

"Hypertension Decoded: A Homeopathic Handbook"

Hypertension, often called the "silent killer," affects millions of people worldwide, posing serious health risks if left untreated. While conventional treatments are widely available, many patients look for holistic alternatives that go beyond managing symptoms to address the root causes of this condition. This is where homeopathy stands out, offering a personalized approach based on the individual's unique constitution and underlying tendencies.

Whether you're an experienced homeopath or a practitioner new to the field, this handy resource aims to serve as a quick reference and guide, helping you navigate the complexities of treating hypertension in your patients. By combining classical homeopathic principles with modern insights, this booklet seeks to enhance your clinical practice and improve patient outcomes.

We hope this guide becomes a valuable tool in your practice and helps you make a meaningful difference in the lives of your patients.

The classical way of treating essential HTN

These are the processes that have been mentioned in homeopathic literature added by different stalwarts from time to time. The following are examples of major ways of getting a choice of medicine in the case of essential HTN.

1. Keynote prescribing
2. Pathological prescribing.
3. Prescription using the totality of symptoms

1. Keynote prescribing

Keynotes are the important, characteristic symptoms of medicine that have been clinically proven. When medicine is selected based on these symptoms, it is called keynote prescribing. Some medicines having keynote symptoms in the domain of blood pressure are given.

Table- Keynotes symptoms of some medicines on HTN.

Medicine	Symptoms/indication
<i>Adonis vernalis</i>	A heart medicine after rheumatism or influenza, Bright's disease, or kidney affections. Where the muscles of the heart are in a stage of fatty degeneration, which regulates the pulse and increases the power of contractions of the heart, with increased urinary secretion. Most valuable in cardiac dropsy. Low vitality with a weak heart.
<i>Allium sativum</i>	This is a medicine for high blood pressure with high cholesterol levels. This medicine helps in reducing cholesterol levels as well as lowering blood pressure. Other symptoms include pain in the chest that prevents sleep and leads to palpitations. It has vasodilatory properties.
<i>Amylenum nitrosum</i>	Palpitations of the heart and similar conditions are readily cured by it. Precordial anxiety. Tumultuous action of heart pain and constriction around the heart. Headache and flushes of heat, with anxiety and palpitation, are the keynotes for prescribing.
<i>Aurum metallicum</i>	Mental depression, suicidal tendencies, and cardiac symptoms are indicative of this drug—high blood pressure.
<i>Baryta carbonicum</i>	Drug for old age. HTN, senility, and senile behavioural changes are good indications.
<i>Baryta muriaticum</i>	HTN, where the systolic pressure is high and diastolic pressure is too low.
<i>Cactus grandiflorus</i>	HTN with cardiac involvement. The typical angina pain and constriction feelings are indicative.
<i>Conium maculatum</i>	HTN of old bachelors and old maids. Arteriosclerosis.
<i>Crataegus oxyacanthus</i>	Said to have a solvent power on crustaceous and calcareous deposits in arteries. HTN with cardiac symptoms such as palpitation on slight exertion and dyspnoea. Insomnia.
<i>Glonoina</i>	HTN with congestion in the brain causes severe headaches. Climacteric HTN with congestion in the head. Headache having a haircut. Threatened apoplexy.
<i>Kalium iodatum</i>	HTN with syphilitic origin. The typical lancinating pain in the head and bone pains, along with HTN, are indicative.

Medicine	Symptoms/indication
<i>Kalmia latifolia</i>	Fluttering of heart with weak, slow pulse and anxiety. Palpitations were worse leaning forward. Gouty and rheumatic metastasis of the heart. Tachycardia, with pain (angina pectoris). Heart's action tumultuous, rapid, and visible.
<i>Lycopodium clavatum</i>	HTN with gastric irritation and flatulence. Craving for sweets and warm food and time modality are indicative.
<i>Natrum muriaticum</i>	It is a great drug for many constitutional diseases such as hyperthyroidism, goitre, Addison's disease, diabetes, and HTN therefrom. The headache, craving for salt, mental irritability, and emaciation are indicative.
<i>Natrum iodatum</i>	Syphilitic cases (tertiary syphilis), angina pectoris, vertigo, dyspnoea, and endocarditis.
<i>Phosphorus</i>	Tall, intelligent, hypertensive people with cravings for ice-cold things. Warm food is rejected by the stomach. Haemorrhages in hypertensive patients where blood does not easily coagulate a lack of fibrin.
<i>Strontium carbonicum</i>	High blood pressure with a flushed face. Pulsating arteries threatened apoplexy. Complaints > immersing in hot water < cold.
<i>Vanadium</i>	A good remedy for degenerative conditions of the liver and arteries. HTN with symptoms of gastrointestinal irritation such as anorexia, nausea, and vomiting. Arteriosclerosis feels fullness and compressed sensation in the heart, atheroma of arteries of the brain and liver.

