

“Homoeopathic Management in Cases of Hypertension During Pregnancy”

Jitendra S. Tomar¹, Muktesh Arora², Rekha Juneja³, Virendra Chauhan⁴, Bimla S. Dholiwal⁵

¹Ph.D. (Hom) (Scholar), Tantia University, Sri Ganganagar (Raj.)

²M.D.(Hom.), Prof. (Emeritus), Research Supervisor, Tantia University, Sri Ganganagar (Raj.)

³M.D.(Hom.), Ph.D.(Hom.)(Scholar), Prof., Deptt of Materia Medica, Faculty of Homoeopathy, Tantia University, Sri Ganganagar (Raj.)

⁴M.D.(Hom.), Ph.D.(Hom.), Prof., Deptt. of Practice of Medicine, Dr. MPK Homoeopathic Medical College, Hospital & Research Centre, Jaipur.

⁵M.D.(Hom.), Ph.D.(Hom.), Assistant Prof., Deptt. of Repertory, Kamdar Homoeopathic Medical College & Research Center, Rajkot, Gujarat.

***Corresponding Author-** Dr. Jitendra S. Tomar

^{*}Ph.D. (Hom.) (Scholar), Tantia University, Sri Ganganagar (Raj)

ABSTRACT

Hypertension or high blood pressure is the “Silent killer” of current stressful life. High BP is not a disease, but a symptom or sign of internal malady or pathological course of action. But in case of Gestational Hypertension, it takes different pathway. Gestational hypertension is one of the most common medical problems encountered in about 15% of pregnancies and it encounters 12% of maternal morbidity and mortality especially in developing countries. Homoeopathy is a gentle, non-invasive approach which stimulates the self-regulatory mechanism and improving the susceptibility to HTN related disorders during pregnancy by using homoeopathic management.

Keywords: Hypertension, Pregnancy, Gestational, Homoeopathy.

INTRODUCTION

A sustained rise of blood pressure to 140/90 mm Hg or more on at least two occasions 4 or more hours apart beyond the 20th week of pregnancy or within the first 48 hours of delivery in a previously normotensive woman is called gestational hypertension. It is associated with a much higher incidence of essential hypertension in later life than preeclampsia.

Normal pregnancy is marked by an initial drop in mean arterial pressure, with an eventual rise in Blood Pressure (BP) to pre-pregnancy levels. The development of HDP involves a number of factors that result in volume and hemodynamic alterations that fail to adapt to the changes accompanying pregnancy. Many women also report feeling extremely fatigued during pregnancy, especially during her first and third trimesters. Considering the physical and emotional demands of pregnancy and the prevalence of high blood pressure among pregnant women, it's no wonder that expectant mothers become so tired.

One of the causative factors for high blood pressure during pregnancy can be fatigue, sleep problems or changing hormone levels. Hormonal changes may also have an inhibitory effect on muscles, which may result in increased risk of developing high blood pressure and may be partly responsible for the pregnancy related discomforts. Later on the complication can result into proteinuric phase and may evolve to preeclampsia which becomes retrospective diagnosis. If there is severe HTN, with appearance of symptoms or abnormal laboratory values, patient should suggest for delivery.

Prevalence and Disease Risk Burden

There are well established associations between HDP and the development of maternal Cardiovascular Disease (CVD) later in life. Although the associations between preeclampsia and future CVD have long been known, newer evidence suggests that there are also long-term CVD risks associated with Gestational Hypertension (GHT), although the etiology of GHT is thought to be distinct from that of preeclampsia.

Risk Factors:

Can be Advance age, Hereditary, Obesity, Cigarette smoking, alcoholism, Emotional stress, Increased sodium (salt) intake, Some allopathic Drugs like NSAIDs, oral-contraceptives pills, antidepressants etc, Low physical activity, Inadequate sleep, Renal disease, endocrine disorders or Toxemia in pregnancy

Clinical sign and symptoms of hypertension in pregnancy:

Heaviness of head, Giddiness, Headache, Anxiety, Dimness of vision, Dyspnea, Palpitation in chest, Lack of concentration, Weakness, Sleeplessness, Some amount of edema is common in a normal pregnancy. Edema has been excluded from the diagnostic criteria unless it is pathological.

Complications:

1. Gestational edema or pitting edema over the ankles due to influence of pregnancy.
2. Gestational proteinuria i.e. presence of protein in urine during or under the influence of pregnancy in the absence of hypertension, edema or renal infection. It may be orthostatic proteinuria.

The elevation in blood pressure is in fact a compensatory or conservative progression by which an adequate circulation of blood to the tissues is maintained, in spite of obstruction or increased confrontation to the flow of blood. There are several conventional medicines to control high blood pressure as acetazolamide, β - blockers etc. However, these medicines have several side effects. So there is a need of alternative treatment to control and manage HTN during pregnancy.

