

Research Article

## A Case of Hypertension Treated with A Constitutional Remedy

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**Abstract** Hypertension is a global burden & non-communicable disease. It's a major problem in this modern era. Many patients have suffering from this problem unknowingly due to their lack of proper life style. This article emphasis a case of 50 years female suffering with hypertension, which is treated with constitutional Homoeopathic remedy & in early stage Rauwolfia is used for reducing initial complaints.

**Keywords** *Hypertension; Homoeopathy; Constitutional remedy; Miasmatic analysis*

### Introduction

Over a last couple of decades India have seen enormous increase in the case of life style diseases. It has been observed that life style diseases are prevalent in developed countries. In modern World, people consume junk food, leads a sedentary life & takes unhealthy diet, they also indulge themselves into smoking, alcohol consumption, poor sleep, lack of physical activity. Commonest life style diseases are- Hypertension, Heart disease, Diabetes, COPD, Obesity, Hyperlipidaemia, Stroke, Bone disorder like- Osteoporosis etc.

Hypertension is the deviation of the normal blood pressure [1]. It is one of the major risk factors for cardiovascular mortality. Higher the blood pressure higher the risk of stroke & coronary events. [2]

Homoeopathy have huge platform for life style disorder. It helps to treat patient according to their physical make up. If a correct Homoeopathic medicine is selected according to the symptomatology of the patient which helps to reduce the life style disorders.

### Case Presentation

#### Chief Complaints

A 50-year woman complaining, feeling of tiredness, dizziness & vertigo, occasionally nosebleed occurs when she became angry for last 8 month.

Vertigo aggravated when walking

**History of Present Illness:**

She is suffering from hypertension 10 years ago, but after that she took Allopathic medicine & she feels better within a year. After that no problem is arise for last 5 years. But now she feels more tired & dizziness in the past 8 months.

**Past History:**

She was suffering from Tonsillitis 5 years ago, treated with Allopathy, now she is ok.

**Family History:**

Father: Suffering from hypertension

**Personal History:**

She is a House wife. She likes to stay alone. No addiction

**Mental general & Physical general:**

She does not want any company. When anyone try to talk with her, she felt irritated. When any problem comes to her life she wants to handle by her own way, does not wants any person help. She felt irritated when anyone console her. She wants to do the work in hurry.

After enquiring the physical general aspects of the patient, it was found that, she has desire for sweet, takes 2 litre water daily, sleep is disturbed, perspiration is oily in character. She can't tolerate heat which makes her complaints worse.

**Diagnosis:**

Diagnosis is done with the help of clinical symptoms, physical examination [1] & measuring the blood pressure.

**Analysis & Evaluation of Symptoms:**

SL NO.	Character of Symptom	Symptom	Intensity	Miasmatic Analysis [3]
1.	Mental general	She does not want company	+++	SYPHILIS
2.	Mental general	Consolation aggravation	+++	SYPHILIS
3.	Mental general	She is much hurried in nature	++	PSORA
4.	Physical general	She desires for sweet	+++	PSORA
5.	Physical general	Perspiration oily	++	PSORA
6.	Physical general	Tongue is white	++	
7.	Physical general modality	Worse from heat, she can't tolerate	++	SYPHILIS
8.	Physical general modality	She prefers cold	++	SYPHILIS
9.	Particular	Vertigo on walking	++	SYCOSIS
10.	Common symptom	Tiredness, Dizziness	+++	PSORA
11.	Common symptom	Nose bleed	+	-----

Dominant miasm is Syphilis

**Totality of Symptoms:**

1. She does not want company
2. Consolation aggravation
3. She is much hurried in nature
4. She desires for sweet
5. Perspiration oily
6. Worse from heat, she can't tolerate
7. Tongue is white
8. Vertigo from walking

**Repertorial Totality:**

Symptom	Rubric
1.She does not want company	MIND- COMPANY, aversion to
2.Consolation aggravation	MIND-CONSOLATION, Agg
3.She is much hurried in nature	MIND-HURRY
4.She cant's tolerate heat	GENERALS-WARM, Agg
5.She desire for sweet	GENERALS- FOOD and DRINKS, Sweets, desire
6.Perspiration oily	PERSPIRATION-OILY
7.Tongue is white	MOUTH-DISCOLORATION, white
8.Vertigo on walking	VERTIGO-WALKING, agg

**Repertorial Analysis: [4]**

1. MIND - COMPANY - aversion to
2. MIND - CONSOLATION - agg.
3. MIND - HURRY
4. GENERALS - WARM - agg.
5. GENERALS - FOOD and DRINKS - sweets - desire
6. PERSPIRATION - OILY
7. MOUTH - DISCOLORATION - white
8. VERTIGO - WALKING - agg.

