pressure- 48 mmHg
- Mean Pressure- 108 mmHg
- Anemia - Absent
- Tongue - Clean

Systemic Examination -

- GIT - Soft and non tender
- CNS - Consciousness & Well Oriented
- CVS - S1, S2 Heard
- Respiratory - Bilateral Lung clear

Investigation- CBC –Normal

Final Diagnosis – Stage 1 Hyertension

Repertorial Analysis

A) Repertorial Totality with Evaluation
Of Symptoms

S. No.	Symptoms	Analy sis
1.	Irritability	MG
2.	Dictatorial	MG
3.	Avarice	MG
4.	Anger Violent	MG
5.	Censorious	MG
6.	Stomach Desire Sweets	PG
7.	Stomach Desire –Warm drink	PG
8.	Heart Burn	PP
9.	Head Pain Occiput	PP
10.	Pulsating/throbbing pain	PP
11.	Pain Straining eye from	PP
12.	Flatulence eating after	PP
13.	Sour Taste	PG

B. Analysis With Comments

Out of eight highest grading medicines. lycopodium is covering all the symptoms. So lycopodium becomes the ultimate choice.

Final Prescription –

Rx

Lycopodium Clav. 200/3 dose

PL 30 /BD 4 pills for 7 days

Date - 30.07.2019

General Management

Advice to take medicine regularly. Take blond diet, avoid spicy food and excess salt.

1. Clipboard 1	
1. MIND - IRRITABILITY	(245) 1
2. MIND - DICTATORIAL	(9) 1
3. MIND - AVARICE	(12) 1
4. MIND - ANGER,irascibility - violent	(35) 1
5. MIND - CENSORIOUS,critical	(53) 1
6. STOMACH - DESIRES - sweets	(36) 1
7. STOMACH - DESIRES - warm drinks	(23) 1
8. STOMACH - HEARTBURN	(118) 1
9. HEAD - PAIN, - Occiput	(231) 1
10. HEAD - PULSATING,beating,throbbing ...	(64) 1
11. HEAD - PAIN, - straining eyes,from	(39) 1
12. ABDOMEN - FLATULENCE - eating,aft...	(21) 1
13. MOUTH - TASTE, - sour - morning	(13) 1

lyc.	sep.	sulph.	Calc.	Caib-v.	nat-m.	nux-v.	br-y.
1	2	3	4	5	6	7	8
13	10	10	10	9	9	8	8
30	21	21	19	20	15	21	19
3	3	3	3	3	3	3	3
2	-	-	-	-	-	-	-
2	2	-	1	-	-	-	1
2	1	1	2	2	1	3	2
2	2	3	1	-	1	2	-
3	2	3	2	2	1	1	2
2	-	2	-	1	-	-	3
3	2	2	3	3	2	3	2
2	3	2	2	3	1	3	3
1	3	2	2	2	2	-	3
3	1	1	2	2	3	-	-
3	-	-	1	2	-	3	-
2	2	2	-	-	1	3	-

Follow up –

Date	Symptoms	Prescription
8/8/19	Headache better B.P.- 130/84 mmHg	Lycopodium 200/2 dose OD Pl 30, 3 Pills TDS for 15 days
24/8/19	Only 2 times pain in head in this duration. Taste of mouth becomes normal Flatulence in abdomen decreased BP- 122/80 mmHg	SL 200/2 dose OD Pl 30, 3 Pills TDS for 15 days
10/9/19	No pain in head All complaint better BP- 120/78mmHg	Pl 30, 3 Pills TDS for 15 days
26/9/19	No new complaint General condition improved No flatulence in abdomen BP- 120/80 mmHg	Lycopodium 200/1 dose Pl 30, 3 Pills TDS for 15 days

CONCLUSION

Above case show that if we prescribe homoeopathic medicine on basis of totality of symptoms and individulization then condition of patient improved. In this case

lycopodium 200 relieve his complaint and patient not taking any hypertensive drugs and their blood pressure become normal. This case shows that homeopathy is effective in case of essential hypertension.

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