

A QUARTERLY HOMOEOPATHY NEWS BULLETIN

HOMOEODINSIGHT

THIS BULLETIN IS BASED ON “ESSENTIAL HYPERTENSION IN HOMOEOPATHY”

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PARUL INSTITUTE OF HOMOEOPATHY & RESEARCH
PARUL UNIVERSITY

Managing Editor's Message



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Hahnemanian Greetings to all.

“If you want to go fast, walk alone, if you want to go far, walk together”.

Proper communication plays a vital role in institution's development.

To achieve progress and to meet objectives we have to cross numerous milestones.

I feel pleasure and it is my privilege to write few words for the readers of sixth issue of the institutional Bulletin “HOMOEINSIGHT”. This Bulletin is a medium to bridge the gap between achievements and its correct propagation.

The team of editorial board with the leadership of issue editor Prof. (Dr.) Poonam Gopalkrishnan has compiled the bulletin in a nice way with the theme “Essential Hypertension and Homoeopathy”. She selected the topic as essential Hypertension or primary hypertension is high blood pressure that doesn't have a known secondary cause having a great scope to be managed by Homoeopathic system, and a burning problem of the community because of the stressful life style of the people in current scenario. Also the bulletin provides a platform for highlighting the merits and academic achievements of the faculty, students of the institution. It would be a snapshot of the various activities and advancements for all associated with the institution. All credits and thanks go to the dedicated staff and their team work. Wish you happy reading.

Editorial Message



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Essential hypertension also called as primary hypertension occurs in 90-95 % Of cases, we call it essential hypertension when there is absolutely no known cause ,it develops gradually over a period of time, this sounds weird since the incidence is so high with increase in blood volume and increase in resistance and the cause is idiopathic but one thing we can know as to how it has cropped up is by knowing about the risk factors . These risk factors are the conditions or the habits which make someone likely to develop a high blood volume and resistance

The risk factors are increasing age, smoking, alcohol, weight gain, low levels of physical activity, poor diet, genetics

Increasing age above 45 years in male and above 65 years in female decreases the elasticity of vessel wall and increases the resistance. Smoking or chewing tobacco damages the membrane of vessel wall increasing the resistance, alcohol damages the heart reducing the efficiency to pump the blood and the pressure in blood vessels increases to compensate this, alcohol also contains calories that increase weight which is another risk factor The more you weigh the more you require blood to supply your body with oxygen and nutrients Poor physical activity reduces the efficiency of heart and increases the pressure.

Poor diet very high in salt causes sodium to retain water thereby increasing blood volume and blood pressure, genetic factor is not under our control and hypertension can be inherited

So apart from genetic factor the other risk factors can be kept under check to keep the blood pressure normal

Many of us don't have any signs and symptoms and the blood pressure is high so it is often called as a silent disease or a silent killer.

BLOOD PRESSURE AND ITS NORMAL VARIATIONS

Blood pressure is the pressure exerted by blood on the walls of a blood vessel.

Most of the pressure results from heart pumping blood through the circulatory system, the term blood pressure refers to the pressure in large arteries. Blood pressure is usually expressed in terms of systolic over diastolic pressure in cardiac cycle, measured in millimeters of mercury above the surrounding atmosphere.

Systolic blood pressure- It is defined as maximum pressure exerted in the arteries during systole of heart, it measures the force of blood against your artery walls while your ventricles squeeze pushing the blood out to the rest of your body.

Normal systolic pressure - in an adult is 110- 140 mmHg.

Diastolic blood pressure - It is defined as minimum pressure exerted by blood in arteries during diastole of heart.

Normal diastolic pressure is 60- 80 mmHg.

Pulse pressure is difference between systolic and diastolic blood pressure.

Blood pressure is one of the vital signs together with respiratory rate, heart rate, oxygen saturation and body temperature.

Variations in blood pressure to understand essential hypertension.

Variations are changes in the normal value of blood pressure which are classified as physiological and pathological changes.

Physiological Variations

- 1 **Age-** Arterial blood pressure increases as age advances , aging causes narrowing of vessel lumen due to decrease in the elasticity of the vessel wall through a process known as atherosclerosis.