	nat.m.	merc.	bell.	nux.v.	phos.	thuj.	calc.	aur.	sulph.	arg.n.	stry.	sep.	chin.	ign.	ars.	liq.t.	lyc.	sultrac.	aloe.	carb.v.	kali-s.	thusc-t.	staph.	graph.	kali.c.	pull.	sil.	stram.	anac.	bulc.	frac.	nitrac.	plat.	boer-c.	leach.	med.	mat.c.	tarant.	calc-r
1.	4	-	2	3	1	2	1	2	2	2	2	3	2	3	1	1	2	2	2	1	2	2	3	1	1	2	-	1	3	1	1	-	2	3	2	-	2	2	2
2.	4	1	2	1	2	1	1	1	1	1	-	4	1	3	2	2	1	-	2	-	1	-	1	1	1	-	3	-	-	-	2	2	-	-	-	-	-	1	2
3.	3	3	2	2	1	2	1	1	3	2	2	1	-	2	2	3	1	3	1	1	1	1	1	1	2	2	3	2	2	3	2	2	1	2	2	3	1	3	1
4.	3	2	1	1	2	2	1	3	3	2	1	1	1	-	2	2	1	2	1	3	1	1	2	1	3	1	-	2	2	3	1	3	1	2	1	1	-	-	-
5.	1	2	1	1	2	1	2	1	3	3	2	2	3	1	1	1	3	2	1	2	2	2	2	2	2	2	1	2	1	1	-	2	1	1	1	2	2	1	1
6.	2	3	-	1	1	3	1	1	-	3	-	3	-	2	-	1	-	-	1	-	1	-	-	-	-	-	3	-	-	2	-	-	-	-	-	1	-	-	
7.	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	
8.	3	1	2	3	3	1	2	1	2	2	2	2	2	1	2	1	-	1	1	2	1	2	1	1	1	3	2	2	1	2	1	2	-	1	1	-	2	1	1

After Repertorization, it is seen that,

**Natrium muriaticum- 7/20**

**Mercurius sol- 7/14**

**Belladonna- 7/12**

**Nux vomica- 7/12**

**Justification of Selection of Medicine:**

Here, Natrium muriaticum covers most of the symptoms in the case & possess highest marks. But, final selection was done with help of Materia Medica [5][6] by analysis of constitution of patient. She looks lean, thin with tendency to take cold & does not wants company. So, final selection is Natrium Muriaticum.

**Prescription:**

Prescribed on, **03/01/2020** (BP- 160/90 mm-Hg)

Natrium muriaticum 200, single dose in early morning along with placebo, 4 pills for 7 days daily 2 times. I also give Rauwolfia Q 15 ml, daily takes 10 drops mix with water.

**Justification for prescribing Mother Tincture: [7]**

The patient comes with weakness, dizziness, nose bleed & intensity of symptoms was so much. So, for initial relief of the symptoms & reduce high blood pressure I prescribe it.

**Selection of dose, potency:**

According to the Organon of Medicine, repetition of medicine is given & dose, potency as per the susceptibility of the patient is choose. [8] Here, the patient is suffering from long years back & in this case their mental symptoms are highly prominent. So, i start with higher potency.

**Follow Up:**

Date of Visit	Improvement	Justification	Medicine Prescribed
10/01/2020	No improvement, but patient sleep is good & vertigo is slight improve (BP- 150/90 mm-Hg)	Intensity of symptoms is still present, so for reducing the symptoms i prescribe Mother tincture	Rx Rauwolfia Q/ 10 drops daily x 7 days Phytum- 30/ 1 Drm BDPC x 7days
17/01/2020	Weakness is slightly diminished, patient feels better (BP- 150/80 mm-Hg)	Intensity of symptoms is diminished. So i gives only placebo	Rx Nihilinum- 30/ 1 Drm BDPC x 7days
24/01/2020	Again, weakness felt with nose bleeding (BP- 160/90 mm-Hg)	Symptoms is worse, but i think it was Homoeopathic aggravation. So, no medicine prescribes	Rx Phytum- 30/ 1 Drm BDPC x 7days
15/02/2020	Weakness & dizziness is improved (BP- 140/90 mm-Hg)	Intensity of symptoms is diminished	Rx Nihilinum- 30/ 1 Drm BDPC x 15days
02/03/2020	Patient comes with acute complain of cough (BP- 140/90 mm-Hg)	Patient suffering from cough due to after taking cold, with profuse thirst &	Rx Aconite 30 / 4dose BDPC x 15 days

		cough < expiration	
20/03/2020	Patient feels better no weakness present (140/80 mm-Hg)	No further complaints	Rx Lactopen 200/ 1 Dr BDPC. Report 1 month after
24/04/2020	Patient regularly doing household activity without any complain (BP- 140/ 80 mm-Hg)	Patient feels better	Rx Placebo 1M / 1 Drm BDPC. Report 1 month after
10/ 07/2020	Patient leads to normal life style without any complain (BP- 130/ 80 mm-Hg)	No symptoms are coming	Rx Phytum 30/ 1 Drm BDPC

### Justification of Acute Remedy

Acute disease is suddenly come which needed immediate attention to the patient [8]. In this case the patient suffers from chronic disease of hypertension, & her improvement with the help of constitutional remedy was good & after 3 months of treatment suddenly she suffers from acute disease of cough due to cold affection & after formulate the acute totality i prescribe Aconite within 2 days she cured.

Initial one-month i prescribe Mother tincture along with constitutional remedy, because to reduce the intensity of the symptoms. When she came to me at that time her symptom was violent in nature so along with constitutional remedy, i use Rauwolfia to reduce the intensity of the symptoms After one month no Mother tincture is used. Only constitutional remedy helps the patient to leads normal life along with some management

### Advice

Take plenty of water & vegetable,  
Avoid spicy food & salt  
Regular morning walk & physical exercise

### Conclusion

When a person is affected with any disease, his immunity is usually broken down because of the inappropriate relationship of a man with his surrounding environment, following unhealthy life style, irregular eating habit. Homoeopathy has the greater role for treating any kind of life style disorder with its holistic approach by selecting the medicine as per individuality of the patient.

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