

Pay attention to your HEART

It works for you 24X7!



Provide it gentle care...
with **Homoeopathy**

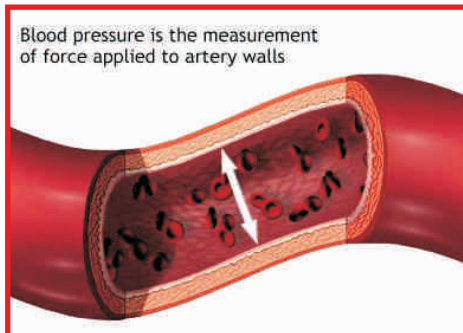
CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY

What is high blood pressure or hypertension?

When your heart pumps, it creates pressure and forces blood through the arteries. Arteries are vessels that carry blood from the pumping heart to all the tissues and organs of the body. High blood pressure means that your heart is working too hard and your blood vessels are under greater strain causing the pressure to rise.



How to know if one is having hypertension?



Ideally, the normal blood pressure in human beings is 120/80 mm. Hg. A blood pressure of 140/90 mm. Hg. or above is considered high. If blood pressure has been monitored regularly for a week and recorded above 140/90 mm. Hg. on two or more occasions, the person is diagnosed to be hypertensive.

What are the symptoms of high blood pressure?

The highest of blood pressure will sometimes go unnoticed due to want of symptoms. The only way to know one has high blood pressure is to get it measured. Due to the lack of symptoms, hypertension is also called a silent killer. The symptoms one might experience could include:

- Headache with or without heaviness of head
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty in breathing
- Vertigo
- Blood in the urine
- Pounding in chest, neck, or ears
- Loss of balance



What all can be the reasons for high blood pressure?

High Blood Pressure is classified in two types basing on the cause, which is as follows:

Primary (essential) hypertension

When no identifiable cause can be traced for a high B.P., it is called essential hypertension or primary hypertension. Family history and life style disorders are mostly considered the factors here.



Secondary hypertension

If high B.P. occurs due to an underlying condition or disease, it is termed secondary hypertension. There are various conditions and medications that can become the cause of secondary hypertension, including:



- Kidney diseases
- Tumors of the adrenal gland
- Certain congenital heart defects
- Certain medications, such as birth control pills, cold remedies, decongestants, pain relievers etc
- Stimulating drugs, such as cocaine and amphetamines
- Raised sodium content in blood
- Various heart diseases
- Various problems related to central nervous system
- Diabetes mellitus
- Disturbed sleeping pattern

Who are more prone to this problem?

The risk factors for developing hypertension are mentioned below:

- **Age:** The risk of high blood pressure increases with age. For men, early middle age, is the probable age to develop hypertension. While for women, high blood pressure is known to occur after menopause.
- **Family history:** High blood pressure tends to run in families.
- **Being overweight or obese:** Volume of blood increases with weight. As the volume of blood circulated through your blood vessels increases, so does the pressure on the artery walls, leading then to high blood pressure.
- **Not being physically active:** Lack of physical activity also increases the risk of being overweight and thus leads to high blood pressure.
- **Using tobacco:** Not only does smoking tobacco immediately raises blood pressure for some time, but the chemicals in tobacco can damage the lining of the artery walls. This can cause the arteries to narrow, increasing the blood pressure in long run.
- **Too much salt (sodium) in diet:** Too much sodium in one's diet can cause body to retain fluid, which increases blood pressure.
- **Too little potassium in the diet:** Potassium helps balance the amount of sodium in the cells. If one does not consume or retain enough potassium, you may accumulate too much sodium in your blood.



- **Drinking too much alcohol:** Having more than two or three drinks in a sitting can also temporarily raise your blood pressure, as it may cause your body to release hormones that increase blood flow and heart rate.
- **Stress:** High levels of stress can lead to a temporary, but dramatic, increase in blood pressure.

Is high blood pressure a problem during pregnancy?

High blood pressure during pregnancy poses various risks, both to the child and the mother, including:

- **Decreased blood flow to the placenta.** This reduces the baby's supply of oxygen and nutrients, potentially slowing the baby's growth and increasing the risk of a low birth weight.
- **Early separation of placenta.** This condition, can deprive the baby of oxygen and nutrients and cause heavy bleeding in the mother.
- **Premature delivery.** Sometimes an early delivery is needed to prevent potentially life-threatening complications.
- **Future cardiovascular disease.** Women who develop pre-eclampsia, a serious condition characterised by high blood pressure and protein in the urine after 20 weeks of pregnancy may be at increased risk of cardiovascular disease later in life, despite the fact that their blood pressure returns to normal after delivery.



