



A SYSTEMIC REVIEW ON EFFECTIVENESS OF HOMOEOPATHIC MEDICINES IN ESSENTIAL HYPERTENSION

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Abstract:

Homoeopathic cure is based on “Law of similar” and selection of remedy is based on constitutional approach in management of any disease. There are several conventional medicines to control high blood pressure like acetazolamide, β -blockers, etc., however these medicines have several side effects. So, there is a need of alternative treatment to control and manage hypertension. There is a wide scope for proper management and treatment of essential hypertension in homoeopathy. As in our system of medicine, we do not treat the disease, but we treat the individual as a whole, who is suffering. Through the individualization with constitutional approach, we can treat both acute and chronic phase of disease to prevent further complication. 10 articles were collected which are related to effectiveness of Homoeopathic medicines in essential hypertension. All the articles were collected from various database, year, and publishers from 2015-2023 from google scholar. All the articles supported the effectiveness of homeopathic medicines in essential hypertension.

Keywords: Blood pressure, constitution, approach, Homoeopathic Medicines, Randomized Control trial, pilot trial, Essential Hypertension

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Introduction

Hypertension is defined as elevated blood pressure where systolic blood pressure is greater than 140mm of Hg and diastolic pressure is greater than 90mm of Hg or greater or any level of blood pressure in patient taking anti-hypertensive medications. Hypertension is a common lifestyle disorder and is very strong risk factor for cardiovascular disease (CVDs). It is estimated that it increases the risk at least two-fold for CVDs including coronary artery disease (CAD), congestive heart failures/ strokes, renal failure and peripheral arterial disease. Hypertension is reported 7TH cause of premature death of developing countries and 4TH in developed countries, 13% of global deaths are attributed to raise in blood pressure. In India with a population estimation of 1.1 billion, the prevalence of hypertension has been estimated to be 3% - 34.5% in males and 5.8% - 33.5% in females. By the end of 2025 the projected prevalence of hypertension in

Indian men and women are 22.9% and 23.6% respectively, due to modern medicine long term treatment with adverse effect, patients are opting for alternative mode of treatment. The patient who is receiving the conventional mode of treatment experiencing more adverse effect compared to the one who received homoeopathic mode of treatment. Hence, this systemic review study on of homoeopathic medicines in essential hypertension represents the importance of effectiveness of Homoeopathic medicines in management or treatment of essential hypertension.^[1,2]

METHODOLOGY

Related articles were collected from the database like google scholar from 2015 – 2023 by including keywords like essential hypertension, constitutional approach, homoeopathic medicine, etc. Analysis of various articles, methodology drug materials of various studies (see table No. 1).

Table 1 Analysis of various articles in purpose of effectiveness of homoeopathic medicine in essential hypertension.

Sl No	Name of the Journal	Title of the article	Author	Year of publication	Drug material	Conclusion
1	International Journal of Homoeopathic Sciences ³	Hypertension & its homoeopathic management	Dr. Jagdish Thebar and Dr. Bharat Bandhu	2020	Individualized homoeopathic medicine and Mother tincture	The homoeopathic medicine and MT are proved useful in the management of essential hypertension
2	International Journal of High Dilution Research ⁴	Usefulness of homeopathy in essential hypertension: an exploratory interventional trial	Pritha Mehra	2015	Individualized homoeopathic medicine	constitutional treatment based on homeopathic principles represent a satisfactory option for the management of essential hypertension
3	International Journal of Health Sciences and Research ⁵	Study the Effectiveness of Lachesis muta 30C in Patients with Essential Hypertension in the Age Group of 20-75 Years	Nirmala Sharma, Arun Bhargav Jadhav, Anil Vishwanath Patil	2020	Lachesis Muta 30C	The result indicates there was decline in blood pressure in cases of essential hypertensive patients. Treatment with Lachesis Muta 30C has produced an early, sustained, and significant fall in BP and it has also proven as safe and effective in the treatment of essential hypertension.

