

## Case Report

# Homoeopathic Approach to Hypertension and its Miasmatic Background: An Observational Study

Ardeshir Tehemtan Jagose<sup>1</sup>, Krupa Sarvaiya<sup>2</sup>, Minal Raut<sup>3</sup>

<sup>1</sup>Yerala Homoeopathic Medical College & P.G. Institute, Sector 4, Kharghar, Navi Mumbai.

<sup>2</sup>Niramaya Hospital, Kharghar, Navi Mumbai, India.

<sup>3</sup>Shree Janata Homoeopathic Medical College, Akola, Maharashtra, India

### ABSTRACT

Hypertension is one of the most important lifestyle related disease. Its prevalence is ever increasing due to the stress and strain of modern lifestyle. Hypertension results in secondary organ damage and reduced life span if it is not diagnosed early and treated promptly. It often goes undetected resulting in high mortality rate. A clinical, non comparative study was undertaken to study and analyze the effectiveness of the homoeopathic system of medicine in hypertension. The study was carried out from January 2012 to January 2016. A total of 50 cases of Primary/Essential hypertension were taken including all age group of both sexes. Even complicated cases with other systemic diseases were included in the study. The result showed that the success rate was 86%. The fundamental miasm was syco-syphilitic in nature and the Dominant miasm at the level of expression varied with Psoric miasm 60%, Sycotic miasm 24%, Tubercular miasm 02% and Syphilitic miasm 14%. It was concluded that Constitution remedy is useful in a majority of cases. Acute remedies at times proved useful to control the acute exacerbation of high BP. At times mother tinctures proved useful to control the high blood pressure in conjunction with the constitutional remedy, especially in cases with a syphilitic load. Overall the results varied according to the expression engrafted on the fundamental miasm i.e. Psoric expressions - Good; Sycotic - Fair; Tubercular - Difficult and Syphilitic - Poor. However further validation by Randomized Control Trials (RTC) will prove useful.

**Keywords:** Hypertension, Miasms, Homoeopathic Medicines



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### Address for Correspondence:

**Dr. Ardeshir Tehemtan Jagose**

Yerala Homoeopathic Medical College & P.G. Institute, Sector 4, Kharghar, Navi Mumbai, India

**E-mail:** drajagose@hotmail.com

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### INTRODUCTION

'Hypertension' or 'high blood pressure' is a condition in which the blood pressure in the arteries is chronically elevated. The normal level for blood pressure is 120/80, and a blood pressure of 140/90 or above is considered hypertension. High blood pressure is called "the silent killer" because it often causes no symptoms for many years, even decades, until it finally damages certain critical organs. Hypertension may be classified as essential or secondary. Essential hypertension is the term for high blood pressure with unknown cause. It

accounts for about 95% of cases. Secondary hypertension is the term for high blood pressure with a known direct cause, such as kidney disease, tumors, or birth control pills.

#### Causes:

Though the exact cause of hypertension is usually unknown, there are several factors that have been highly associated with the condition. These include:

- Smoking
- Obesity or being overweight, Diabetes

- Sedentary lifestyle, Lack of physical activity
- High levels of salt intake (sodium sensitivity)
- Insufficient calcium, potassium, and magnesium consumption
- Vitamin D deficiency, High levels of alcohol consumption, Stress, Aging
- Medicines such as birth control pills
- Genetics and a family history of hypertension
- Chronic kidney disease

#### **Symptoms:**

There is no guarantee that a person with hypertension will present any symptoms of the condition. About 33% of people actually do not know that they have high blood pressure, and this ignorance can last for years. For this reason, it is advisable to undergo periodic blood pressure screenings even when no symptoms are present. Extremely high blood pressure may lead to some symptoms. These include:

- Severe headaches, Fatigue or confusion
- Dizziness, Breathing problems
- Irregular heartbeat, Blood in the urine

#### **Diagnosis:**

Hypertension may be diagnosed by a physician who measures blood pressure with a device called a sphygmomanometer. If the pressure is greater than 140/90, you will be considered to have hypertension. A high blood pressure measurement, however, may be spurious or the result of stress at the time of the exam. In order to perform a more thorough diagnosis, physicians usually conduct a physical examination and ask for the medical history of you and your family. Doctors will need to know if you have any of the risk factors for hypertension, such as smoking, high cholesterol, or diabetes. If hypertension seems reasonable, tests such as electrocardiograms (ECG) and echo cardiograms will be used in order to measure electrical activity of the heart and to assess the physical structure of the heart. Additional blood tests will also be required to identify possible causes of secondary hypertension and to measure renal function, electrolyte levels, sugar levels and cholesterol levels.