Arterial blood pressure in different age

New born- 70/40 mmHg

After 1 month- 85/40 mmHg

After 6 months- 90/ 50 mm Hg

After 1 year- 95/50 mmHg

After puberty- 130/80 mmHg

After 50 years- 140/80 mmHg

After 70 years- 160/90 mmHg

After 80 years- 180/ 90 mmHg

- 2 **Sex-** In females during the reproductive phase that is from menarche upto menopause the blood pressure is 5 mm Hg less than males due to menstrual loss and decrease in blood volume, after menopause it is the same as males.
- 3 **Body built-** Blood pressure is more in obese persons than lean persons because of the pressure of fat falling on the blood vessel producing its constriction.
- 4 **Diurnal variation-** Early morning the blood pressure is low, it gradually increases and reaches maximum at noon and it is low at night because there is muscular activity and metabolic activity during day time which increases the metabolic rate and so the blood pressure.

BLOOD PRESSURE AND ITS NORMAL VARIATIONS

- 5 After meals- The blood pressure increases few hours after meals because of increase in cardiac output, when you eat your body directs extra blood to your digestive system and your heart beats faster and harder , pumping more blood and blood volume increases so the blood pressure.
- 6 During sleep- The blood pressure is reduced upto 15- 20 mmHg because the sympathetic activity is reduced and the blood vessels remain dilated.
- 7 Emotional conditions- Change in mental state like excitement, anxiety, depression, stress, the blood pressure is increased because of stimulation of sympathetic nerves which cause constriction of blood vessels and increase the pressure.
- 8 After exercise- After moderate exercise systolic pressure increases by 20- 30mmHg and diastolic pressure is not affected, since diastolic pressure depends on peripheral resistance

which is not altered in moderate exercise, after severe exercise systolic pressure rises by 40- 50 mmHg but diastolic pressure reduces because peripheral resistance decreases in severe muscular exercise, peripheral resistance is the pressure of the wall of the blood vessel on the blood. The knowledge of these variations is important to differentiate hypertension from the normal changes in the values of blood pressure.



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PATHOPHYSIOLOGY OF HYPERTENSION

PATHOPHYSIOLOGY OF HYPERTENSION

Normal blood pressure is maintained by four mechanisms

1- Baroreceptor mechanism

2- Activity of vascular endothelium

3- Activity of renal system

4- Activity of endocrine system

- 1 Baroreceptor mechanism- When blood pressure increases the baroreceptors in carotid and aortic sinus are stimulated and send impulses through the glossopharyngeal and vagus nerve to the vasomotor centre in medulla. There is stimulation of vasodilator area, producing increase of vagal tone which will decrease the cardiac output and blood pressure decreases.
- 2 Vascular endothelium - releases certain substances which produce constriction of blood vessels and blood pressure increases.
- 3 Renin - Angiotensin mechanism - Renin is secreted by juxta glomerular apparatus of kidneys, it is released in blood and converts angiotensinogen of blood into angiotensin I and angiotensin II, this is a vasoconstrictor and it also stimulates aldosterone producing constriction of blood vessels and blood pressure increases.
- 4 Endocrine hormones
 - A Adrenaline increases the systolic blood pressure by increasing the force of

contraction of heart

- B Noradrenaline is a vasoconstrictor and increases blood pressure by acting on the wall of blood vessel.
- C Thyroxine secreted by thyroid gland increases force of contraction of heart and cardiac output and blood pressure increases.
- D Aldosterone - secreted from adrenal cortex produces vasoconstriction and blood pressure increases.
- E Vasopressin- secreted by posterior pituitary causes vasoconstriction and increases blood pressure.
- F Serotonin- produces vasoconstriction and increases blood pressure.
- G Vasoactive intestinal polypeptide- secreted by stomach and intestine cause dilatation of peripheral blood vessels and decreases blood pressure.
- H Prostaglandins- secreted from tissues produce dilatation and decrease blood pressure.
- I Atrial natriuretic peptide released from cardiac muscle decreases blood pressure by aldosterone escape mechanism and pressure diuresis.

Blood pressure is determined by cardiac output and peripheral resistance. Cardiac output is blood

PATHOPHYSIOLOGY OF HYPERTENSION

pumped by heart in each beat, peripheral resistance is resistance offered on blood from the wall of blood vessel.

When cardiac output is increased and peripheral resistance is normal then systolic blood pressure increases.

When cardiac output is normal and peripheral resistance increases then the diastolic blood pressure increases.

Primary hypertension shows elevation of systolic and diastolic blood pressure because there is increase in cardiac output and peripheral resistance.

The etiology of essential hypertension is unknown but risk factors contribute to it.

These are genetic factors causing poor excretion of sodium, it increases the blood volume and cardiac output and it also increases peripheral resistance by

producing vasoconstriction.

This is seen in 80 % of cases.

Other risk factors include age, smoking, alcohol, obesity, low activity levels.



