

Editorial for the month of may 2011

HOMOEOPATHIC MANAGEMENT OF HYPERTENSION

It is very important that one should always treat hypertension not as a disease but as an individual who suffers from hypertension. The classical Hahnemannian method is always the golden rule to follow.

Hypertension in homoeopathic practice can be seen in two ways, either you are invited to treat acute crisis of hypertension for which I was lucky to have tremendous experience or one has to treat hypertension chronically where lot of allopathic drugs have been given and patient is not responding to increasing doses of the drugs or having side effects of the drug and hence he has come for homoeopathic consultations.

Unfortunately in our homoeopathic profession majority of the homoeopathic practitioners allow anti-hypertensive drugs with homoeopathy only that they themselves take anti hypertensive drugs for their own hypertension, I know a homoeopath who owns a large company of homoeopathic medicines but for his own hypertension he prefers allopathic drugs!!!! This is not right as allopathic drugs not only interfere with the action of the homoeopathic remedies but also produce an

artificial layer of drug on the vital force there by reducing the susceptibility of the patients. Sooner or later one has to taper off the dose so that an ideal cure is achieved.

Miasmatically if one looks at hypertension, it can be classified as psoric when the hypertension is purely due to an anxiety, nervousness or fear; such hypertensions do not need treatment, simple assurance or removing the circumstances from the patient's life can bring back the condition to normal, however if the situation persists for a prolong period then one needs an antipsoric remedy.

The same hypertension becomes sycotic when there are arteriosclerotic changes in the blood vessels bigger or smaller and also there will be an increase in the level of low density lipoproteins. This low density lipoproteins are the main lipoproteins that thickens the arterial.

Syphilitic hypertension comes when the arteries are hard like a cord and are fragile so that they are prone to rupture or may get totally obstructed producing different type of cerebro vascular disease.

The hypertensions I commonly see in my practice are syco-syphilitic in nature where you see collection of cholesterol deposits in artery with

tendency to produce apoplexy. Psoric hypertensions are seen by me but not so common. Many times the person who suffers from hypertension is quite asymptomatic and hence he will not give you many symptoms, the best bet in to treat such hypertension constitutionally depending heavily on his pre disposition and disposition, which includes his past, family history, his physical and mental makeup and finally his general symptoms.

Never try to reduce the allopathic medicine all of a sudden as it may produce severe aggravation. The method that I follow is that reduce $1/3^{\text{rd}}$ the dose in the first three months and $2/3^{\text{rd}}$ the dose in the next 6 months and later on just totally stop the dose. Blood pressure need not be monitor everyday but should be monitor with the same instrument and at the same time once in 15 days to know the effect of the homoeopathic remedies. Never tell the patient to buy an instrument and measure it in the house because this will make him measure his blood pressure every few hours which is very bad. Many psoric or nervous individuals keep an instrument in the house, you should always discourage such practices as it damages and hampers the homoeopathic treatment.

The biggest failure in homoeopathy to treat hypertension is that the homoeopaths are not able to find the right medicine which the patient

requires and hence the medicine given to the patient never brings the blood pressure under control. Another cause of failure is to consider hypertension as local malady and treat it with drugs like crataegus oxyacantha or rauwolfia serpentina physician who are in practice for more than twenty years I have seen are doing this!!!!

It is not good to take the rubric GENERALS-HYPERTENSION from the repertory when you are treating a case of hypertension because this will only bring common remedies which usually will not cure the case.

CASE 1:

This is an interesting case of a man who was 65 years old, he came to me with two complaints, the first complaint was bunions on his feet and the second complaint was fluctuating hypertension. Here fluctuating hypertension means that for some days his blood pressure will be quite controlled with allopathic medicines and for some days his blood pressure suddenly shoots up, he gets vertigo because of that and it remains for few days and then again comes back to its original position.

He was on calcium channel blockers i.e. Calcigard retard one tab two times a day and he was on Lortazan phosphate 50 mg one tab two times a day. So totally he used to take two types of anti-

hypertensive i.e. four tablets a day but even with that his blood pressure used to fluctuate.