How can one maintain normal blood pressure?

The ways for preventing the development of hypertension are just about the same as the ways for managing it if one already has it. All adults over 18 years of age should have their blood pressure checked routinely as the first step towards timely prevention. The other useful measures are:

- For overweight persons, it is important to lose weight



- Exercise regularly. If possible, exercise for 30 minutes for at least five days of the week.
- Avoid smoking
- Eat a diet rich in fruits, vegetables, and low-fat dairy products, while reducing total and saturated fat intake
- If a person is having diabetes, it is important to keep blood sugar level under control
- Restrict alcohol intake
- Try to bring down your stress levels with easy stress-busting techniques like meditation and deep breathing exercises



There's no cure for high blood pressure. But it can be controlled.

Can Homoeopathy help in maintaining normal blood pressure?

Yes, Homoeopathy can help in maintaining normal blood pressure. The following medicines are usually prescribed in case of high blood pressure, depending on the symptoms.

Crataegus

Acts on the muscle of heart, and is a heart tonic. High arterial tension. Cross, irritable patients with cardiac symptoms. Arteriosclerosis. Extreme breathlessness on least exertion, without much increase of pulse. Pain in region of heart and under left clavicle. Pulse accelerated, irregular, feeble, intermittent. Valvular murmurs; angina pectoris. Cutaneous chilliness, blueness of fingers and toes; all aggravated by exertion or excitement.

Lachesis

Pain through head on waking up. Palpitation, with fainting spells, especially during menopausal stage. Irregular beats. Worse after sleep, patient cannot bear anything tight anywhere. Great loquacity.

Natrum muriaticum

Great weakness and weariness. Throbbing, blinding headache, as if thousand little hammers were knocking on the brain, in the morning or on awakening; from sunrise to sunset. Tachycardia. Heart and chest feel constricted. Fluttering, palpitating; intermittent pulse. Heart's pulsations shake the body.



Veratrum album

A perfect picture of collapse, with extreme coldness, blueness and weakness. Cold perspiration on the forehead, pale face, rapid feeble pulse. Pulse irregular, feeble. Intermittent action of heart in feeble persons.

Aurum metallicum

Arteriosclerosis, high blood pressure. Sensation as if the heart stopped beating for two or three seconds, immediately followed by tumultuous rebound, with sinking at the epigastrium. Palpitation. Pulse rapid, feeble, irregular. Mental state of great depression. Hopeless, despondent, and great desire to commit suicide.

Glonoine

Surging of blood to head and heart. Tendency to sudden and violent irregularities of the circulation. Cannot go uphill. Any exertion brings on rush of blood to heart and fainting spells. Throbbing in the whole body to finger tips. Worse on exposure to sun.

Phosphorus

Violent palpitation with anxiety, while lying on left side. Pulse rapid, small and soft. Heart dilated, especially right. Feeling of warmth in heart. Great drowsiness. Worse on physical or mental exertion.

How to select the right medicine?

To pick the right medicine, match the symptoms of the medicines given in the handout, with those of the problem one is suffering from. The medicine with majority of symptoms similar to that of a person will be the right choice.

DOSE

Adults: 6 to 8 globules (Size No. 20), 3-4 times a day, for 2 to 3 days.

General Instructions

- Medicine should be taken after cleaning the mouth and preferably in empty stomach.
- Strong-smelling substances like onion, garlic etc. should not be taken within half an hour before and after taking the medicine.
- The medicine should not be taken if the white globules turn yellow, or if the sediments appear in the liquid form of medicine.
- Homoeopathic medicines act better in patients who are not addicted to tobacco products. It is, therefore, advisable to restrict the use of cigarette, bidi, paan masala, alcohol, narcotics, etc.
- If improvement occurs within 2-3 days, then medicine should be stopped.
- If patient doesn't improve within 48 hours or becomes worse at any time, then a qualified homoeopathic doctor should be consulted.
- Keep the medicines:
 - Away from strong smelling substances like camphor, menthol etc.
 - Away from direct exposure to sunlight, in a cool, dry place.
 - Away from the reach of children.



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