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HOW IS ESSENTIAL HYPERTENSION TREATED

There's no cure for essential hypertension, but there are treatments.

Lifestyle changes

If you have elevated blood pressure or hypertension, your doctor will recommend lifestyle changes to lower your blood pressure.

Lifestyle changes your doctor may recommend include the following:

- « Exercise at least 30 minutes a day.
- « Lose weight if you're overweight.
- « Quit smoking.
- « Limit your alcohol intake
- « Reduce your stress levels.
- « Eat a low-sodium, heart-healthy diet that's rich in potassium and fiber.

If you have kidney problems, don't increase your potassium intake without your doctor's permission.

Homoeopathic Remedies for Hypertension

Aconitum Napellus

For High Blood Pressure with Anxiety

Aconitum Napellus is a medicine for high blood pressure along with anxiety and restlessness. The affected person often experiences a sudden fear of death. Other accompanying symptoms include palpitations, a pressure in the left side of the chest, sensation of weight under the breastbone and oppression of the chest. Pain in the heart extending to the left shoulder is also present.

Allium Sativum

For High Blood Pressure with High Cholesterol

Allium Sativum is a medicine for high blood pressure

with high cholesterol levels. This medicine helps in reducing cholesterol levels as well as lowering the blood pressure. Other symptoms include pain in the chest that prevents sleep and leads to palpitations.

Amylenum Nitrosum

It is a medicine for high blood pressure when constricted sensation around the heart is the main symptom. Along with constriction, aching in the heart is also present. A sensation of swelling in the chest, fluttering in the heart and intensified beating of the heart are the other symptoms that indicate the need for this medicine.

Baryta Mur For High Systolic/Low Diastolic

Baryta Mur is a medicine for high blood pressure with high systolic reading and a low diastolic reading. The arteriosclerotic (abnormal thickening and hardening of artery walls) changes in the arteries are the main symptoms, along with vertigo, irregular heartbeats and a heated sensation in the upper part of the chest.

Crataegus Oxyacantha To Dissolve Calcareous Deposits

Crataegus Oxyacantha is a medicine used to help lower the blood pressure by dissolving the calcareous deposits in the arteries. Symptoms indicative of this medicine include pain in the region of the heart, oppression of chest, accelerated pulse and irregular pulse. Other symptoms include anxiety and cardiac dyspnoea.

Glonoinum

For High Blood Pressure with Headaches Glonoinum is a medicine for high blood pressure accompanied by headaches. The headache feels intense, congestive, throbbing, and bursting in nature. Other symptoms

HOW IS ESSENTIAL HYPERTENSION TREATED

include strong palpitations, dyspnoea, heat in the face and cardiac pains radiating to other parts. Exertion leading to a rush of blood to the heart and fainting spells is another feature that indicates the need for this remedy.

Latrodectus Mactans — For High Blood Pressure with Heart Pain

Latrodectus Mactans is a medicine for high blood pressure with marked heart pains. The heart pain extends to the shoulder or arm and fingers. There may be numbness of the upper limb, suffocation, restlessness, and extreme weakness.

Nux Vomica — For High Blood Pressure in Young People

Nux Vomica for high blood pressure is useful medicine for young people who adopt sedentary modern lifestyle habits. These lifestyle habits include smoking, alcohol consumption, sedentary routine, a lack of exercise, etc. These factors predispose a person towards blood pressure.

Strophanthus Hispidus - High Blood Pressure due to Arteriosclerosis

Strophanthus Hispidus is a medicine for high blood pressure in elderly due to arteriosclerosis (hardening, thickening, and loss of elasticity of the arterial walls). Strong palpitations that get worse upon emotional release and exercise are noted. The symptoms include constriction behind breastbone, difficult breathing, alternating rapid and slow pulse.

Kali Phos — For High Blood Pressure with Stress

Kali Phos for high blood pressure is used when stress and worry are the main causes of high blood pressure. The symptoms include palpitations from

slight motion, shortness of breath, and irregular pulse, along with both mental and physical fatigue

Tabacum Nicotiana — For High Blood Pressure in Tobacco Users

Tabacum Nicotiana is a medicine for high blood pressure used in cases where the person has a habit of taking tobacco. Symptoms include palpitations (especially while lying on the left side), oppression in the chest and a rapid pulse. Other symptoms include pain between shoulders, inability to take a deep breath and twisting sensation around the heart.