Management:

The management of hypertension in pregnancy includes life style modification like reduced sodium intake, physical activity, limiting alcohol consumption, incorporating the Dietary Approaches, followed by yoga and exercises.

Homeopathic View:

Homeopathic treatment for HTN during pregnancy is a patient-oriented science i.e. treatment of person as a whole. The medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution, exciting cause of disease followed by miasmatic tendency (predisposition/susceptibility) are also often taken into account for the treatment of chronic conditions.

According to Hahnemann HTN during pregnancy is psoric in origin chronic in nature and shall be treated with antipsoric remedies. Homeopathic remedies work towards balancing the maintaining cause which later helps in preventing relapses as well as help to build self-esteem and self-confidence for upcoming delivery.

Homeopathic medicines can formulate a positive change in people suffering from these distressing states of HTN, mind and behavior by reducing their anxiety levels and thus make patients capable of dealing with stressful situations.

HOMOEOPATHIC MANAGEMENT:

1. ACONITE NAPALLUS

• A state of fear, anxiety; anguish of mind and body. *Physical and mental restlessness*, fright, is the most characteristic manifestation of Aconite. *Acute, sudden, and violent invasion. Palpitation, with anxiety*, fainting, and *tingling in fingers. Pulse full, hard; tense and bounding*; sometimes intermits. Temporal and carotid arteries felt when sitting. *Better* in open air; *worse* in evening and *night*;; from tobacco-smoke.

2. IGNATIA AMARA

• Changeable mood; introspective; silently brooding. Melancholic, sad, tearful. Not communicative. *Sighing and sobbing*. After shocks, grief, disappointment. Feels hollow, heavy; *worse, stooping*. Headache as if a nail were driven out through the side. Cramp-like pain over root of nose. Congestive headaches following anger or grief; *worse, smoking or smelling tobacco*, inclines head forward.

3. AMYLENUM NITROSUM

• On inhaling this drug, it rapidly dilates all arterioles and capillaries, producing flushings of face, heat, and throbbing in the head.--Superficial arterial hyperemia. Palpitation of the heart and similar conditions are readily cured by it, especially the flushings and other discomforts at climacteric. *Anxiety*, as if something might happen; *must have fresh air. Flushings, followed by sweat at climacteric*. Ears hyperemic. Throbbing.

4. BELLADONNA

• Loss of consciousness. Disinclined to talk. Perversity, with tears. *Acuteness of all senses*. Changeableness. Vertigo, with falling to left side or backwards. Sensitive to least contact. Much throbbing and heat. Palpitation reverberating in head with labored breathing. Violent palpitation, reverberating in head, with labored breathing. Palpitation from least exertion. Throbbing all through body.

5. NATRUM MURICATUM

• Psychic causes of disease; ill effects of grief, fright, anger, etc. Depressed, particularly in chronic diseases. *Consolation aggravates*. Irritable; gets into a passion about trifles. *Blinding headache*. Aches as if a thousand little hammers were knocking on the brain, in the morning on awakening. Tachycardia. Sensation of coldness of heart. Heart and chest feel constricted. Fluttering, palpitating; intermittent pulse. *Worse* mental exertion, consolation, *heat*.

6. GLONOINE

• Great remedy for congestive headaches, hyperemia of the brain from excess of heat or cold. *Surging of blood to head and heart*. Tendency to sudden and violent irregularities of the circulation. Effects of sunstroke; heat on head, as in

type-setters and workers under gas and electric light. *Head heavy, but cannot lay it on pillow. Cannot bear any heat about head.* Better from uncovering head. *Throbbing headache.*

7. PASSIFLORA INCARNATA

- Has a quieting effect on the nervous system. Insomnia, produces normal sleep, no disturbance of cerebral functions. Puerperal convulsions. Acute mania. Violent ache as if top of head would come off-eyes felt as if pushed out. Restless sleep and wakeful, resulting from exhaustion. Especially in the feeble, infants and the aged. Insomnia of infants and the aged, and the mentally worried, and overworked, with tendency to convulsions. Nocturnal cough.

8. RAUWOLFIA SERPENTINE

- Rauwolfia serpentina is an antihypertensive that lowers blood pressure by controlling nerve impulses. It has been used in India for hundreds of years to treat high blood pressure.
- Dizziness, problems with coordination, stereotypic movements, and depressive symptoms.

REFERENCES:

1. Singh PK., Kumar D., Mathur A., Hypertension & Its Homoeopathic Management. TUJ. Homo & Medi. Sci. 2021;4(1):32-41
2. Boericke william, Boericks new manual of homoeopathic materia medica, third revised and augmented edition, B.jain publishers
3. Allen H.C., Allen's Keynotes and Characteristics with Comparisons, B.jain publishers
4. Dr. patil J.D., Group study in Homoeopathic materia Medica, B.jain Publishers
5. A dictionary of practical materia medica by Clarke John henry