He was a retired bank executive, retired from a very high post; he had a strong family history of heart attack, hypertensions and cerebro-vascular accident. He was a graduate from England later did his accountancy examinations in India and from a very young age he was successful, competitive, strong leadership qualities, egoistic, a good organizer and a good performer. By the time he reached 40 years he becomes second in the rank in his bank and at the age 48 he becomes the chairman of the bank. He was known for his discipline, he had an eccentric nature and hence people were afraid to approach him because sometime the response will be good and encouraging but sometimes the response will be too insulting and humiliating.

His wife mentions that he does not believe much in medicine and he takes medicine only out of a fear that he may have a heart attack or a stroke. He will always argue and quarrel with anybody and everybody if things do not go his way.

With vertigo he will always has to lie down with his eyes open, if he closes eyes his vertigo becomes worse. For years together he complains of ringing noise in the ear this happened when he was swimming one day when he was also suffering

from common cold ,also noises aggravate whenever he has cold and catarrh of upper respiratory tract. He also gets nausea which is better by eating.

He is chronically a constipated person, the stools are always soft. He has a bad bunion on his feet near the toes; he repeatedly gets it operated or scrubbed but it keeps on growing. They are extremely painful and as a result he gets severe cramps in the feet.

His main concern was his bunions and not his hypertension when he consulted me but when I offered him that homoeopathy treats the person as a whole and your hypertension will be controlled with the same medicine that I will use for bunions. He wanted to challenge the effect of homoeopathy, he says that I have never taken homoeopathy in my whole life and this will be a big challenge for me.

When I examined him his blood pressure was 160 systolic and 98 diastolic. His skin was wrinkled; his pulse was very strong and large, thumping on my fingers. His wife said that he also suffers from rheumatism but there are no modalities.

I tried various remedies like Ferrum metallicum, Lycopodium, Sulphur and Lachesis for first 4 months I could not control his hypertension as well

as bunion because the remedy that I was selecting was wrong.

Ferrum metallicum I had selected because he was competitive, quarrelsome, closing the eyes produces the vertigo, ringing in the ears, nausea better by eating, cramps in the feet, rheumatic pain and a strong pulse. But unfortunately Ferrum did not help the patient.

Then I went to Lycopodium because he was very egoistic, competitive, quarrelsome, constipation for soft stool, and it is a very important remedy for bunions on the feet, rheumatic pain and a strong pulse. But even Lycopodium did not help the patient.

Then I went to Sulphur because it shares many common symptoms with Lycopodium. Finally Lachesis was given because he had a tendency to refuse to take the medicine. Lachesis patients especially chronic ones do not have faith in medicine because they always feel that all the medicines will do more harm to them so they avoid taking medicines. You may refer the rubric 'MIND-REFUSING-medicine; to take the' and you will see Lachesis inside. But unfortunately Lachesis also in different potencies did not help.

What is most important thing in this whole case is his egocentric nature, e.g. he always felt that he is

intelligent, successful and knowledgeable, his eccentric nature, his nature to refuse the medicine, as I mentioned earlier he only wants to take the medicine out of fear and not out of his need.

I restudied his case from Encyclopedia Homoeopathica and I saw that Veratrum viride also covered many non hypertensive symptoms i.e. the chronic picture. I had in the past never used this drug as constitutional remedy.

I started with Veratrum viride 30C in this case and I went all the way up to 50M in next one year, I advised him not to cut his bunion or scrap it or not to put some local medicines on this but allow the bunion to heal from internally. I also asked him not to take any laxatives for his constipation , I advised him not to even regularly measure his blood pressure but come to my clinic once in 15 days just to measure it.

He followed the rule very religiously and within nine months I could chop out his Calcigard retard totally and his bunion became 50% less. In the next 6 months I decreased his Lortazan phosphate to half the dose that is 50 mg instead of 100 mg and I asked him to continue this another 6 months. His vertigo was much better there was no episode for last one year of any hypertension

crisis, in fact at the end of 14 month of homoeopathic treatment his blood pressure was in the range of 140 and 145 instead of 160 systolic and the diastolic blood pressure was in the range of 88 to 94. It never went to 98; this was a very good sign. His ringing in the ears which was his oldest symptom ever since he was 30 years old was coming less frequently, his nausea totally disappeared and the last prescription of *Veratrum viride* that he received was *Veratrum viride* 50M one dose every week. I never asked him to do any other therapy along with homoeopathy because I wanted to see the effect of homoeopathic medicine in this particular case.