Lachesis — For High Blood Pressure during Menopause Lachesis is perhaps one of the most leading homeopathic remedies in controlling high levels of blood pressure. Lachesis may be given when there is restlessness physically as well as mentally. Another striking feature for prescribing Lachesis is that anything tight around the neck like closed collars, neck ties or tight necklaces are unbearable. Even tight clothes are unbearable. Feel better by loosening the belts or by wearing loose clothes. Lachesis may be given in high blood pressure in women who are in their menopausal age or post menopause.

Natrum Mur For Those with Salty Tooth

Natrum Mur is one of the most indicated remedies in cases of high blood pressure which occur due to a prolonged intake of high levels of salty things.



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USE OF RAUWOLFIA SERPENTINA MOTHER TINCTURE (Q) IN ESSENTIAL HYPERTENSION

What is mother tincture in homoeopathy?

In homoeopathic medical science, since the discovery of the system, original Mother tincture was used for the treatment by the founder of the homoeopathy Dr C.F.S Hahnemann. Dr Hahnemann has directed, how to prepare mother tincture, in his work "Materia Medica Pura" Mother tincture is the combination of a botanical extract with a specific amount of alcohol. Mother tincture contains the lowest possible potency of any particular homeopathic preparation. It is a drug pharmaceutically prepared from drug-substances of vegetable and animal kingdom, using strong alcohol as a vehicle (solvent) by the process of immersion, maceration and percolation. It is denoted as "Q" or "MT". It is the precursor of corresponding potency of a drug. Solvents generally used are strong alcohol, purified water, glycerin so as to preserve the freshly prepared mother tincture. Depending on the properties of the substance, a mother tincture is either a 1x or 1c potency. All higher potencies are derived from the mother tincture.

Uses of mother tincture:

1. Mother tinctures are safe and have very fast action.
2. Action of the medicine starts within 3 to 4 minutes and remains effective for a long time.
3. When prepared in alcohol, the molecules of the ingredient of herb etc, are absorbed by the stomach and intestine quickly.
4. These extracts are easily accepted by the body. Homeopathic mother tincture is the first stage in

the preparation of a remedy dilution.

5. They are very much helpful in treating various health problems. Mother tinctures are given internally and externally both in diluted and undiluted forms.

Rauwolfia Serpentina, the Indian snakeroot, devil pepper, or serpentine wood, is a species of flower in the milkweed family Apocynaceae. It is also known as SARPAGANDHA and CHANDRIKA

Serpentina is an evergreen shrub that is a member of the dogbane or Apocynaceae family. The plant usually grows to a height between 60 and 90 cm and has pale green leaves that are 7 to 10 cm long and 3.5 to 5.0 cm wide. The leaves are elliptical or lanceolate shaped and occur in whorls of 3 to 5 leaves. The plant has many shiny, black or purple, round fruits that are approximately 0.5 cm in diameter. It also has small pink or white flowers.

Rauwolfia serpentina was used in folk medicine in India for centuries to treat a wide variety of maladies, including blood pressure, snake and insect bites, febrile conditions, malaria, abdominal pain, and dysentery. Rauwolfia serpentina is one of the natural herbal medicines with a wide spectrum of therapeutic effects. Rauwolfia serpentina contains 50 alkaloids including ajmaline, ajmalicine, reserpine, deserpidine and serpentine.

Reserpine- Mechanism of action

Reserpine is one of the major alkaloids of the plant. The reserpine content has been found to be highest in the root and lower in the stems and leaves. Rauwolfia serpentina is the source of the phytochemical,

USE OF RAUWOLFIA SERPENTINA MOTHER TINCTURE (Q) IN ESSENTIAL HYPERTENSION

reserpine, which has been used in the treatment of systolic hypertension, and produces the antihypertensive effect. It works by slowing the activity of the nervous system, causing the heart rate to slow and the blood vessels to dilate. Reserpine is an adrenergic blocking agent used to treat mild to moderate hypertension via disruption of norepinephrine vesicular storage. It is due to the ability to deplete catecholamines from peripheral sympathetic nerve endings.

Rauwolfia and Hypertension

It appeared to be more effective in young, neurotic hypertensive patients with tachycardia than in those with long-established, fixed hypertension with organic, vascular disease.

Since 1949, after the English publication of a clinical report by the author on Rauwolfia serpentine therapy in fifty cases of essential hypertension, the plant has gained universal acclaim as a useful therapeutic weapon in high blood pressure states.

In 1949, in a clinical trial of R serpentine in essential hypertension, reported on a study of 50 patients with essential hypertension who were treated with Rauwolfia. In that study, 85% of patients experienced a drop in systolic blood pressure, and 81% of patients experienced a drop in diastolic blood pressure.