2. Pathological prescription

This type of prescription targets the disease pathology and is generally used in low potency or mother tincture form.

Table- Medicines frequently used in HTN on the basis of pathology

Medicine	Symptoms/indication
<i>Prunus virginiana Q</i>	Whenever there is chamber hypertrophy or ventricular strain indicated in ECG.

Medicine	Symptoms/indication
<i>Pituitrinum</i> 200	For cases of HTN with coronary artery disease.
<i>Rauwolfia serpentina</i> Q	Violent congestion, bursting throbbing headache, and haemorrhage from nose have proved clinically useful in HTN.
<i>Amyl nitrosum</i> Q	Acts as vasodilator. It relieves all conditions resulting from spasmodic constriction of blood vessels.
<i>Allium Sativa</i> Q	Causes thinning of blood and also works as a diuretic, thus lowering the BP.
<i>Passiflora</i> Q	Relieves nervous tension, acts as a relaxant, and relaxes the blood vessels.
<i>Spartium scoparium</i> Q	Acts as a diuretic, useful in case of renal HTN and HTN with oedema.

3.Prescription using the totality of symptoms

Here, the remedy is selected based on matching the patient's totality of symptoms with the symptoms of the medicine. While drawing the totality of symptoms, one must consider the weightage of other factors such as miasm, constitution, accessory circumstances, and probable cause if they are found prominent. A case of essential HTN may be psoric, psychotic, or syphilitic, whose indicating symptoms may be found in the literature on miasms. Until the chronic miasms are put in a latent state, chronic diseases like essential HTN are not cured. After chalking out the totality of symptoms, referring to repertories and Materia Medica is important for selecting the correct remedy.

Miasmatic Approach to Hypertension in Homeopathy

Homeopathy, with its foundational philosophy rooted in the miasmatic theory, provides a unique lens to understand and treat hypertension. According to Dr. Samuel Hahnemann, miasms—psora, syphilis, and sycosis—represent underlying chronic disease tendencies that influence an individual's susceptibility to illness. When applied to hypertension, the miasmatic approach helps classify and individualize treatment based on the patient's predisposition, causative factors, and symptom expression.

Psoric Hypertension

Psora, the miasm of deficiency, is often linked to functional disturbances without structural pathology. In hypertension, psoric cases typically present with stress-induced or emotional hypertension. These individuals may experience anxiety, fear, or hypersensitivity to stressors. The hypertension is mild to moderate and responds well to constitutional remedies that address the mental-emotional axis.

Key Remedies: *Ignatia*, *Lycopodium*, *Natrum muriaticum*, *Pulsatilla*

Syphilitic Hypertension

Syphilis, characterized by destructive tendencies, correlates with advanced pathological changes. Hypertension of syphilitic origin often manifests as malignant or secondary hypertension with severe complications, such as vascular aneurysms, hemorrhages, or renal failure. These cases typically involve irreversible structural damage.

Key Remedies: *Aurum metallicum*, *Mercurius solubilis*, *Plumbum metallicum*, *Crotalus horridus*

Sycotic Hypertension

Sycosis, associated with overgrowth and accumulation, manifests in hypertension linked to metabolic syndromes, obesity, or arteriosclerosis. These patients may have water retention, sluggish circulation, and a tendency toward chronic inflammation. The sycotic miasm often governs essential hypertension due to lifestyle factors or hereditary predispositions.

Key Remedies: *Thuja occidentalis*, *Natrum sulphuricum*, *Medorrhinum*, *Argentum nitricum*

Mixed Miasms in Hypertension

Many cases exhibit a combination of miasmatic influences, reflecting the complex nature of chronic diseases. For instance, a patient with a psoric disposition may later develop sycotic features like obesity, followed by syphilitic tendencies leading to organ damage. Mixed-miasm cases require deep constitutional treatment and careful selection of remedies to address the dominant miasm at various stages.

Clinical Differentiation

The miasmatic approach aids in identifying the root cause of hypertension:

- **Psoric:** Stress-induced, functional, emotional triggers.
- **Sycotic:** Lifestyle-related, metabolic, hereditary tendencies.
- **Syphilitic:** End-stage, destructive pathology.

By applying this framework, practitioners can effectively differentiate cases, understand progression, and tailor individualized treatments.

Conclusion

The miasmatic approach in homeopathy transcends symptomatic treatment by addressing the underlying predisposition and guiding constitutional therapy. It not only helps manage hypertension effectively but also prevents further complications by treating the patient holistically. This method underscores the essence of homeopathy—individualized care rooted in a profound understanding of human pathology.