#### **Treatment:**

Treating hypertension is important for reducing the risk of stroke, heart attack, and heart failure. High blood pressure may be treated medically, by changing lifestyle factors, or a combination of the two. Important lifestyle changes include losing weight, quit smoking, eating a healthy diet, reducing sodium intake, exercising regularly, and limiting alcohol consumption. Medical options to treat hypertension include several systems of medicine namely Allopathy,

Ayurveda, Homoeopathy, Unani and Siddha. If blood pressure is successfully lowered, it is wise to have frequent checkups and to take preventive measures to avoid a relapse of hypertension.

#### **Prevention:**

Hypertension can best be prevented by adjusting your lifestyle so that proper diet and exercise are key components. It is important to maintain a healthy weight, reduce salt intake, reduce alcohol intake and reduce stress.

In order to prevent damage to critical organs and conditions such as stroke, heart attack, and kidney failure that may be caused by high blood pressure, it is important to screen, diagnose, treat, and control hypertension in its earliest stages. This can also be accomplished by increasing public awareness and increasing the frequency of screenings for the condition. Thus the basic aim of the study is to analyze the effectiveness of the homoeopathic system of medicine in hypertension.

#### **METHODOLOGY**

**Study Design:** Clinical Non-comparative study approach was advocated. Data was collected from our private clinic in Mumbai from January 2012 to January 2016. Informed consent was obtained from all the patients at the time of screening. The aim was to study and analyze the effectiveness of the homoeopathic system of medicine in hypertension. A total number of 50 cases were screened. The cases were classified in the following groups:

- 1) Asymptomatic (10 cases)
- 2) Recently detected as a main complaint. (3 cases)
- 3) Established cases of hypertension on allopathic treatment (30 cases)
- 4) Cases with complications. (7 cases)

#### **Inclusion Criteria:**

- All cases of Primary/Essential hypertension.
- All age group of both sexes were taken into consideration.
- Complicated cases with other systemic diseases.

#### **Exclusion Criteria:**

- All cases of Secondary Hypertension.
- Malignant Hypertension.

#### **Criteria of Assessment:**

Assessment will be based on general improvement of the patient at the mental and physical level including improvement in pathological findings of the patient. The patients were followed up at regular time interval of 15 to 30 days. The patients were monitored over a span of 4 years. The physical general symptoms of the patient would improve like sleep, restlessness, anxiety etc. The

presenting complaint would also reduce in intensity and duration. The blood pressure reading would gradually reduce and normotensive values would be achieved over a period of time. (Investigations would also reveal lower Serum Cholesterol especially LDL level)

**Plan of treatment:**

Homoeopathic treatment was decided as per the instructions given in Hahnemann’s Organon of Medicine. Auxiliary line of treatment was also implemented where in patients were advised to follow a healthy low fat diet rich in natural sources of vitamins and minerals. Restrict foods rich in saturated fats. Exercise and maintaining a healthy weight. Lifestyle changes were incorporated to reduce high blood pressure.

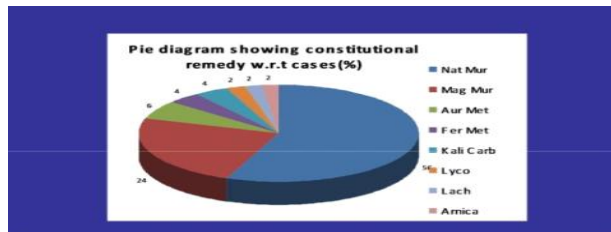
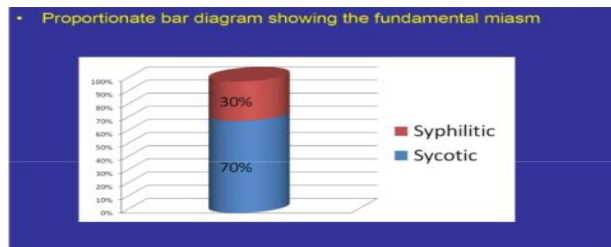
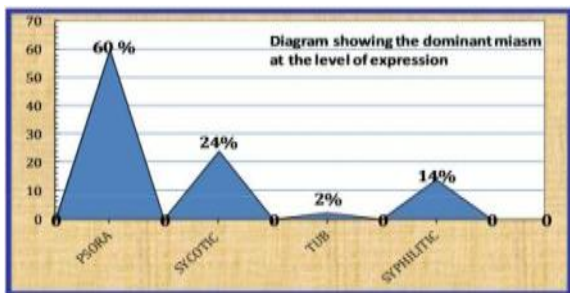
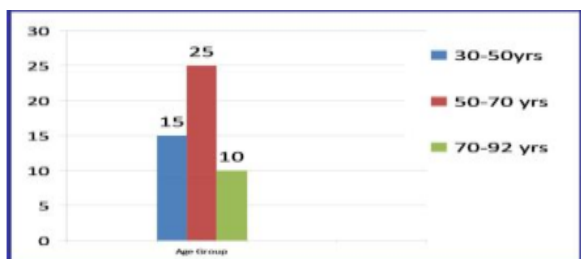
**Selection of Medicine:**

The medicine was selected according to the Totality of Symptoms in accordance with the phase of disease predominant at that point in time. Hence an acute or constitutional medicine was employed which was obtained from a GMP certified homoeopathic laboratory. At times mother tinctures were also used to take care of the hypertensive crisis which occurred due to an exciting or maintaining cause.

