

# Homeopathy Medicine: An Alternative Treatment for Hypertension

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## ABSTRACT

**Background:** Hypertension is one of the most prevailing risk factor encountered worldwide. Hypertension increases the risk of cardiovascular disease. Antihypertensive drugs are used to treatment hypertension however these drugs are associated with side effects. Recently homeopathy has brought a ray of hope to overcome these side effects.

**Aim:** To compare the efficacy of homeopathy medicine and diuretics in treatment of hypertension.

**Materials and Methods:** Sample size selected for the present study was 60 patients. Age group selected for current study was 30 to 60 years. Patients were divided in to two groups. Group 1 received homeopathy treatment (n=30) and group 2 received diuretics (n=30).

**Results:** Standard deviation in study group for coronary heart disease was 47.6, Heart rate was 77.54+8.78, cardiac myopathy was 9.2 and blood pressure was 56.8. Whereas in control group mean standard deviation for coronary heart

disease was 48.0, heart rate 77.47+10.65, cardiac myopathy was 6.4 and blood pressure was 70.2.

**Conclusion:** Homeopathy can be used as an alternative for hypertension.

**Keywords:** Hypertension, Homeopathy, Diuretics.

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## Article History:

**Received:** 04-05-2018, **Revised:** 02-06-2018, **Accepted:** 28-06-2018

## Access this article online

Website: <a href="http://www.ijmrp.com">www.ijmrp.com</a>	Quick Response code 
DOI: 10.21276/ijmrp.2018.4.4.006	

## INTRODUCTION

Hypertension is defined as increase in blood pressure where systolic blood pressure is greater than 140mmHg and the diastolic blood pressure is greater than 90mmHg, on the average of two or more readings taken in the seated position, on two or more consecutive visits and where patients are at risk for end organ damage.<sup>1</sup>

Hypertension is very commonly known as silent killer because in majority of the cases disease does not show any sign and symptoms. According to world health organisation as of 2014, approx one billion adults or i.e. approx 22% of the population of the world have hypertension.<sup>2</sup> Hypertension is considered to be the risk factor for cardiac diseases, heart failures etc.<sup>3</sup>

Optimal first line treatment for hypertension remains a controversial issue for years. Diuretics and calcium channel blockers are used for years. However these drugs sometimes can lead to side effect like hypokalemia, hyperlipidemia etc. thus the need for an alternative treatment was felt.<sup>4</sup> Homeopathy has gained popularity due to its convenient, natural treatment without any side effect. Homeopathy focuses in individual as a whole and is based on the principal of law of alike. Various reviews and metaanalysis suggested the beneficial effect of homeopathy.<sup>5,6</sup> So we aimed to study the role of homeopathy in treatment of hypertension.

## MATERIALS AND METHODS

Sample size selected for the present study was 60 patients aged 30 to 60 years. 60 patients were recruited based on the inclusion and exclusion criteria. All the patients were explained about the purpose of study in detail.

### Inclusion Criteria

- Patients aged above 30 years,
- Participants conforming to the diagnostic criteria for hypertension as defined by the 2017 guideline
- Patient with history of hypertension
- Those willing to participate

### Exclusion Criteria

- Breastfeeding or pregnant women
- Individuals younger than 30 or older than 60
- Hypertension above 190 mmHg systolic and 120 mmHg diastolic

Ethical clearance was obtained at the beginning. A detailed description regarding the investing procedures was explained to patients and attendees. A written informed consent was obtained from patients. Selected sample was divided in two groups. Group 1 i.e. study group received homeopathy treatment whereas group 2 i.e. control group received diuretics. Blood pressure was measured before treatment and was followed up 4 weeks.

Group 1: n=30; Group 2: n=30

**Statistical Analysis**

All the data were calculated and tabulated. The results were analysed and compared using ANOVA tests in SPSS version 18.0. A p value <0.05 was considered as statistically significant.