It has been further reported that Rauwolfia was the best hypertensive remedy used in India throughout the 1950s. It was reported to be used by 90% of all physicians or more than 60 000 doctors throughout the country.

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ADVANTAGE OF HOMEOPATHIC TREATMENT OF HIGH BLOOD PRESSURE

High blood pressure can be managed well with the use of Homeopathic medicines. Homeopathic medicines, together with proper diet management and exercise, keep high blood pressure in check to a large extent. Homeopathic medicines for high blood pressure are made from natural plant sources and are therefore safe for long term use. Persons who have recently been diagnosed with hypertension and have not yet become dependent on conventional medication can benefit greatly from Homeopathic medicines. If the person is already taking allopathic medicines for high blood pressure, it is not advisable to stop the medication all at once. In fact, Homeopathic medicines can be taken together with these medicines to stabilise and better manage the condition.

Homeopathic Medicines for Hypertension

Amylenum Nitrosum, Aconite and Belladonna – Best Homeopathic Medicines for Essential Hypertension

Amylenum Nitrosum, Aconite and Belladonna are three major Homeopathic medicines for hypertension – essential. The guiding symptoms for the selection of Amylenum Nitrosum as the ideal prescription among Homeopathic medicines for high blood pressure of this type are bursting headache with marked surging of blood to the head. Throbbing pain in the head is also observed. The face is deeply flushed, hot and red. Violent palpitations, beating of heart and carotids appear. Belladonna is one of the most wonderful Homeopathic medicines for essential hypertension when congested, throbbing, shooting pain is felt in the head. The head feels full, congested. The pain is marked in the temples. Slight motion and noise worsen the pain. Homeopathic medicine Aconite is

recommended for essential hypertension in cases where marked anxiety, restlessness and palpitations are present. It also proves extraordinarily helpful in acute episodes of high blood pressure where fear, anxiety and oppression in the heart region are prominent.

Nux Vomica, Convallaria and Strophanthus – Most Effective Homeopathic Medicines for High Blood Pressure in Younger Lot

High blood pressure is on the rise among the younger age group owing to adoption of a modern lifestyle. Smoking, alcohol consumption, lack of physical activity and spicy food high in fat content predispose these young people to hypertension. Nux Vomica, Convallaria and Strophanthus are rated among the best Homeopathic medicines for high blood pressure in this category. Nux Vomica is one of the most effective Homeopathic medicines for high blood pressure in young people who consume alcohol, highly spiced and rich food. The lifestyle is sedentary, with little or no physical activity. Gastric disturbances are a major complaint. Convallaria and Strophanthus are great Homeopathic medicines for high blood pressure in young people who are in the habit of smoking or using tobacco. Tobacco use damages the arterial wall lining and leads to narrowing of the lumen. This results in high blood pressure. Homeopathic medicines effectively control this rise in blood pressure.

Kali Phos and Natrum Mur – Top Homeopathic Medicines for High Blood Pressure Due To Stress, Worry

Where the blood pressure shoots up due to stress or

ADVANTAGE OF HOMEOPATHIC TREATMENT OF HIGH BLOOD PRESSURE

worry, Kali Phos and Natrum Mur are the best choice among Homeopathic medicines for high blood pressure. Kali Phos ranks among the best Homeopathic medicines to tackle stress-related hypertension. It works to normalise blood pressure in persons exhausted from persistent stress, cares and worries. Stress can be related to emotional disturbances, business, family, physical exertion or overwork. A sense of heaviness in the head persists. Palpitations and shortness of breath have been observed. Natrum Mur is the most appropriate of Homeopathic medicines for high blood pressure in persons with chronic worries and depression. A unique feature is a tendency to weep. Such persons have a desire to be alone and they dwell constantly on unpleasant incidents of the past. They suffer chronic grief. Pulsations in various parts of the body, palpitation on exertion, constricted feeling in the heart are the symptoms to look out for before prescribing Homeopathic medicine Natrum Mur.

Glonoine, Lachesis and Amylenum Nitrosum – Best Known Homeopathic Medicines for High Blood Pressure with Headache

Glonoine, Lachesis and Amylenum Nitrosum are known Homeopathic medicines for high blood pressure with headache. Glonoine is indicated where hypertension results in throbbing, congestive headaches. The blood seems to rush to the head with marked congestion. This is often attended with a feeling of an enlarged head. Confusion, vertigo and dizziness may also result. Few complain of pulsation in various parts of the body. Lachesis is one of the most suitable Homeopathic medicines for high blood pressure in cases where headache from high blood

pressure is most marked on top of the head. The person may also complain of dim vision and flickering before the eyes. Hot flashes are yet another unique symptom. Lachesis is also one of the most helpful Homeopathic medicines for high blood pressure where the condition leads to palpitations and fainting episodes.

