

## Case Report

### Homeopathy effect on high blood pressure

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#### ABSTRACT

There are many problems in the treatment of hypertension, so we use alternative medicine to achieve better results to solve these problems. In this article we describe a hypertensive patient resisted to conventional drugs and she had some other somatic and psychotic symptoms and was treated by homeopathy, a method of alternative medicine.

**Key Words:** hypertension, homeopathy.

Hypertension is a common disease that leads to high morbidity and mortality. Is it possible to decrease the treatment failure rate and the amount of drugs needed to control hypertension by means of specific methods? General recommendations like exercise, low salt diet and avoiding stresses are of great importance. Other methods that are less recognized are homeopathy, biofeedback, yoga therapy and relaxation therapy<sup>1</sup>. This case report helps you find out how much homeopathy is effective in treating hypertension and resolving other patient's symptoms.

In homeopathy, low concentrations of drugs that are derived from plants, chemical substances, etc process to low dilutions and are used. These drugs get potent by shaking. Using these drugs in normal people leads to mood-manner changes and physical symptoms. Patients, clinical pictures are determined and analyzed to find appropriate drug for each patient<sup>2</sup>. Each of these drugs, which are prescribed for a patient, strengthens the patient's vital force and cause remission of symptoms.

#### Case report

A 28-years-old single female patient came to the specialty clinic as a hypertensive patient. She had been treated irregularly. Her hypertension had not been controlled until that time and sometimes her systolic blood pressure had reached up to 180 mmHg. Lab data including I.V.P and Dupler sonography of renal arteries had showed no

specific etiology for the hypertension: BUN=11 mg/dl, Cr=0.7 mg /dl, Na=142 meq/l, K = 4.2 meq/l, VMA=7.2 mg/d.

She was complaining of sweating, heat sensation, and dyspnea specially when was exposed to polluted air. In physical examination, heart, lungs, pulses, abdominal auscultation, and ophthalmoscopy were all normal. Blood pressure was 130/100 mmHg and her weight was 80 kg. She was on low salt diet.

We started medication for her and the doses were increased every 3-5 weeks according to the blood pressure levels; in addition we advised her to avoid dust and smoke and to continue being on low salt diet and to decrease her weight. Using 100 mg of Atenolol and 25 mg of Hydrochlorothiaside daily, her blood pressure was changing between 120\100 and 120\90 mmHg for a limited period of time. In spite of using 40 mg of enalapril , 25 mg of hydrochlorothiaside and 60 mg of niphedipine, blood pressure levels less than 120/100 mmHg were not detected. Although she didn't have headache, symptoms and signs of depression were found, and therefore she used imipramine for a short time and then she got pruritus but got better by using chlorpheniramine. These activities and events took 7 months, and during the last months, her blood pressure was about 130/100mmHg and repeating the physical examination and some paraclinic studies didn't reveal anything more.

Despite her bad economic situation, she was

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following the treatment well. At this time we decided to start homeopathy treatment for her and she accepted it. In her history, these points could be found: anxiety, phobia of high altitude, river, and sea, irritability, talky, and kidding a lot. Particular physical characteristics were: strangulation sensation, collar intolerance, heat intolerance, and headache before menstruation. Her characteristics were compatible with "Lachesis Muta" remedy. We started to treat her by Lachesis 30 remedy. {diluted and potentized by specific method<sup>3</sup> in homeopathy pharmacy in london}

One week later, she had a blood pressure of less than 120/90 mmHg and a little vertigo. She also had less anxiety. We decreased doses of her drugs and after one month she was only using 20 mg of enalapril each day. By 1.5 month intervals from the first remedy, she received the second and third remedies. Her blood pressure stood between 130/80 and 140/90 mmHg. All symptoms and signs including pruritus, vertigo, depressed mood, anxiety, dyspnea, sweating, and cough disappeared but phobia of water was not resolved. She experienced well being sensation. She was followed up for 15 months after the last dose of remedy and had no complaint and her blood pressure was not increased.

## Discussion

If we research to understand the effectiveness of homeopathy in treating hypertension and prepare new patterns of association between homeopathy and modern medicine, we will be able to achieve an

extended use of homeopathy.

In 1987 Bignamini and Master showed of effectiveness of homeopathy in treating hypertension in two different studies. In an observational cohort study to evaluate the efficacy of homeopathic *Crataegus* preparation for cardiac insufficiency, this drug was effective to reduce both systolic and diastolic hypertension<sup>4</sup>.

There are some studies that have tested biologic effects of ultrahigh dilutions. Their results help to percept the effectiveness of homeopathic drugs, for example: Shaken samples of ultrahigh dilutions of 3,5-dichlorophenol significantly inhibit luminescence of the bacterium *Vibrio Fischeri*<sup>5</sup>. In addition, the effectiveness of homeopathy in treating some other diseases like migraine, ileus, fibromyalgia, and ocular allergy has been shown<sup>6</sup>. Body reaction to homeopathic drugs leads to change the dynamism of this disease with an unknown mechanism. Many symptoms are affected by one remedy that can create the presentation similar to patient's symptoms<sup>1</sup>.

Most patients coming to homeopathy centers in all the world have high satisfaction in remission of their symptoms, limitation of activity and wellbeing after homeopathy use<sup>7</sup>. By using this method, a higher percentage of hypertensive patients could be controlled. Using homeopathy at the beginning of the disease gives better results and also using one kind of drug will improve physical and psychological symptoms and signs, and fewer side effects will be seen. We should mostly consider using current drugs (those of modern medicine) at the same time and continue the researches in this field.

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