Alleviation of Stress induced Hypertension with help of Homoeopathy

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Abstract: This study has been undertaken to check effectiveness of Homoeopathy in Stress induced Hypertension. In this fast paced life, most of us are exposed to stress of variable amount. The degree of stress depends upon the individual response and factors like quality of interpersonal relationships, physical health, personal and social responsibilities, expectations from us on various levels, number of traumatic events in our life etc. All these factors determines our response to stress. The individual’s response to stress varies from person to person depending on resilience level of an individual.

Chronic stress exhibits itself in form of psychological or physical manifestations some of which can be life threatening which can lead to early death, incidence of which is increasing day by day. In this paper a study of 15 cases of post stress Hypertension were treated with Homoeopathy to check effectiveness of Homoeopathic treatment in such cases which are becoming more prevalent among millennials.

Various techniques to measure hypertension and subsequent organ damage especially cardiac disorders like lipid profile, ECG, angiography, renal function test, MRI, etc. are also available. Different techniques of alleviating stress like BF, NF are being implemented. Above mentioned measures as well as the commonly used treatment options like Angioplasty, renal dialysis etc might not be available easily or financially affordable to everyone. In recent years, incidences of stress generated Hypertension are increasing significantly. Among various manifestations of stress, Hypertension is one of the most common issues. Hence the cases of stress induced hypertension were considered for study so as to enable easy, effective and affordable treatment of such disorder.

Homoeopathic treatment can achieve this as it focuses on individualization considering each patient as a separate individual. Individualization in Homoeopathy aims at capturing a person’s individuality and then a Homoeopathic remedy is chosen based on symptom similarity. In post stress physical ailments, the consideration of individuality becomes an asset of utmost importance. After this study it was found that Homoeopathy not only relieved patient’s post stress hypertension, but also helped patient develop positive mindset towards handling stress. Out of 15 patients 12 patients improved tremendously. 3 patients could not complete the treatment due to personal reasons. Among 12 patients’ symptom of hypertension relieved and development of resilience was also observed. Hence it was proven effective to administer homoeopathic medicine in stress induced disorders. In addition to therapeutic measure, certain resilience developing measures can add in faster recovery of patient.

Keywords: Hypertension, Stress, Homoeopathy, lifestyle management.

1. Introduction-

Stress is an experience of mental and physical tension. Various demanding situations in life put us under such tension in our day to day life. Sometimes we feel difficulty in dealing with these stressful events. This takes toll on our mental and physical health. Certain factors increases our susceptibility to stress in either increasing or decreasing the severity. Large number of population which is lacking well developed support system or having unhealthy lifestyle, will eventually suffer from mental or physical consequences of stress which add in existing stress. And the vicious cycle goes on burdening an individual on physical, mental and financial fronts. The reaction of every individual to the same amount of stress is different. Various effects of stress can be encountered affecting vital organs of body like heart, brain, lungs, digestive system, endocrine system, etc. Manifestations like stroke, hypertension and cardiac diseases, diabetes are very commonly seen and their incidence in young population is rising at a tremendous rate. As young generation suffers from reverberations of stress more often, a focus on treating the ailments caused due to stress and to build resilient lifestyle becomes an important issue. At this point therapeutic intervention with Homoeopathic treatment is found to be effective. Homoeopathy does not focus on symptoms of disease but on the cause of disease where a complete understanding of patient’s personality is done. Homoeopathy focuses on concept of individualization where the ‘sick’ is not a organ or an organ system, but it’s the whole individual who is sick. The Homoeopath needs to understand a unique individual character through case taking by focusing on chief complaint, past history, family history, personal history, physical examination, previous treatment, etc. (12). The input should be a picture of the suffering of a living individual and attempt to understand the whole circumstances that has given rise to these symptoms. Then most similar drug is chosen as a remedy for that particular individual. It not only treats the physical ailments but also helps in reducing individual traits to stress response as it deals with individual person as a whole, and not merely symptoms or disease. If patient is given other supporting techniques to deal with stressful situations, recovery can be facilitated. As hypertension is one of the predisposing factor in development of various cardiac disorders, early treatment of it can reduce chances of further worsening of its effects like cardiac diseases.