As you know *Veratrum viride* comes from the natural order of botanical family Melanthaceae. This plant is extremely similar to its sister plant *Veratrum album*, basically this plant contains an alkaloid known as Jervin and Veratroidine and they are very strong cardiac sedatives acting directly on the heart or the nerves that supply the heart. It reduces the force of the heart beat and there by reduces the blood pressure. I have used this very successfully in pneumonia, pleurisy, and rheumatism but the most important condition where I have used it mostly on the constitutional basis in the cases of chronic hypertension or in cases of acute cerebro-vascular accident.

The most important thing is the concomitant of nausea vomiting and congestion, if you find these three things in a case of stroke or in a case of an infraction or in a case of any cardiac complication including hypertensive crisis then Veratrum viride is the drug of choice. Like that you can use many remedies like Belladonna, Ferrum metallicum, Gelsemium, Glonoinum, Helleborus niger, Lachesis, Melilotus officinalis, Phosphorus and Sanguinaria for an acute stroke but this concomitant of nausea vomiting and congestion is peculiar to Veratrum viride only.

Another most important thing is the prostration along with a dry or moist or white or yellow tongue. In acute situation the Veratrum viride patient may be either confused or stupefied but in a chronic situation the patient can resemble an egoistic person or domineering or dictatorial person who feels that he has an infinite knowledge or he is a great person, he has lot of knowledge and people should obey and respect him.

They are very thirsty like Veratrum album but many times drinking brings on excessive vomiting.

Another very useful indication that I would like to share with you is the pulse which usually very strong, the heart beat is very loud and the whole arterial system is in a state of excitement.

CASE 2:

The next case is of a 55 years old woman; she had married and has two elder daughters and one elder son. She was a painter and a housewife. Her husband was a businessman when she came to me she had 3 major problems 1st unstable hypertension 2nd alcoholism with early cirrhosis of liver and the 3rd was glaucoma. These were her 3 main complaints; she was already on allopathic medication for all the above complaints excepting alcoholism for which she was taking no drugs.

She comes to my clinic expecting some miraculous drug to stabilize her blood pressure. She was on beta blockers and she was also on the drug Verapamil one tablet 2 times a day. She says that her doctor's plans to change this drug as her liver functions are getting deteriorated. Verapamil is calcium channel blocker and it works by relaxing the muscle of the heart and blood vessels. She wanted a substitute in homoeopathy for that I said we do not have any substitutes like that but we can treat your constitution as a whole for all the above problems.

She comes from Gujarat, her childhood was very peaceful, her father used to own farms and lands, there was no problem, and the upbringing was secured safe and full of luxury. At a very early age of 21 she gets married after marriage she stays within a big family where lot of responsibilities

come to her she was not accustomed and not experienced to live her life in this way, and hence she took time to adjust. By the time she was adjusting she gets pregnant and she gets added responsibility and she now just cannot cope up. This is the time when the hypertension starts in her life and this was the same time when alcoholism also starts, she starts drinking alcohol to give her courage and support.

Her husband was extremely busy businessman, they had everything that money could buy but their life was full of stress managing such a large joint family of 30 members living in large bungalow.

The relationship with husband was good but the husband was busy and hence she could not discuss many things with her husband which she wanted to; her problems her grief her anxieties. She is an extremely nervous person but she has a bad anger she can speak anything rudely on the face of the person immediately.

Her biggest mental shock came early in her life when the husband was diagnosed with the myocardial infarction this came as a shock, she suddenly realizes that what will happen to her if he dies!!! As she does not have that kind of capacity to run his business. Also after being diagnosed with hypertension she was always worried about

her health that she will die soon because nobody gets cured with hypertension.

She was always in an excitable and quarrelsome state, she has an argumentative nature, she would love to fight, and was very obstinate in her views. When the pressure goes above 180 systolic and 100 diastolic she develops a dull ache in the occipital region that surrounds the whole head gradually or she will get the pain in the occiput which extends to the forehead and the eyes; and at that time she has to lie down, she cannot do any household work at that time and she needs to rest. After the husband's sickness they decide to stay separately but once she stayed separately she does not maintain much relation with the relatives of the husband. She has a weakness of the memory especially for the names.