Allium Sativa and Crataegus – Reliable Homeopathic Medicines for High Blood Pressure Due To High Cholesterol

The normal blood cholesterol a body needs is less than 200mg/dl. When the cholesterol levels rise, they start to get deposited in the arterial walls, thus narrowing and hardening the lumen of arteries. As a result, the blood has to exert higher pressure while flowing through these arteries because of the hindrance caused by the cholesterol deposits. Here, Homeopathic medicines Allium Sativa and Crataegus prove extremely helpful. These medicines effectively manage the resulting high blood pressure. In fact, these Homeopathic medicines lower the cholesterol, thus bringing the blood pressure back to normal making them the most effective Homeopathic medicines for high blood pressure. These medicines are mostly used in tincture form for best results.



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TREATING ESSENTIAL HYPERTENSION THE HOMOEOPATHIC WAY

In cases of essential hypertension homoeopathy is having promising results as compared to secondary hypertension since secondary hypertension has structural changes. Essential hypertension has predisposing factors which can be handled appropriately by homoeopathy.

While treating hypertension every homoeopath should keep a holistic approach as homoeopathy is based on individualisation. Constitutional prescribing is needed for better results

Case of essential hypertension

PARTICULARS OF THE PATIENT

a) name- Kanubhai Patel, b) age-53 years, c) address- karelibaug, Vadodara

Date of first visit- 6-6-2019

PRESENT COMPLAINT

The patient was having nausea and fullness after eating, constipation since 8 days, stitching pain in rectum after eating. Foul eructation in the morning, hungry with aversion to food. Complaints were associated with increased appetite and oversensitiveness to music

HISTORY OF PRESENT COMPLAINTS

Duration- 20 days

Mode of onset -gradual

Probable cause- poor eating habits and sedentary lifestyle, long working hours

PAST HISTORY

No history of any major illness in past

FAMILY HISTORY

Paternal side- Father hypertensive

Mother- having gastritis

PERSONAL HISTORY

Addiction- smoking and alcohol

Occupation- working in a IT firm

Diet- irregular and spicy ,oily food, eats outside frequently

Marital status- married

Habits and daily life of the patient- smoking, alcohol, and he is a workaholic

History of vaccination- done

GENERAL EXAMINATION

PHYSICAL GENERALS

Appearance- medium built and dark

Appetite- increased

Thirst- moderate

Aversion- to food

Taste- foul eructation in the morning

Thermal - hot

General modalities- aggravation after eating

MENTAL GENERALS- Oversensitiveness to music

PHYSICAL EXAMINATION

Pulse- 90/min

BP- 160/90 mmHg

Respiration- 20/min

Provisional diagnosis- gastritis with essential hypertension, patient reported that earlier also he had checked BP and it was always more than 150/90 mmHg, in addition to this he had a family history of hypertension, his working style, eating habits and lack of exercise indicated to essential hypertension

Clinical diagnosis- essential hypertension with gastritis as a predisposing factor

TREATING ESSENTIAL HYPERTENSION THE HOMOEOPATHIC WAY

ANALYSIS OF THE CASE

Mental symptoms- oversensitiveness to music

Physical symptoms- Aversion to food with hunger, increased appetite

Particulars

- 1) Stitching pain after eating,
- 2) Constipation
- 3) nausea and fullness after eating
- 4) foul eructations in the morning

EVALUATION AND TOTALITY OF SYMPTOMS USING KENT'S REPERTORY

- 1) Oversensitivity to music
- 2) Aversion to food with hunger
- 3) Increased appetite
- 4) Constipation
- 5) Stitching pain in rectum
- 6) Nausea and fullness after eating
- 7) Foul eructation in the morning