It becomes obvious that those remedies that affect blood and circulation and those that contribute to the condition would be very applicable. Below are some remedies you may find useful, but does not complete the list of all remedies that could be applicable:

- **Adrenalinum** – Bronzed skin. Rapid pulse. Rapid emaciation. Contracts dilated blood vessels.
- **Coffea Cruda** – Hyperactive mind. Sleepless from excitement. Oversensitive. Intolerance to pain. Consolation or sympathy aggravates.
- **Crataegus** – Weak heart. Weak constitution. Sudden weakness. Hurried feeling with rapid heartbeat. Mental confusion.
- **Cortisonum** – Unstable moods alternating between euphoria and melancholy. Alternating excitability with fatigue and weariness. Heavy, confused, irritable, impatient. Memory weak.
- **Digitalis** – Slow, irregular, and intermittent pulse. Fluttering of the heart. Anxiety about the future. Every emotional shock strikes him in the epigastrium. Ill effects of high living. Sensation as if the heart stood still.
- **Glonoinum** – Bursting or expanding sensations. Vertigo on rising. Head feels like it will explode. Surges of blood felt in the body. Violent pulsations. Frantic with pain. Loses himself in well-known streets. Shock, sudden attacks of terror. Afraid to go out into the street. Very irritable. Head heavy, but cannot lay it on the pillow.
- **Lachesis** – Great loquacity. Jealousy. Jumps from subject to subject. Religious insanity. Fears to sleep, that the heart will stop. Derangement of time sense. Wants to be off or hide. Morning aggravations. Left sided. Better from a discharge.
- **Natrum Muriaticum** – Ill effects of grief. Retention. Consolations aggravates. Cannot cry or weep in front of others. Hatred of those who offend them. Excess sodium intake, desire salt.

- **Nux Vomica** – Overindulgence. Too much mental work and lack of physical exercise. Too much alcohol. Irritable. zealous, fiery temperament. Dictatorial. Very sensitive to light, sound, and odors. Impatient. Angry. Spiteful. Reproaches others. Consolation aggravates.
- **BELLADONNA**– Violent palpitation, prolonged echoing sound in head with laboured breath. Palpitation from least exertion. Throbbing all through the body. Skin flushed and hot. Anxiety or fear; no thirst. Vertigo with falling on the left side or backward. Worse from touch, noise, jar and lying down.
- **RAUWOLFIA SERPENTINA**– High blood pressure without marked atheromatous changes in the vessels. It also acts as a sedative.
- **CRATAEGUS OXYACANTHA** – Pain in region of heart and under left clavicle. Heart muscles seem flabby, worn out. Heart dilated; first sound weak. Pulse accelerated, irregular, feeble, and intermittent. Valvular murmurs. Cutaneous chilliness, blueness of fingers and toes; all aggravated by exertion or excitement. Faintness and collapse. Heart failure in hypertrophy and valvular disease ^[7].
- **CONIUM MACULATUM** – Anxious sensation with rapid action of the heart. Pressure at times in the praecordial region, as if the heart would be pressed down, with oppressed breathing (third day). Dull stitches above the heart on deep inspiration, although also soon afterwards on every motion of the body. Flying stitches and tearings, at one time in the cardiac region, at another in the hands, head, and legs. Palpitation on rising, after a stool, with intermissions in the beats of the heart, and after drinking.
- **VERATRUM ALBUM** – Violent palpitation of heart, which pushes out the ribs, with choking, and severe fits of anxiety in praecordium. Pulse slow, almost lost. Great activity of arterial system. The blood runs like cold water through the veins.
- **STRONTIUM CARBONICUM**– High blood pressure with flushed face pulsating arteries, threatened apoplexy.
- **STROPHANTHUS HISPIDUS**– It is a muscle poison; it increases the contractile power of all stiped muscles. Acts on the heart, increasing the systole and diminishes the rapidity. May be used with advantage to tone the heart and run off dropsical accumulations. In small doses for weak heart, it feels enlarged. In mitral regurgitation, where oedema and dropsy have supervened.
- **VIPERA BERUS**- violent pain in chest with Chilliness, bloating up of chest, with difficulty of breathing, violent congestion to heart, he tears his clothing open, with excessive sensation of sickness in abdomen, anguish about heart, numbness and lameness of upper extremities.
- **SCUTELLARIA LATERIFOLIA**- Irregular action of the heart, from derangement of the cardiac plexus, tremulousness and twitching of the cardiac muscels, oppression of the chest with a sticking pain on cardiac region, sensation of throbbing about the heart with flushed face.
- **MURIATICUM ACIDUM**– Palpitation of heart felt in face; stitches in heart; tension and pain on sternum; agg. When taking a long breath and on motion; pulse slow and weak, sometimes intermitting; slow during day, more frequent at night.
- **BARYTA MURIATICUM**– Arteriosclerosis and cerebral affection in the aged. Vertigo and noises in the ears. Increased tension of pulse. Icy cold body with paralysis. Thickening of arteries and bronchial affection in old persons.