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2. Methods and materials:

15 cases of stress-induced hypertension were studied and Homoeopathic treatment was administered. Selection criteria was persistence of hypertension for last 6 months despite various medications. 15 patients of age group 34-42 in which 6 males and 9 females were included. As Homoeopathy focuses on presentation of symptoms, whole personality of patient was considered for treatment which was mainly done by Homoeopathic case taking.

3. Review of Literature:

Stress is actually a part of life which affects everyone in different ways. Sometimes it can be useful to motivate you and serve to be useful. But inability to handle it can interfere with your personal, professional, social life and imparts damaging effects on your mental and physical health. Stress comes in diverse forms and intensities, from different sources. The stress response of every individual is different. It has many effects on our mental and physical health. Stress is one’s inability to cope up with a discerned threat to physical or mental well-being. Stress is exhausting to both mind and body. The stress can be good one that keeps us feeling alive and excited about life as most desired challenge or situation makes us tensed but creates feeling of happiness and fulfillment. Sometimes stress motivates you to focus on your work or to make you achieve a particular goal. Stress in small amount has many advantages like helping you meet daily challenges and accomplish your tasks successfully. But occasionally good stress over a period of time can turn into bad stress if it becomes chronic or other stressors are added to it.

Bad stress is too much stress or exaggeration of small dose of stress. Bad stress that causes anxiety and health problems needs to be attended immediately before it turns on to severe consequences. It is detrimental to our health and can lead to serious psychological and physical problems. Similarly bad stress can be turned into good stress by changing one’s perception about stressful situation. Bad stress is too much stress or exaggeration of small dose of stress.

There is strong connection between stress and illness (2). In 1967, two psychiatrists, Thomas Holmes and Richard Rahe, researched the casual link between stress and illness. Chronic stress often give rise to common health issues like hypertension and type 2 diabetes. Many muscular and joint affections can set off due to persistent stress.

Every individual is exposed to numerous stressors some of which are:

- Trauma: loss of near and dear one
- Tragedy: accidents, disability
- Family and relationship problems: marital status change, challenges with children, serious health problems in family members
- Workplace stress: loss of job, change of job, promotion, issues with colleagues
- Financial stress: increased demand
- Social stress: new environment/ area, FOMO
- Personality traits: Perfectionist, workaholics
- Negative mindset: Negative self-talk, self-criticism, taking things personally, exaggeration, rigid thinking
- Unhealthy habits: Lack of sleep, Overload schedule, irregular schedule, Irregular Food habits, alcoholism

Self-Generated Stress

Most of the stress we experience is self-generated. How we perceive an event makes us feel threatened or stimulated, encouraged or discouraged, happy or sad. It depends on how we discern ourselves and how we react to an event. Many individuals think external causes when they are upset or get upset by external causes. It largely is product of uncontrolled thinking and unfavourable circumstances.

Effects of Stress-

- Nervous affections like trembling, dizziness, headache
- Digestion problems: hyperacidity, peptic ulcers, irritable bowel syndrome
- Cardiovascular Diseases: Hypertension, congestive cardiac failure
- Metabolic disorders like Diabetes
Respiratory disorders like Asthma

Skin diseases like eczema, psoriasis

Reproductive disorders like menstrual irregularities, infertility

Immunological issues where there is decrease in immunity

Lifestyle changes can bring about significant improvement in hazardous effects of stress by reducing severity of stress perception (6). It has modulatory effect on reducing post stress hypertension. Person altering the eating habits, drinking habits, sleeping habits and thinking habits tend to suffer less by hypertensive manifestations of stress.

Stress and Hypertension-

Stress is our body’s reaction to above stressors. During Stress human body releases stress hormones like adrenalin and cortisol into the blood. Due to this heart beat increases and vasoconstriction sets in and blood pressure increase. This effect is temporary as removal of stressor can bring blood pressure back to normal. But in case of chronic stressful situations, blood pressure remains high and overtime leads to vital organ damage (5). Stress related increase in cortisol levels in the blood weakens the immune system of the body leading to elevation of blood cholesterol and subsequent formation of arteriolar plaques. This worsens the hypertension and leads to cardiac disease (2). Other factors like smoking, alcohol consumption, physical inactivity can contribute in worsening the condition (7). Chronic stress can continue to add in hypertensive pathology and lead to serious damage to vital organs (2).