REPERTORIAL TOTALITY

Mind- Sensitive, oversensitive to music, to:page-78

Stomach-Aversion to food: page-481

Rectum- Constipation, page-606

Rectum- pain stitching, eating after: page- 629

REPERTORIAL ANALYSIS- Nux vomica- 15/5, Ars- 9/5, Lyco- 9/5, Phos-9/5

Selection of remedy after consulting materia medica

PRESCRIPTION

Nux vom-200 OD followed by sac lac daily morning for 10 days

Advice- To avoid oily spicy food, regular 30 min walk

must, yoga and meditation, taper smoking and alcohol

FOLLOW UP OF THE PATIENT

6/6/2019- no improvement, BP- 160/90 mm Hg, Nux vom 200 OD

7/6/2019- slight improvement, BP- 150/ 90 mmHg, no medicine, only sac lac

8/6/2019- slight improvement, BP- 150/90 mmHg, no medicine, only sac lac

9/6/2019- much better, BP- 140/ 90 mmHg, no medicine, only sac lac

19/6/2019- improved , BP- 140/90 mmHg, sac lac given for one month

After one month patient came for follow up- he was looking healthy , appetite was normal, no pains in rectum, no foul eructations, no constipation, he followed the regime advised to him and he was suggested to continue the same

REMARKS- Patient had gastric disturbances due to poor eating habits and sedentary lifestyle which were predisposing factors for his high blood pressure, he didn't have any symptoms of hypertension and it was detected only on examination, family history and past history

Along with homoeopathic medicine lifestyle changes give promising results



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HYPERTENSION

ABSTRACT - Hypertension is increasing in the present competitive world and there are several contributing factors like sedentary life, eating fatty foods, lack of exercise. Homoeopathy helps an individual to live a healthy life by its various spheres where it acts upon.

Hypertension as it is emerging about 15% of the general population are regarded as hypertensive due to current stressful and competitive life. High blood pressure is not a disease, it is a sign or symptom of internal manifestation or pathological influences. Hypertension is accompanied or responsible for various complications like arterial aneurysms, strokes, heart failure, heart attacks and renal failure, it may prove fatal in severe cases. There are medications in modern medicine which are globally used are Diuretics, Beta-blockers, ACE-inhibitors but are having certain cons of them and thus Homoeopathy provides a great scope for treating hypertension.

KEYWORDS:

OBSTRUCTION, HYPERTENSION, HOMOEOPATHY.

INTRODUCTION:- Hypertension occurs when blood pressure, which is a pressure exerted by blood upon the blood vessel wall as it flows through it. Blood pressure reading less than or equal to 120/80mmHg is considered as the normal blood pressure range. High blood pressure can be divided in three grades:- Blood pressure interpretation varying between systolic (120-140mmHg) and diastolic (80-90mmHg) points towards

pre-hypertensive stage. Reading of systolic (140-160mmHg) or diastolic (90-100mmHg) is grade 1 hypertension. Grade 2 hypertension refers to reading of systolic (160-180mmHg) or diastolic (100-110mmHg). Grade 3 hypertension is equal to or more than 180/110mmHg. These are various values on which we can determine one is suffering from hypertension.

Homoeopathy is an art and science which is based on the law "SIMILIA SIMILIBUS CURANTUR" and there's a holistic approach towards each and every individual cause susceptibility and person's vitality differs. In homoeopathy we form a totality or portrait of patient on basis of SIMILIMUM. It will result not only in just reducing hypertension but along with other physical and mental wellbeing.

PATHOPHYSIOLOGY OF HYPERTENSION

Hypertension results of either increased cardiac output or increased peripheral resistance. Normal blood pressure is maintained by four mechanisms:- Sympathetic nervous system activities, Activities of renal system, Activities of endocrine system, Activities of vascular endothelium.

If any of the above functions are hampered then one suffers from hypertension.

HOMOEOPATHIC CONCEPT FOR TREATMENT OF HYPERTENSION:-

In Homoeopathy we consider a person healthy when his vital force is not deranged and all bodily functions are harmonious with a

HYPERTENSION

sensation of ease and comfort. But when vital force is deranged and one is susceptible towards the impression then one suffers from hypertension. Homoeopathy treats sick individual not only on his disease as stated in Dr Hahnemann's writing "THERE IS NO DISEASE BUT SICK PEOPLE" we treat on the basis of susceptibility, constitutional makeup and considering a person as a whole this is what differentiates homoeopathy as a science and so in primary hypertension certain homoeopathic remedies act very well and helps an individual to live a healthy life

HOMOEOPATHIC MEDICINES :-

1. CRATAGUS OXYACANTHA -To dissolve calcareous deposits used to help lower blood pressure by dissolving calcareous deposits in arteries, symptoms include pain in the region of heart, oppression of chest, accelerated pulse and irregular pulse and anxiety with cardiac dyspnoea.
2. GLONINUM – For high blood pressure with headaches, headache feels intense, congestive throbbing and bursting in nature. Other symptoms include strong palpitations, dyspnoea, heat in the face and cardiac pains radiating to other parts. Exertion leading to rush of blood to heart and fainting spells is another feature that indicates the need of gloninum .
3. ACONITUM NAPIELLUS – For high blood pressure with anxiety and

restlessness. The affected person often experiences a sudden fear of death. Pain in the heart extending to the left shoulder.