**Potency, Repetition and Route of Administration:**

Each case was individualized and according to the state of susceptibility exhibited by the patient at that point in time the potency was selected (Medium or High potency).The repetition was done keeping in mind the speed, pace, intensity and depth of the disease.(Single or Multiple dose stimulation).All medicines were administered by the oral route.

**OBSERVATIONS & ANALYSIS:**



**DISCUSSION:**

A total number of 50 cases were seen from age group 30 to 92 years of age. Male patients were 40 (80%) and female patients were 10 (20%).

The diagnosis of the disease was done mainly on clinical basis wherein the B.P. showed high values on 3 successive days or on 3 separate occasions. Appropriate investigations were also done for all cases - SMA12 +2 (renal function test, blood sugar, LFT), lipid profile and CBC. In a few cases (25%) ECG and funduscopy was also done.

The various clinical presentations seen from the above mentioned cases are:

- Asymptomatic (20%)
- Weakness, Lethargy (06%)
- Headache (40%)
- Anxiety with palpitations –gabrahat (15%)
- Restlessness (01%)
- Giddiness (02%)
- Blackness before eyes (01%)
- Black spots before eyes (01%)
- Epistaxis (14%)

The miasmatic load was studied under both heads of Dominant and Fundamental. In the study the dominant miasm at the level of expression varied with Psoric miasm 60%, Sycotic miasm 24%, Tubercular miasm 02% and Syphilitic miasm 14%. The fundamental miasm was syco-syphilitic in nature (70% sycotic and 30% syphilitic).

The approach of such cases can be basically divided into 2 groups - recently detected and established cases of hypertension on allopathic treatment.

In recently detected cases the Constitutional treatment was effective. In established cases of hypertension on allopathic treatment it presented with mixed picture of symptoms (aphorism 173-184) and evidence of suppression (may be seen). Hence perceive the unmodified picture of the

disease through the totality of symptoms and prescribe according to the phase of the disease at that point in time. In such cases acute, constitutional and even mother tinctures proved useful.

**Remedies used** were as follows:

**(I) Constitutional Remedies:** Used in all 50 cases (Expressed in %)

- Natrum muraticum (56%)
- Magnesium muriaticum (24%)
- Aurum metallicum (06%)
- Ferrum metallicum (04%)
- Kalium carbonicum (04%)
- Lycopodium clavatum (02%)
- Lachesis (02%)
- Arnica Montana (02%)

**(II) Acute Remedies:** Used in 37 cases (Expressed in %)

- Veratrum virde (27%)
- Belladonna (54%)
- Glonoine (19%)

**(III) Mother Tinctures:** Used in 7 cases (Expressed in %)

- Crataegus (28%)
- Passiflora (29%)
- Rauwolfia (43%)

**All the allopathic drugs were stopped** over a period of time with psoric, sycotic and tubercular expressions. (6 months to 2 years). It was difficult to taper the allopathic doses with the syphilitic miasm as the case did not respond.

**The complications were less** when the patient were on long term homoeopathic medication with respect to the dominant miasm of psora, sycosis and tubercular miasm.

#### **Diathesis:**

In Psoric diathesis – More prone to high blood pressure.

In Sycotic diathesis - Gradual rise in B.P. with atherosclerosis.

In Tubercular diathesis - Prone to fluctuations of BP readings

In Syphilitic diathesis - High value of BP with more complications.

**Acute remedies** at times proved useful to control the acute exacerbation of high BP.

**At times mother tinctures** proved useful to control the high blood pressure in conjunction with the constitutional remedy, especially in cases with a syphilitic load.

**Constitution remedy** was useful in a majority of cases (Hard labour on the part of the physician is absolutely essential. Organon reference aphorism no 148, foot note no 108 where the word “Roasted Pigeons” is used)

**Investigations** would also reveal lower Serum

Cholesterol especially LDL level.

#### **CONCLUSION**

Homoeopathic medicines were found to be useful in 86% of the cases in the management of established cases of hypertension. The quality of life improved with freedom from the allopathic medicines. Restoration of health was done in a gentle manner. As this was a clinical trial wherein no control was used, further validation by Randomized Control Trial is necessary.

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