Recent studies from National Health and Nutrition Examination Survey indicate that In America 50 million adults have hypertension for which no pathology is found and is termed as essential hypertension.

The measurement and alleviation of stress can be done by numerous methods. Currently used methods are Biofeedback (BFB), Neurofeedback (NFB) (1), Non-invasive Brain Stimulation (NIBS)(4). BFB uses measures of heart rate variability, respiration and skin conductance. In contrast, NFB uses neurocomputation techniques like Electroencephalography (8), functional magnetic resonance imaging and near infrared spectroscopy. Whereas NIBS studies utilizes Transcranial Direct Current Stimulation methods (1). The stimulation of the dorsolateral prefrontal cortex prevents stress significantly (4). These methods could be potentially effective in mitigation of stress and hence its consequences. But it is not readily available and affordable for everyone.

Homoeopathy and individualization-

Homoeopathy is a system of medicine founded in 1796 by Dr. Samuel Hahne mann and is based on the principle of “Similia Similibus Curentur” i.e. let likes be cured by like. Patients presenting with complaints are considered as a whole individual with focus on his/her mental and physical sphere and then the most similar medicine is administered (10).

Concept of individualization in Homoeopathy is based on the fact that no two human beings are alike. In Homoeopathy, an individual as a whole is considered and not only specific symptom or disease (12). Each individual has physical and mental makeup in a unique way. Each individual has different tendencies, physical appearance, thinking pattern, sensitivity, reaction pattern, constitution, etc. Hence all the aspects of physical and mental picture of an individual must be considered. Homoeopathic physician considers all these features that constitutes the personality of the patient. The importance is given to patient’s life, current circumstances or life situations he is going through. The Homoeopathic physician may administer different remedies to different individuals suffering from the same complaint. Only one remedy fits every person. The most similar drug is searched for and is prescribed. Thus it helps to eliminate the complaint as well as make general feeling of patient better. As entire representation of disease is the totality of symptoms and the entire representation of a drug is the totality of symptoms. Hence finding similar drug for a disease is to match the totality of symptoms. In this way Homoeopathy believes that the removal of totality of symptoms leads to removal of disease (10).

Homoeopathy believes in psychosomatic disease. Psychosomatic disorders are primarily of mental origin (10). Patient suffers from physical symptoms without any detectable medical or biological cause. The various psychologic affections like fear, anxiety, anger, disappointment or suppression of emotions in any form can lead to somatic affections. Hence patient who experience physical symptoms like unexplained abdominal cramps, headache, giddiness, tiredness are likely to have origin in psychological disturbance .

4. Result and Conclusion-

When the comprehensive homoeopathic treatment was administered, then out of 15 patients suffering from stress induced hypertension 12 were recovered almost completely. There was no relapse in next 1 year. Patients develop mental resilience to stress and now can handle stress better than before. Although sources of stress cannot be eliminated from life, the individual response can be changed with Homoeopathy. This study proved how Homoeopathy can work wonders for treating effects of stress successfully. Homoeopathic treatment that is aiming towards understanding ‘totality of a person’ while respecting patient’s individuality and autonomy is found effective in treating the case of hypertension successfully. After treatment significant positive changes are observed. There is not only symptomatic relief observed in patient but also patient develop feeling of general well-being. Although...
sources of stress cannot be eliminated from life, the individual response can be changed with Homoeopathy. People with strong support system from family and friends, well-nourished individuals, people taking adequate sleep, those who exercise regularly are exposed to less adverse effects of stress. This was achieved by recommendations on eating and working habits of the patients. As hypertension is one of the predisposing factor in development of various cardiac disorders, early treatment of it can reduce chances of further worsening of its effects like cardiac diseases. To do so reaction of body to stress must be improved with help of homoeopathic treatment.

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