This was the time when she develops glaucoma for which she is putting Timoptol eye drops. Because of her abnormal liver function she has a constant sensation of vomiting and nausea with a sour taste immediately after eating. She is a known case of gastro-esophageal reflux for which she takes antacids. When she lies down in the bed she gets cramps in the calf muscles and the feet become cold so she needs to cover her feet a lot with blanket. But in general she is a hot patient and she likes cold air she likes cold air from the wind she likes cold air from the winters she likes cold air

from the air-condition she needs a lot of cold air. She has a desire for sweets and a strong aversion to meat. She was a Muslim and hence aversion to meat was a characteristic because the Muslims are basically meat eaters.

This was the history available to me when I first saw her in my clinic. The cardiologist was worried that if she does not stop this tablet and goes to a higher generation of the antihypertensive drug she will invite problem. The cardiologist wanted her to take the tablet Telmisartan.

When I examined her I saw her face quite suffering; The sides of the tongue was red, her blood pressure was 165/98 mmHg.

To me she was very friendly and nice but her son and daughter who accompanied her in my clinic (son was medical doctor) said that our mother is very rude, she can speak anything on anybody's face if she is angry she does not care and these days she lives with the fear that she will die because she already has an abnormal liver function test with high liver enzymes and the cardiogram changes shows ischemia.

I studied her case and I gave her a remedy Anacardium because there was alcoholism, there was nervous excitement, her obstinate nature, wants to fight, weakness for memory, dull pain in

the head, sensation of nausea and vomiting constantly, hot patient and desire for sweets. I put her on Anacardium but that did not give her any relief so the next prescription I gave her was Opium.

Opium I prescribed basically because of the shock that she got after her husband's infarction, with history of alcoholism, nervous excitement, obstinacy, heaviness of the occiput, glaucoma, the sides of the tongue are red, constant nausea sensation, hot patient with aversion to meat and desire for sweets. I tried in different potencies but it never helped.

This time I was thinking of a remedy which has a mental shock with alcoholism with excitement but with strong fear of impending death, a person who is quite different to her relatives with heaviness in the occiput that extends anteriorly the sensation of nausea and vomiting with cramps in the calves especially when in the bed and the coldness of the feet in the bed. This time I prescribed her Secale cor 30, I asked her to see me after a month, I gave her 3 times a day from the 5 cup method. She responded very beautifully to Secale cor after a month she said there was a marked change in all her complaints including the cramps nausea, heartburn, the sour taste, there was no episode of hypertensive crisis, in fact she says twice she got her blood pressure measured and the blood

pressure was quite good, it came in the range of 150 and the diastolic was in the range of 95. I said - good that we never went to a higher generation of antihypertensive drug i.e. Tab Telmisartan and we will now try to reduce your dose of Verapamil by half and go to Secale cor 200 for next 2 months.

Again for next 2 months I saw that there was more control in blood pressure, headache and the cramps. I talked a lot with her and she said – for the first time my anxiety levels have gone down, my excitement levels have gone down and now I drink alcohol occasionally or on a social occasion otherwise normally before starting homoeopathy I used to drink alcohol 3 times a week. I continued Secale cor for 3 more months there by reducing the dose of Verapamil to one fourth.

When I totally stopped Verapamil after 6 months I went to Secale cor 1M and I told her to take 1M one dose every single day, later on I tapered off Secale cor from once daily to 2 times a week. Her liver function test especially the GGTP which was in the range of 150 or 160 or 180 almost came down to below 100, her SGPT which was in the range of 120 or 150 came down to 60 with homoeopathy, her gastro-esophageal reflux was much better, the taste was normal, she was more friendly and less angry, and there was an overall improvement in her condition.

Secale cor as you know basically a fungus, it's a nosode which is prepared from the ergot. It has been used by me in my practice in different conditions; mostly I used it in gynecological conditions, neurosis and cardiovascular disorders.

What I see here is the great restlessness almost like Arsenic album and they are quite abusive, rude and insulting to others, this is very important aspect. They may be having a good heart but at that particular time when they are angry they can insult you a lot. They are always having a fear that they will die because of their disease condition. They are very hot, externally they may feel very cold but from within they are very hot. They crave for cold drinks, ice, acidic drinks, sour drinks, they crave for sweets, sugar but the same time they have a strong aversion to chocolate. They are usually worse in a warm room and they do not like much covering. They have a history of alcoholism which is very strong in them.

I have also found Secale cor useful in chronic cases of vertigo.