						Therefore, Lachesis is a good choice as a specific remedy for regulating blood pressure in essential hypertensive patients.
4	The Journal of Alternative and Complementary Medicine ⁶	Individualized Homeopathic Medicines in Stage I Essential Hypertension: A Double-Blind, Randomized, Placebo-Controlled Pilot Trial	Satarupa Sadhukhan, Subhas Singh, James Michael, Pankhuri Misra, Maneet Parewa, Arunava Nath, Nitin Magotra, Nivedita Kundu, Anamika Basu, Sk. Swaif Ali, Munmun Koley, and Subhranil Saha	2021	Individualized homoeopathic medicine	the recruitment and retention rates were 44.4% and 85.3%, respectively. Group differences were seemingly higher in the IH group than in the placebo group. Despite challenges in recruitment, an adequately powered efficacy trial appears feasible in the future.
5	Individualized homoeopathic medicine ⁷	Role of homoeopathy in hypertension	Dr. Sultana Perween and Dr. Shamim Alam	2020	Individualized homoeopathic medicine	remedies in the treatment of HTN is proved effective in the treatment of hypertension based upon a similimum constitutional remedy
6	Indian Journal of Research in Homoeopathy ⁸	Effects of individualised homoeopathic intervention in Stage I essential hypertension: A single-blind, randomised, placebo-controlled trial	Roja Varanasi, Raju Kolli, Yogendra Rai, Dubashi Ramesh, R.G.R. Kiranmayee, G Ravi Chandra Reddy, H. Baig, Tejaswini Patole, Priyanka Srivastava, Rupali Bhalaerao, Anupriya Chaudhary, Arvind Kumar, V. Sarathy, G. R. Jayasri, Garima	2020	Individualized homoeopathic medicine	there was significant improvement in hypertension by LM potency with lifestyle modification

			Sachdeva, Saurabh Kumar Jain, Neha Sharma, Sucharitha Amsole,Amita Oinam, Praveen Oberai, Raj K Manchanda			
7	Indian Journal of Research in Homoeopathy ⁹	Individualized homoeopathy versus placebo in essential hypertension: A double-blind randomized controlled trial	Subhranil Saha, Munmun Koley, Seikh Intaj Hossain, Malay Mundle, Shubhamoy Ghosh, Goutam Nag, Achintya Kumar Datta, Prasanta Rath	2015	Individualized homoeopathic medicine	individualized homoeopathy treatment may have significantly beneficial effects different from placebo in patients suffering from essential hypertension. It may be adopted as an alternative public health approach in curbing the increasing prevalence of hypertension throughout the globe.
8	International Journal of Science and Research (IJSR) ¹⁰	Hypertension & its Homoeopathic Approach	Dr. Jagdish Thebar, Dr. Samridhi Sharma	2020	Individualized homoeopathic medicine	Along with weight management and other lifestyle disorders, homoeopathy is helpful in management of hypertension
9	International Journal of Homoeopathic Sciences ¹¹	To endeavor the effect of Spartium scoparium in essential hypertension	Dr. T Surekha and Dr. B Preethi	2023	Individualized homoeopathic medicine	it has been observed that Spartium scoparium is effective in management of blood pressure levels in Essential hypertension. Spartium scoparium has shown marked improvement in blood pressure levels in 8 months rather than in 4 and 6 months.
10	World Journal Of Pharmaceutical Research ¹²	Effect of lesser-known Homeopathic Medicines on Hypertension - A Pilot study	Dr. Tushar Acharya, Dr. Anit Acharya and Dr. Sakshi Mehrotra	2018	Individualized homoeopathic medicine	homeopathic medicines are effective in Lowering the blood Pressure in patients Suffering From Essential hypertension.

Result

From the study of 10 articles, all articles supported and proved the effectiveness of homoeopathic medicines and mother tinctures in management of essential hypertension.

Discussion

In this review, various articles towards effectiveness of homoeopathic medicines in the treatment or management of essential hypertension from 2015 – 2023 showing various homoeopathic drugs and mother tinctures are there to treat essential hypertension effectively. Therefore, it was concluded that homoeopathic medicines are effective in treatment or management of essential hypertension.²

Conclusion

Throughout the review of literature, it was concluded that the homoeopathic medicines are effective in treatment or management of essential hypertension.

Conflict of interest

Author does not have any conflict of interest.

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