

## Essential Hypertension and Its Homoeopathic Management: A Case Report

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**Abstract:** - Essential hypertension, or primary hypertension, is characterized by high blood pressure that arises from multiple factors without a single identifiable cause. It is also referred to as idiopathic or essential hypertension. Case summary: A 35-year-old male presented with a Headache throbbing type on the temporal and occipital region for 5 months, Sensation as it would burst. Desire to lie down silently headache increase from the sun, stress, and feeling better in open air, lying on the affected part, pressure, and bandaging the outcome was assessed using the Clinical Assessment Score Scale EQ-5D-5L scale for essential hypertension, yielding a score of 25, at the beginning of the medical treatment, the score on the scale was 5 indicating a positive correlation between the intervention and the outcome. This case highlights the potential efficacy of homoeopathic medicine managing cases of essential hypertension.

**Key words:** - Essential Hypertension, Blood Pressure, Homoeopathic Medicine, Homoeopathy

**Introduction:** - Treating Essential hypertension with anti-hypertensive and sedatives appeals to the logic of the common medical practitioner. The allopaths use anti-hypertensive and sedative drugs with discretion in case of Essential hypertension to save the patient from a possible, probable, or rather a certain catastrophe, that would take place if it were left alone. These anti-hypertensive drugs in the long runway prove unhelpful. Because of the harmful effects of Allopathic medication, we need to think of alternative treatments available. Homoeopathic treatment offers safe and effective management and treatment even a complete cure of the patient if the remedy is similimum. Here no need for continuous medication for lifelike Allopathy.

Homoeopathy operates on the "*law of similia*", which means "like cures like". The illness represents an imbalance in the harmonious connection between the physical body and the vital energy that promotes health.

Studying the sick man in all respects gives the concept of nature and cure of the disease in the individual. This principle is to treat the individual to bring the whole man back to a state of health. Thus, in the case of essential hypertension, homoeopathy focuses on the sick individual, not the disease. The totality and characteristic signs and symptoms exhibited by the patient lead the homoeopath to a perfect similimum.

**Definition:** - Essential, primary, or idiopathic hypertension refers to elevated blood pressure in the absence of secondary factors like renovascular disease, renal failure, pheochromocytoma, aldosteronism, or other sources of secondary hypertension or Mendelian conditions (monogenic).[1]

**Physiology:** - Blood pressure: (Physiology)

Blood pressure refers to the pressure exerted by the blood column against the walls of the arteries. The pressure is exerted when blood flows through the arteries. Generally, arterial blood pressure is referring as 'blood pressure'.

### Blood pressure is expressed in four different terms:

1. Systolic Blood Pressure
2. Diastolic Blood Pressure
3. Pulse Pressure
4. Mean Arterial Blood Pressure.

#### 1. Systolic blood pressure:

It is defined as maximum pressure exerted in arteries during systole of the heart.

Normal systolic pressure range between 110- 130 mm Hg.

#### 2. Diastolic blood pressure:

It is defined as the minimum pressure exerted in arteries during the diastole of the heart.

Normal diastolic pressure range between 60 -80 mm Hg.

#### 3. Pulse Pressure:

Pulse pressure refers to the difference between systolic and diastolic blood pressure. A normal pulse pressure is considered to be 40 mm Hg (calculated as  $120 - 80 = 40$ ).

#### 4. Mean arterial blood pressure:

Mean arterial blood pressure is the average pressure existing in the arteries. Mean arterial Pressure is the diastolic pressure plus one-third of pulse pressure. To determine the mean Pressure, diastolic pressure is considered more than systolic pressure. This is because the Diastolic period of the cardiac cycle is longer (0.53seconds) than the systolic period (0.27 seconds). Normal mean arterial pressure: 93 mm Hg ( $80 + 13 = 93$ ).

**Sign and symptoms:** - In the early stages, primary hypertension has no symptoms. Over time, blood vessel damage can start affecting your health.

- a) Blood in your urine (hematuria)[3]
- b) Blurry vision
- c) Chest pain and shortness of breath
- d) Dizziness and lightheadedness.
- e) Fatigue
- f) Mental fog [4]
- g) Nose bleed
- h) Severe headache

### Prevention

- i) Reduction in salt intake
- j) Reduction in fat intake
- k) Losing weight
- l) Regular exercise
- m) Quit smoking
- n) Reduction in alcohol consumption
- o) Learning how to manage stress [2]

**Treatment:** - The main goal of treatment is to prevent end organ damage and decrease the risk of mortality. Most adults with untreated hypertension develop increased arterial pressure over time. Even in its mildest form (i.e. with no evidence of any end organ damage), if hypertension is left untreated for 7-10 years, there is a high risk of developing significant complications. [2]

