

Integration of Homoeopathy with Non - Pharmacological Approach in Hypertension: A Narrative Review

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Abstract: *Hypertension is one of the major causes of increases in the global burden of the disease and premature death in Low- and middle-income countries. An integrated approach of Homeopathy along with the non-pharmacological treatment can treat the hypertension effectively. This article aims to demonstrate the integrated approach in hypertension in adults*

Keywords: Hypertension; Homoeopathy; Integrative Medicine

1. Introduction

Blood pressure is the force exerting by the circulating blood against the wall of the arteries. Hypertension is the increased blood pressure. Higher the blood pressure, the harder, heart has to pump the blood. Hypertension is the “silent epidemic” and it increase the burden of the disease globally. It is the major cause for premature death. The prevalence of hypertension is 1.13 billion worldwide.¹

The prevalence of the hypertension is increasing in low and middle-income countries around 31.5%, 1.04 billion of adults as compared to high income countries 28.5%, 348 million people.²

The prevalence of hypertension in India 11.3% and it is more higher males 13.8% as compared to females 10.9%. Prevalence in urban population 12.5% is higher than in rural population 10.6%.³

The risk factors of hypertension include diabetes, diet rich in sodium and low in potassium, physical inactivity, obesity, alcohol, smoking. The non-modifiable risk factors include genetics and family history, age, sex (males are likely to develop hypertension than females), race.⁴

Mostly hypertension is a “silent killer”. Most of the people are asymptomatic. People experience symptoms when blood pressure severe. Symptoms of high blood pressure include nosebleed, vision problems, severe headache, chest pain, difficulty in breathing, blood in urine, fatigue and confusion. Some people experience dizziness, nervousness, sweating, disturbed sleep.⁵

The investigations are done to assess the severity of the disease and the organ damage in order to prevent the adverse cardio-vascular events. The investigations include blood count, urine examination, Electrocardiogram, Echocardiography, renal ultrasound.⁶

The management is depending on the severity of the disease. Healthy life-style may prevent or delay the onset of disease

and also reduce the risk for adverse cardio-vascular events. For the stage -I life style modifications and pharmacotherapy if necessary is advisable. For stage- II and stage-III lifestyle modifications and pharmacotherapy is advised.⁷

Classification of Blood pressure for adults:

Normal <120/80

Prehypertension = 120-139 mm of Hg SBP; 80-89 mm of Hg DBP

Stage-I Hypertension = 140-159 mm of Hg SBP; 90-99 mm of Hg DBP

Stage II Hypertension = ≥ 160 mm of Hg SBP; ≥ 100 mm of Hg DBP

According to the Eighth Joint National committee (JNC 8) for the people more than 60 years of age; pharmacological treatment should be initiated when the systolic BP is < 150 and diastolic is < 90 mm of Hg. For the people less than 60 years of age the pharmacological treatment should be initiated when the systolic pressure is < 140 and diastolic is < 90 mm of Hg.

For the patients with chronic kidney disease and diabetes the threshold of the systolic and diastolic BP (i.e. 140/90 mm of Hg) is same as the patient with age of less than 60 years.⁸

Complications of uncontrolled Hypertension:

Hypertension can cause damage to heart, kidney. Complications include chest pain called as angina, Heart attack, Heart failure, Irregular heart beat and sudden death.

Heart attack occurs due to the lack of blood supply to the heart and cells die due to the prolonged period of lack of oxygen. The extent of damage to the heart is depend on the time that is lack of oxygen.

Heart failure is a condition where heart is incapable of pumping the blood to the heart and other vital organs.

Hypertension damages the kidney and causes kidney failure.¹

Hypertension integrative approach:

The integrated approach in the treatment of hypertension include conventional treatment, yoga, stress management, life-style modification. Lot of studies shown that non-pharmacological treatment like dietary management, stress management, yoga, life-style style modifications, weight-reduction reduces the blood pressure over 3 to 12 months suggesting that it can be alternative for pharmacological treatment.

Effect of yoga in hypertension:

Yoga is the practices that integrate the mind and body. Yogic relaxation and breathing practices facilitate the autonomic balance and enhance the baroreflex sensitivity. These practices have the positive effect in the reducing blood pressure, cardio vascular risk factors like obesity, lipid profile and glycaemic index.

Studies shown that yogic relaxation practices reduce the blood pressure significantly. In addition, continued regular practice of the yogic breathing for maintained 3 years reduces the blood pressure despite the reduced use of anti-hypertensive drugs.

Two RCTs shows that continued regular slow breath-awareness mediation reduced the SBP in adolescent age group.⁹

Effect of stress management in Hypertension:

The stress plays a significant role in reducing stress. The mindfulness-based stress reduction program is focus on the present situation, relaxation training. The study shows that reduction in SBP after doing the continued 2 months mindfulness technique.

Dietary approach in hypertension:

To reduce the blood pressure the diet should be enriched with whole grains, fruits and vegetables. The Dietary Approach to Stop Hypertension (DASH) diet encourages the consumption of more fruits, vegetables but less intake of red meat, sugar- sweetened beverages, less sweets, saturated fat.¹⁰

DASH diet include:

Vegetables about five serving / day

Fruits five meals/ day

Carbohydrates 7 serving/ day

Low-fat dairy product two serving/ day

Low- meat products two or fewer servings/day

Nut, seeds : 2-3 times / week.⁹

Studies also shown that implementation of Mediterranean diet reduces the SBP.

Management of Hypertension in Homoeopathy:

Homeopathy treats the patient not the disease. The totality of the symptoms helps the physician to select the similimum of the patient. Miasms are the constitutional tendency of the patient. The miasms are namely psora, syphillitis, sycosis and pseudo-psora.

Patients with the hypertension and psoric symptoms predominate experience angry, irritability, prolonged grief.

Patients with syphilitic miasm predominate leads to the damage to the vital organ like retina, kidney, brain, heart. Sudden death can happen these patients

In Sycoticmiasm there is excessive accumulation of fat, hypertrophy of organs, obesity. Pseudo-psora patients have symptoms like retinal haemorrhage, epistaxis.¹¹

Palliative treatment in Homoeopathy:

Mother tincture are prescribed for reducing blood pressure in acute cases. Few mother tinctures like *Crategus Q*, *Rauwolfia Q*, *Passiflora Q*, *Amyl nitrosum Q*, *Bartyamur Q*.¹¹

A double blind RCT by Sadhukhan et al (2021) shows that group difference was higher in Individualized Homoeopathic group as compared to placebo.¹²

2. Conclusion

Hypertension can be managed effectively with homeopathy along with strict dietary regulations, life-style modifications, yoga and stress management. For advanced cases integrated approach along with conventional medicine is recommended.

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Author Profile

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