



Case Report on Homoeopathic Management of Hypertension

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Abstract

Hypertension, or abnormally high blood pressure, is rising health concern with almost five million premature deaths attributed to hypertension every year. A case report of a 45-year-old male patient with hypertension treated with add on homoeopathic remedy *Lycopodium Clavatum* is described showing potential benefit of homoeopathy in integrated treatment approach to Hypertension.

Key word- Hypertension, *Lycopodium clavatum*, Homoeopathy.

INTRODUCTION

Hypertension is a growing global health concern affecting. The prevalence of hypertension rises with age. 19% of those over 60 were found to have hypertension. It may be primary and secondary. While secondary hypertension arises from identified and frequently treatable causes (Like constriction of aorta, kidney illness, adrenal gland dysfunction, and sleep apnea etc.), primary hypertension lacks any unique identifiable cause.^{1,2} Risk factors for hypertension include increasing age, obesity, high intake of salt, alcohol, saturated fats, lack of physical exercise etc.^{1,2}

The International Society of Hypertension recommends categorizing grade 1 hypertension for blood pressure (BP) levels below 160/100 mm Hg and grade 2 for higher levels. Hypertension can be diagnosed from a single reading of 180/110 mm Hg or higher with cardiovascular evidence, otherwise reassessment every 1-4 weeks is advised. Hypertension is identified when measuring blood pressure at home if the readings consistently show 135/85 mm Hg or higher. 24-hour ambulatory monitoring offers three criteria for diagnosing hypertension: an average blood pressure of 130/80 mm Hg or higher over 24 hours, daytime average of 135/85 mm Hg or higher, or nighttime average of 120/70 mm Hg or higher.³

Most patients are usually asymptomatic with almost 50% being unaware of their condition. Common complaints presented include headache especially throbbing or pulsating sensation in occipital region, palpitation, anxiety, fatigue and dizziness.

Homeopathy, an alternative medicine branch founded on the Law of '*Similia similibus curantur*', perceives disease as a dynamic disturbance affecting the entire body rather than a specific organ. It advocates holistic, total, and individualized approaches to health disease and cure. The wholistic approach doesn't target specific organs but addresses the entire body. Environmental and inherited factors influence an individual's experience and manifestation of disease, requiring personalized treatment. Homeopathic literature lists medicines for managing hypertension symptoms when prescribed on basis of homoeopathic principles.^{4,5}

Case Profile

A 45 years old married male patient reported in OPD of Dr. Girendra Pal Homoeopathic Hospital & Research Centre Sanganer, Jaipur on 29.07.2022. Patient was a diagnosed case of hypertension under conventional treatment since 1 year but has occipital headache persisting for six months. The pain is throbbing, aggravated by exertion and mental stress better by rest and meditation. Associated complaints reported were pain in eyes by straining the eyes; experiencing heartburn for the past 3-4 months; sour taste in the mouth in the morning and overall abdominal flatulence.

Family History : Father is a known case of Hypertension & DM II and Mother has OA

On complete case taking and processing following significant signs & symptoms were found (Table 1):

Physical General	Mental Generals	Physical Examination –
Craving for Sweets Constipation most often Thermal – Chilly patient Addiction - Alcohol and tobacco	Greedy and miserly Irritable with violent anger Dictatorial Critical & finds Fault in others	Pulse - 88/min Blood Pressure - 142/92 mmHg Height - 5'5 Weight - 79 kg

Investigation- CBC; Lipid profile, LFT & KFT–within Normal range

Repertorial Analysis Repertorial Totality (Table 2) with Repertorisation chart (Fig.1)⁶

Table 2: Totality of Symptoms	Repertorial Analysis																																																																																				
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10. Eye Pain from Straining eye																																																																																					
11. Flatulence after eating																																																																																					

Fig 1: Repertorisation chart

Medicine selection–Lycopodium Clavatum 30 tds for 10 days was prescribed on basis of repertorisation and after consultation with materia medica⁷⁻⁸.

General Management- DASH diet and moderate physical activity advised. Patient was recommended to continue conventional treatment

Table 3: Case follow up

Date	Symptoms	Prescription
5/8/22	Headache better by almost 50% B.P.- 130/84 mmHg; Flatulence and sour eructations decreased	Lycopodium clavatum 200/2 doses stat Nihilinum 30, TDS /15 days
21/8/22	No headache only heaviness sometimes. Flatulence and heartburn decreased BP- 132/80 mmHg	SL 200/1 dose Nihilinum 30, TDS /15 days
28/8/22	Flatulence recurred BP- 124/78mmHg	Lycopodium clavatum 200 1 dose Nihilinum 30, TDS /15 days
11/9/22	General condition better No complaints BP- 126/80 mmHg	Lycopodium 1M/1 dose Nihilinum 30, TDS /15 days
25/9/22	General condition better No complaints BP- 126/80 mmHg	Nihilinum 30, TDS /15 days

DISCUSSION

This case was treated with an integrated approach with homoeopathic medicine on basis of totality of symptoms and individualization and showed relief to the patient (Table 3). *Lycopodium* was initially prescribed in 30 CH potency but later 200 CH & 1M potency was prescribed. *Lycopodium* is a well known homoeopathic polychrest medicine with a wide sphere of action.^{7,8} Previous studies⁹⁻¹¹ on Homoeopathic intervention have demonstrated potential to benefit in cases of hypertension. Studies on integrated approach to hypertension can help to understand scope of homoeopathy and provide benefits to patients.

CONCLUSION

Many patients approach homoeopathy while under allopathic treatment. In cases like hypertension their conventional treatment cannot be stopped or avoided due to chance of aggravation. Homoeopathy can be used in an integrated manner on basis of totality of symptoms presented to provide better outcome for the patient.

CONFLICT OF INTEREST: NIL

ETHICS: Voluntary informed consent was obtained from patient.

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