

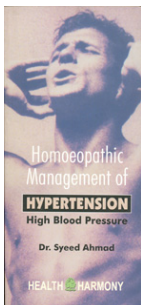
Sayed Ahmad

Homeopathic Management of Hypertension

Leseprobe

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von [Sayed Ahmad](#)



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What is Blood Pressure ?

Blood pressure is the pressure exerted by the flow of blood on the walls of the blood vessels.

When a liquid is pumped through a hollow tube, it exerts pressure on the walls of the tube. The pressure so exerted, depends on:

- a. The force with which the liquid is pumped.
- b. The "diameter of the tube" and
- c. The "amount of liquid" flowing.

The pressure can be raised by increasing the force with which the liquid is pumped or by increasing the amount of liquid flowing through the tube. A reduction in the diameter of the tube also increases the pressure as it offers more resistance to the flow.

What happens in the case of a pump and a hollow tube is also applicable to the heart, the blood vessels and the blood. Therefore, increase in the force with which the heart pumps the blood, increase in the amount of blood or reduction in the width of blood vessels, can all lead to a rise in blood pressure. Reversal of these changes produces a fall in blood pressure.

During systole, the muscles of the ventricles contract, thus pumping the blood into circulation. The blood pressure at this stage

is more and is referred to as 'Systolic blood pressure'. During diastole, when the muscles of the heart are in a state of relaxation of the blood flows in unobstructively, the pressure is lower and is referred as the 'Diastolic blood pressures'.

If the systolic blood pressure is 140 mm Hg and diastolic blood pressure is 90 mm Hg it is written as 140/90 mm Hg.

Normal Blood Pressure

Blood pressure depends on various factors such as - the age, sex and built of the patient, mental and physical activity, sleep etc. Thus it is difficult to determine the exact value of normal blood pressure. However, according to the consensus, among doctors, systolic blood pressure below 140 mm Hg and diastolic blood pressure below 90 mm Hg in an adult is considered normal. In adults, the normal average systolic blood pressure is 120 mm Hg (range 110 to 140 mm Hg) and average diastolic blood pressure is 80 mm Hg (range 70 to 90mm Hg).

Variation of Blood Pressure under normal conditions

Many normal factors affect the blood pressure. These fluctuations do not indicate any blood vessels or heart disease.

- a. After a good night's sleep, the blood pressure is low.

Homoeopathic Treatment for Hypertension

In treating patients homoeopathically one must also consider, as far as possible the factors which predispose to hypertension. For brevity these are listed below:

Factors which **predispose to hypertension.**

1. Heredity — Family history, race, sex, genetic differences affect fibrinolytic activity.
2. Cortical drive — "Get on at any cost" types. General degree of stress to which exposed increased.
3. Emotional — Reaction to prolonged anxiety. Hyper-reactive responses which derange the baroreceptor reflexes with repetitive stimulation.
4. Over-weight — From excessive calorie intake. Excessive sodium intake or retention.
5. Smoking tobacco - Raises the free fatty acid level.
6. Lack of exercise.
7. Soft water and residue diet.
8. Common accompaniments - baldness early arcus senilis, xanthelasmata.

Homoeopathic Remedies for Hypertension

ACONITUM NAPELLUS

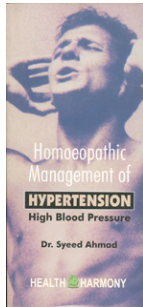
Palpitation of the heart, with great anxiety, body hot especially the face, and great weariness in the limbs. Shooting pain and stitches in the region of the heart when moving or going upstairs. Oppressed breathing on moving fast and ascending stairs, congestion of the head; attacks of fainting and tingling in the fingers. Pain as if from a bruise on the sternum and its sides. Chronic diseases and inflammation of the heart. Pulse, full hard, tense and bounding; sometimes intermits.

Fearful anticipations of approaching death; predicts the day he is to die. A strong disposition to be angry, frightened, and to quarrel. The least noise, even music, appears unbearable.

Vertigo, worse on rising. Pulse full and bounding, almost incompressible. Pain is intolerable; it drives him crazy.

Bitter taste of everything except water.

Causation: Anxiety. Fright. Disappointed love. Business failure. Over-exertion. Child bearing.



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