



"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 homoeopathic 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,



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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.



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Medicine	Symptoms/indication
<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.
<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,



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Medicine	Symptoms/indication
	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.

.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



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



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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



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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.

Heart and circulation; Blood pressure; high (hypertension)(25) : arg., atro., aur., bar-c., bar-m., chlor., coff., con., crat., crot-h., cypr., gels., glon., guai., iod., iris, lil-t., lycps., naja, rob., stront-c., sumb., tab., verat-v., visc.

R.R. - Generalities; Hypertension(103) : acon., adon., 2 adren., agar., aml-n., anh., ant-ar., aran-ix., aran., arg-n., arn., ars., asar., aster., aur-br., aur-i., aur-m-n., aur-m., 2 aur., 2 bar-c., bar-m., calc-f., calc-p., calc., calcul-r., cann-i., caust., chin-s., chlor., chloram., chlorpr., cemic., coff., convo-s., cortico., cortiso., cupr-acet., cupr-ar., cupr., cyna., cyt-l., 2 dig., 2 ephe., ergot., esp-g., fl-ac., gels., 3 glon., 2 grat., ign., iod., iris, kali-c., kali-m., kali-p., kali-sal., kres., lach., lat-m., loxo-l., lyc., mag-c., mand., 2 meny., methys., naja, nit-ac., nux-v., onop., passi., paull., penic., ph-ac., 2 phos., pic-ac., pitu-a., plb-i., 3 plb., psor., pulm-a., 2 puls., rad-br., 2 rauw., reser., 2 rhus-t., sang., 3 sec., sep., sil., squil., 2 stront-c., 2 stront-i., sulfon., sulph., 2 sumb., tab., thal., thuj., valer., vanad., 3 verat-v., 3 verat., 2 visc.

Heart and circulation; Blood pressure; high (hypertension); climaterium, after(4) : crot-c., crot-h., lach., sang.

Heart and circulation; Blood pressure; high (hypertension); sudden, rise of(1) : coff.

Heart and circulation; Blood pressure; high (hypertension); sudden, rise of; diastolic(1) : bar-m.

Organ specific-



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Eyes; hypertensive, retinopathy(1) : cic.

Clinical; hypertension, high blood pressure; heart, disease, with(8) : 2 aur.,
coff., 3 crat., 2 glon., 3 lach., 2 nat-m., reser., stroph.

Eyes; hypertensive, retinopathy(1) : cic.

Urine; albuminuria, albuminous, urine; hypertension, with(2) : tub., visc.

Kidneys; hypertensive, renal sclerosis(4) : kres., saroth., ser-ang., visc.