**Table 1: Distribution of groups**

GROUPS	n	Percentage
Group 1	30	50%
Group 2	30	50%
TOTAL	n = 60	100%

**Table 2: Age Distribution**

Age Group	Number	Percentage
30-40	18	30%
40-50	25	41.6%
50-60	17	28.3%

**Table 3: Baseline Criteria After Treatment Observed**

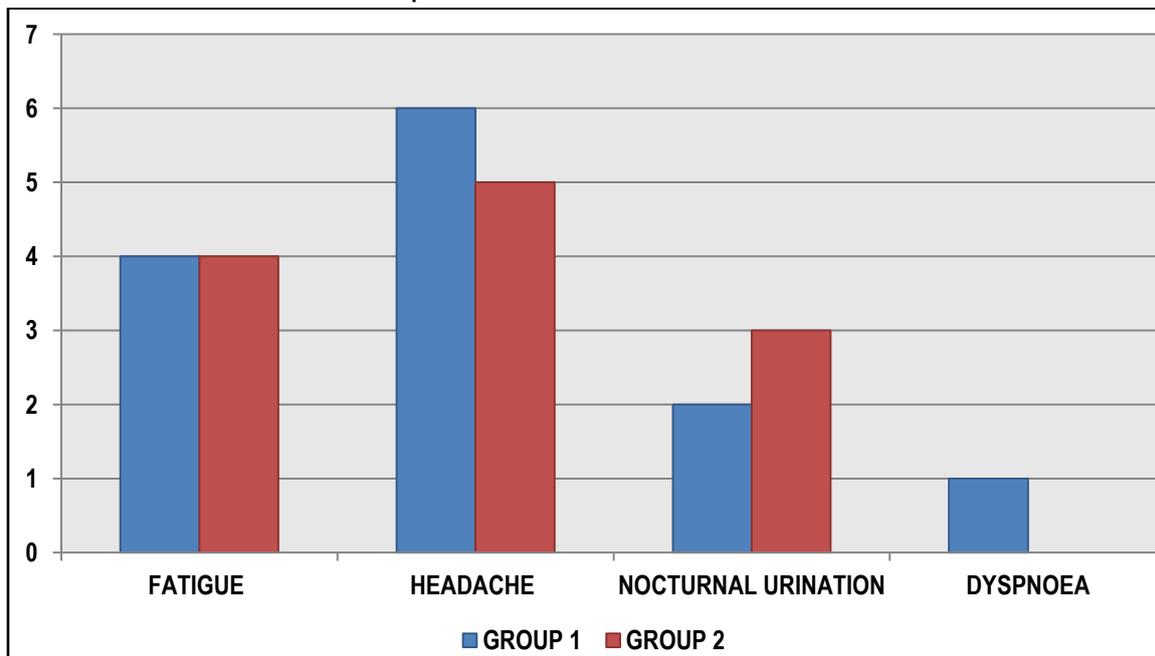
	Study Group	Control Group
	Mean & SD	Mean & SD
CHD	47.6	48.0
Heart Rate	77.54+8.78	77.47+10.65
Cardiac Myopathy	9.2	6.4
Blood Pressure	56.8	70.2

**RESULTS**

A total of 60 patients were selected for the study. Out of 60, 40 were males i.e. 66.6% whereas 20 females i.e. 33.3%. Patients were divided in two groups; each group consisted of 30 patients (TABLE 1). Patients were divided according to their age. 18/60 patients were aged between 30 to 40 years, 25/60 patients were aged between 41-50 years and 17/60 patients were aged between 51 to 60 years. 41-50 years was the most common age group in our study i.e. 41.6% (n=25) (Table 2). Baseline demographic data was compared for both the groups.

In our study, variables like coronary heart disease, heart rates, cardiac myopathy and blood pressure was measured. Baseline values were found to be very similar for both the groups. Standard deviation in study group was for coronary heart disease was 47.6, Heart rate was 77.54+8.78, cardiac myopathy was 9.2 and blood pressure was 56.8. Whereas in control group mean standard deviation for coronary heart disease was 48.0, heart rate 77.47+10.65, cardiac myopathy was 6.4 and blood pressure was 70.2. Effective change and a significant P<0.001) was observed in blood pressure of patients in group 1 (TABLE 3). Of the 30 patients in each group it was found those 4 patients in study group complaint of fatigue, 6 headaches, 2 nocturnal urination and 1 dyspnoea post treatment. Whereas in control group 4 patients complaint of fatigue, 5 of headache, 3 of nocturnal urination (Graph 1). Satisfactory results were observed in both the groups.

**Graph 1: Post Treatment Effect Observed**



**DISCUSSION**

Hypertension can be of different types, primary hypertension or secondary hypertension. Few authors have suggested initial treatment for hypertension should be non-pharmacological approaches like weight reduction, exercise, reduce alcohol intake etc. Diuretics are most commonly preferred drugs for hypertension. According to the data available Diuretics are most commonly preferred drugs for hypertension. According to the data available diuretics are useful in prevention of cardiac disease and heart attacks. However the drug has its own disadvantage it is often associated with frequent urination.<sup>8</sup>

Side effects caused due to allopathic medicines lead to the search of alternative medicines. The word Homeopathy derived from the Greek words homios (like) and pathos (suffering). Dosage in homeopathy treatment differs from person to person. Sometimes one may require single dose whereas other person with same disease may require multiple dose.<sup>9</sup> in present study homeopathy treatment and use of diuretics was compared. In the year 1987 Bignamini and Master showed of effectiveness of homeopathy in treating hypertension in two different studies.<sup>10</sup> In present study it was found that homeopathy was equally effective in treating hypertension as diuretics. A significant difference was observed in

reduction of blood pressure among patients. Homeopathy has shown to be effective in treatment of other diseases like migraine, ileus, fibromyalgia, and ocular allergy.<sup>11</sup> By using homeopathy side effects caused due to others drugs can also be prevented.

### CONCLUSION

Based on the result of our study we conclude that though the homeopathy approach for hypertension is not very popular yet it is found to be equally effective as other antihypertensive drugs. No side effect was observed. Hypertension can be easily prevented if proper care is taken. As homeopathy approach is new further study with greater sample size are warranted.<sup>7</sup>

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**Source of Support:** Nil.

**Conflict of Interest:** None Declared.

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**Cite this article as:** Bhasker Sharma. Homeopathy Medicine: An Alternative Treatment for Hypertension. *Int J Med Res Prof*. 2018 July; 4(4):24-26. DOI:10.21276/ijmrp.2018.4.4.006