4. BARYTA MUR – For high systolic/diastolic pressure. It is a medicine for high blood pressure with high systolic reading and low diastolic reading. Also indicated in atherosclerotic changes along with vertigo, irregular heartbeats and heated sensation in the upper part of the chest.
5. KALI PHOS – For high blood pressure with stress and worry resulting in hypertension . palpation from slight motion, shortness of breath, irregular pulse along with both mental and physical fatigue.

OTHER DRUGS :- DIGITALIS, IODUM, NAT MUR , BARYTA CARB , LYCOPODIUM, APIS MELLIFICA, ARSENICALB, AURUM MUR, PLUMBUM MET, THUJA, SULPHUR , COFFEA.

They also act very well in complaints of the heart resulting in hypertension.



Parshwa Joshi
Student Of
Final Year Bhms
PIHR,
PARUL UNIVERSITY

ACHIEVEMENTS



Dr. BP Panda conducted a successful lecture series on **Covid 19**



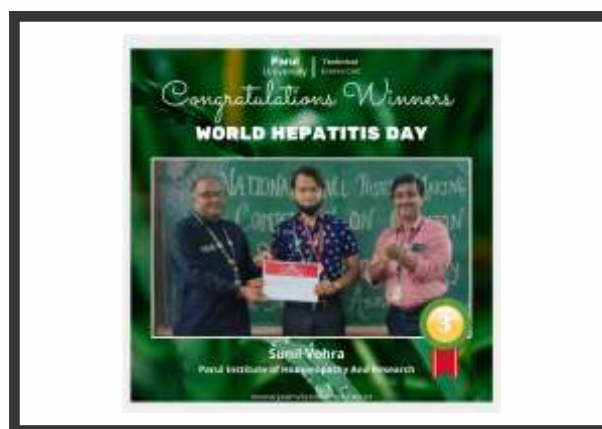
Dr. Mushtaq Mhaisale and Dr. Haseena Mhaisale published an article in **IJHS**



PIHR team completed **covid 19 training**

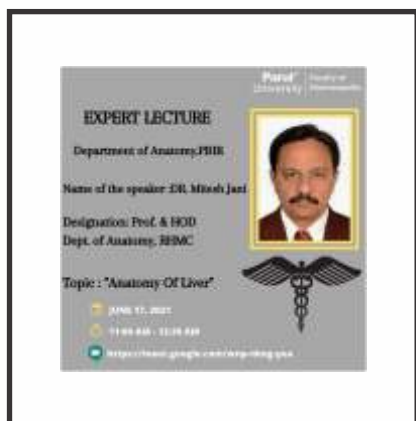


PIHR volleyball winner team



Poster making competition 28/7/21

CO-CURRICULAR ACTIVITIES



**Expert Lecture in Department
of Anatomy Dr. Mitesh Jani**



Expert Lecture in Medicine
Dr. Tejas on 5-6-21



Expert Lecture in Pharmacy
Dr. Ajit Soni on 10-6-21



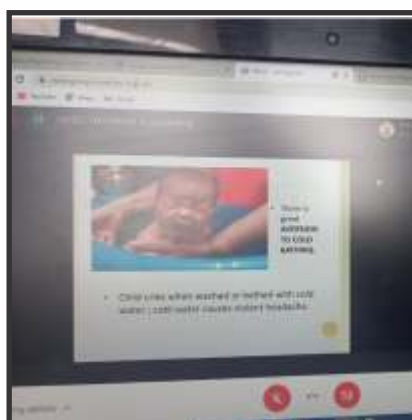
Expert Lecture in Physiology
Dr. Juhi Gupta on 18-6-21



Fourth Year Integrated Seminar in Medicine
by PIHR



Virtual Symposium
in FMT 10-6-21



Virtual Symposium
in HMM 29-4-21



**Visit to R P Patel
Institute of Homoeopathy**

EXTRA CURRICULAR ACTIVITIES



Doctor's Day Celebration
1-7-21



Gurupurnima Celebrations
24-7-21



Homoeoknights Inauguration
15-7-21



Poster Making on
World Hepatitis Day 28-7-21



World Environmental Day 5-6-21



World Yoga Day 21-6-21

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