Repertorial approach according to different repertories

Synthesis Repertory

1. GENERALS- HYPERTENSION –**CON, VERAT**.*Am-m, Ambr, Aur, Bar-c, Bry, Ferr, Op, Plb, Rauwolf, Sec, Stront, Stront-i, Visc.*
2. Accompanied by – heart – Crataegus
3. Sudden – Adren, Coff, Lat-m.

Murphy's Repertory

- CLINICAL- HYPERTENSION –**Crataegus, Lach**,*Aml-n, Aur, Glon, Nat-m, Nux-v, Verat*
- Heart disease with – Crat, Lach
- Sudden rise of- Adren, Coff, Glon.

Phatak Repertory

- HYPERTENSION (BLOOD PRESSURE – HIGH) – Aur, Bar-c, Bar-m, Coff, Con, Crat, Glon, Iod, Lycps, Stront, Tab, Uran, Verat-v, Visc.
- Sudden rise of – Coff.

Complete Repertory

- CLINICAL – HYPERTENSION- Arg-n, Aur , Bar-c, Cact, Calc, Caust, Crat, Ign, Kali-c, Kali-chl, Lyc, Nat-m, Phos-ac, Phos, Plum, Psor, Puls, Rad, Rauw, Sec-c, Sep, Sil, Stront, Stront-i, Sumb, Thuja.
- Generalities - Hypertension; with albuminuria: Apis, Merc-c, Phos
- Generalities - Hypertension; with arteriosclerosis: Baryta-m, Sec
- Generalities - Hypertension; with cardiac hypertrophy: Aur, Digitalis, Lyc
- Generalities - Hypertension; with cerebral hemorrhage: Arnica, Opium
- Generalities - Hypertension; with congestive headaches: Bell, Glon
- Generalities - Hypertension; with dizziness: Bry, Con
- Generalities - Hypertension; with epistaxis: Ham, Phos, melilotus

- Generalities - Hypertension; with eye hemorrhage: Lach, Phos
- Generalities - Hypertension; with heart murmurs: Spong, Valer
- Generalities - Hypertension; with insomnia: Coff, Nux-v
- Generalities - Hypertension; with kidney disease: Berb, Tereb, Apis
- Generalities - Hypertension; with left ventricular hypertrophy: Aurum, Naja
- Generalities - Hypertension; with palpitations: Lach, Spig
- Generalities - Hypertension; with pulsating headaches: Bell, Glon
- Generalities - Hypertension; with retinal hemorrhage: Phos, Sec
- Generalities - Hypertension; with tinnitus: Chin, Sal-ac
- Generalities - Hypertension; with vertigo: Bry, Con
- Generalities - Hypertension; worse with excitement: Coff, Gels
- Generalities - Hypertension; worse with heat: Glon, Nat-m
- Generalities - Hypertension; worse with stress: Arg-n, Gels
- Generalities - Hypertension; with anxiety: Acon, Ars
- Generalities - Hypertension; with blurred vision: Gels, Phos
- Generalities - Hypertension; with depression: Aur, Nat-m
- Generalities - Hypertension; with edema: Apis, Nat-m
- Generalities - Hypertension; with flushing: Bell, Glon
- Generalities - Hypertension; with headache: Bell, Glon
- Generalities - Hypertension; with irritability: Nux-v, Cham
- Generalities - Hypertension; with nausea: Ipec, Nux-v
- Generalities - Hypertension; with restlessness: Acon, Ars
- Generalities - Hypertension; with sleep disturbances: Coff, Nux-v
- Generalities - Hypertension; with sweating: Merc, Samb
- Generalities - Hypertension; worse during menses: Lach, Sep

- Generalities - Hypertension; worse with alcohol: Nux-v, Sulph
- Generalities - Hypertension; worse with anger: Cham, Nux-v
- Clinical; HYPERTENSION; Hypotension, before (2) : butho-t., cyna.
- Clinical; HYPERTENSION; Old people, in (1) : GLON.
- Clinical; HYPERTENSION; Redness of face, with (4) : aster., bell., glon., rauw.
- Clinical; HYPERTENSION; Sudden rise of (1) : coff.
- Clinical; HYPERTENSION; Vertigo, in (3) : cyna., nat-m., VISC.
- Heart & Circulation; TENSION; Circulation; increased, arteries (5) : chlor., chloram., Coff.,
feld., gels.