Homoeopathy seeks to address the root cause of high blood pressure whether at mental, emotional, physical or environmental levels. The following is a documented case demonstrating the potential role of homoeopathy as an effective treatment modality for a pathological condition like essential hypertension.[2]

**Patient information:** - A 35-year male is consulted at Jadon Homoeopathic Clinic Gower Chowki, Taj Ganj, Agra he presented with history headaches from 5-month, vertigo along with palpitations previously he takes treatment from allopathic doctor but after taking medicine he feels burning in the stomach even after taking antacids

### Present Complaints:

- Headache throbbing type on the temporal and occipital region since 5months
- Sensation as it would burst.
- Desire to lie down silently
- Aggravation -sun, stress
- Amelioration – open air, lying on the affected part, pressure, bandaging
- Vertigo along with palpitation
- Pricking sensation in the abdomen for 3 years
- <walking, movement
- >bending forward, lying down Soreness feeling in buttocks
- Burning in soles

### History Present complaints:

On taking history we find that patient Complaint arises after grief

**Past History:** - In childhood, there is an accident on his bike in which he had a Head injury and was admitted to the hospital for a few days

Dog bite at the age of 8 years

### Family History:

**Paternal Maternal:** -

- a) GF-DM2
- b) Father-DM2
- c) Mother-HTN
- d) Uncle -DM2

### Personal History:

- a) Diet – non-vegetarian
- b) Occupation- Pvt job (Bank)
- c) Live in nuclear family
- d) 2 children (Male)

**Physical Generals:**

- a) Appetite-increased, hot Food, intolerable
- b) Thirst-3-4 Glasses in a day, cold water
- c) Tongue – indented, moist
- d) Desire – salty ++, milk, mango
- e) Intolerance – strong odors, sun
- f) Thermal Reaction- Hot
- g) Sleep- Sound, On Side
- h) Perspiration- On back
- i) General tendencies: fear of height, thunderstorm

**Mental Generals: -**

Anger easily

Consolation amelioration

H/O Grief due to death of the grandmother Very attached to her

**General Survey: -**

- a) Appearance- Fair
- b) Nutrition- avg.
- c) B.P.-150/100mmhg
- d) Pulse-74/Min.
- e) Temperature-98.3
- f) Resp. Rate-20/Min.

**Provisional Diagnosis:** Anxiety Disorder, Migraine, HTN

**Confirmed Nosological Diagnosis:** HTN

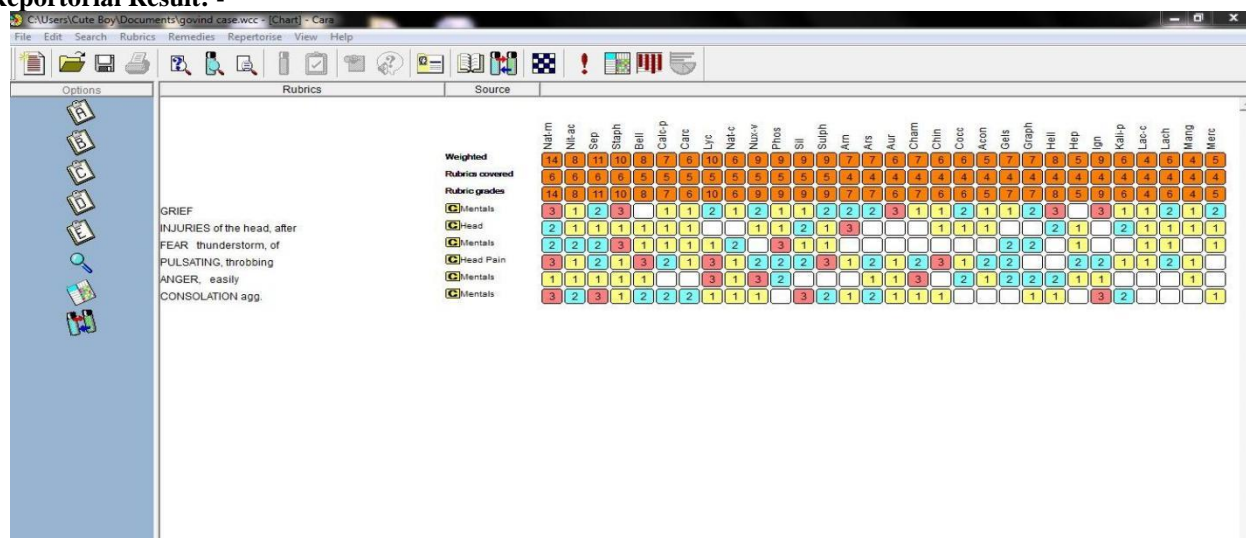
**Miasmatic Diagnosis:** Psora - sycosis

