

On the occasion of World Hypertension Day on 17th May today, let us understand what is high blood pressure and how homeopathy medicines work in it.

High Blood Pressure (HBP) Homeopathy Approach

Blood pressure is the pressure exerted against the walls of the arteries. Arteries carry blood from your heart to other parts of your body. Blood pressure usually rises and drops throughout the day. When this pressure is consistently very high, it is known as high blood pressure which is medically known as hypertension. Normal blood pressure is between 120/80 mmHg.

Sections of High Blood Pressure:

1. Blood pressure below systolic 120-129 mmHg and diastolic 80mmHg is generally not recommended and only lifestyle changes are advised.
2. **Stage 1 Hypertension** : Between systolic 130-139 mmHg or diastolic 80-89 mmHg.
3. **Stage 2 hypertension**: Systolic 140 mmHg or more and diastolic 90mmHg or more.
4. **Hypertensive crisis**: Systolic readings are greater than 180 mmHg and/or diastolic is greater than 120 mmHg. It requires immediate medical help.

Reasons: There may or may not be a cause of high blood pressure.

1. The increase in the level of high blood pressure without reason is called **primary/essential hypertension** . Primary hypertension usually develops slowly.
2. When there is a cause of high blood pressure, it is known as **secondary hypertension** . Secondary hypertension can be the result of kidney and thyroid problems. Congenital defects in tumors and blood vessels in the adrenal glands. Secondary hypertension appears suddenly.

Symptoms: High blood pressure usually causes no symptoms and is often reported during regular medical check-ups. High blood pressure is called a 'silent killer', as it causes significant damage to the blood vessels and heart, with no visible symptoms visible. However, some of the symptoms that appear as a result of high blood pressure include headache, dizziness, difficulty breathing, chest pain, bleeding from the nose or blood stains in the eyes. However, these symptoms are not only seen in high blood pressure alone, they are also seen in other diseases.

Risk Factors: Factors that can put a person at risk of high blood pressure include family history, advancing age, excess weight, excessive alcohol consumption, tobacco use, stress, excessive salt (sodium) intake, diabetes mellitus, sedentary lifestyle, and certain medications (drug-induced hypertension).

Homeopathy approach

The homeopathic system has good scope in managing high blood pressure. Homeopathic remedies for high blood pressure naturally work to moderate the functioning of the body. Homeopathic medicines work especially well for people who have recently been diagnosed with hypertension and have not yet relied on any other drug for the disease. People with chronic high blood pressure and those who have been using allopathic medicines for a long time may also use homeopathic medicines. Initially, it is advisable to continue allopathic medicines along with homeopathic medicines, and gradually shift to homeopathy for holistic treatment. Proper lifestyle measures should be adopted along with homeopathic treatment for high blood pressure for best results. Always consult a homeopathic specialist before taking any homeopathic medicine.

Homeopathic medicines for high blood pressure

Top homeopathic medicines to control high blood pressure (HBP) include **bryonia, gelcemium, netrum moor, roulfia sarp, spartium, cretagus, nax vomica, and kali fos.**