**The totality of Symptoms:** – The Basis of Evaluation:

- a) H/O Grief
- b) Vertigo with palpitation
- c) Aggravation from stress
- d) Temperature variation present
- e) Fear of thunderstorms
- f) Headache throbbing type
- g) Intolerance of sun

**Reportorial Totality: -**

1. Mental -grief
2. Head – injuries of the head-after
3. Mental – fear-thunder storm of
4. Head – pain -pulsating, throbbing
5. Mental – anger- easily
6. Mental – consolation - agg

**Reportorial Result: -**

1. Natrum Mur,
2. Nitric acid
3. Sepia

On the basis of the totality of symptoms, Natrum Mur 30 was selected

Date	Complaints	Prescription	Blood pressure	Remark	Score	
					Before Treatment	After Treatment
02/04/2023	Headache decreased, no palpitation	Natrum Mur 30 TDS	140/80	Improved	25	-
09/04/2023	Headache is increased on stress only	Natrum Mur. 30 TDS	140/80	Improved	-	20
23/04/2023	Headache mild +	Natrum Mur 30 TDS	130/80	Improved	-	17
07/05/2023	No headache	Natrum Mur. 30 TDS	130/70	Improved	-	10
21/05/2023	No headache		120/70	Recovered	-	6
04/06/2023	No more complaint	Placebo 30	120/80	Recovered	-	6
18/06/2023	No complaint	Placebo 30	120/70	Recovered	-	6
02/07/2023	Mild headache, palpitation	Natrum Mur. 200 Stat Placebo 30 TDS	140/90		-	18
16/07/2023	No complaint	Placebo 30 TDS	120/80	Recovered	-	6
30/07/2023	No complaint	Placebo 30 TDS	120/70	Recovered	-	6
13/08/2023	No complaint	Placebo 30 TDS	110/70	Recovered	-	6
27/08/2023	No complaint	Placebo 30 TDS	110/80	Recovered	-	5
10/09/2023	No complaint	Placebo 30 TDS	120/80	Recovered	-	5
24/09/2023	No complaint	Placebo 30 TDS	120/80	Recovered	-	5

**Follow up**

**Discussion:** - In 90% cases of essential Hypertension does not have define cause but in current scenario some physician while finding routine of course they start anti-hypertensive drug which will further on developing some new problem. A essential Hypertension will be mange primarily from alteration in life style and then from Homoeopathic medicine which was later on will be stop. Homoeopathic medicine was selected on the basis of totality of symptoms diagnosis will be done on the diagnosis criteria and for assessment purpose EQ- 5D-5L assessment tool for Essential hypertension scale used pre and post study

**EQ-5D-5L scale**

Under each heading, please tick the ONE box that best describes your health TODAY.

**MOBILITY**

1. I have no problems in walking about ☐
2. I have slight problems in walking about ☐
3. I have moderate problems in walking about ☐
4. I have severe problems in walking about ☐
5. I am unable to walk about ☐

**SELF-CARE**

1. I have no problems washing or dressing myself ☐
2. I have slight problems washing or dressing myself ☐
3. I have moderate problems washing or dressing myself ☐
4. I have severe problems washing or dressing myself ☐
5. I am unable to wash or dress myself ☐

**USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)**

1. I have no problems doing my usual activities ☐
2. I have slight problems doing my usual activities ☐
3. I have moderate problems doing my usual activities ☐
4. I have severe problems doing my usual activities ☐
5. I am unable to do my usual activities ☐

**PAIN / DISCOMFORT**

1. I have no pain or discomfort ☐
2. I have slight pain or discomfort ☐
3. I have moderate pain or discomfort ☐
4. I have severe pain or discomfort ☐
5. I have extreme pain or discomfort ☐

**ANXIETY / DEPRESSION**

1. I am not anxious or depressed ☐
2. I am slightly anxious or depressed ☐
3. I am moderately anxious or depressed ☐
4. I am severely anxious or depressed ☐
5. I am extremely anxious or depressed ☐

**Conclusion:** This case shows that if we prescribe homeopathic medicine based on the totality and individuality of symptoms, the patient's condition improves. After taking the homeopathic medicine, Natrum Mur 30, the patient felt better and was getting relief in his complaint but in between there was some halt in the improvement of symptoms where I had to increase the potency of the medicine and then Natrum Mur 200 was given after which his blood pressure came back to normal range. So, this case shows that homeopathic medicine is effective in cases of essential hypertension.

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