

EFFICACY OF *ARNICA MONTANA* WITH DIET AND REGIMEN IN HYPERTENSIVE HEART DISEASE

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ABSTRACT

Hypertension is also known as high blood pressure; it is a life style disorder in which the blood pressure in the arteries are persistently elevated. To summarize promising efficacious action of homoeopathic medicine along with the diet and regimen in hypertension and to stimulate further research in this potential areas activity including the analysis of predisposing conditions which increase the risk of hypertensive heart disease, particularly genetic, lifestyle disorders and environmental factors are the most common causative ailments. The diet and regimen plays a major role in life style disorder. Homoeopathic Medicine has an infinite potentiality in treating heart disease matched with similimum. *Arnica montana* is a homoeopathic remedy, which shows the marked action upon the blood and vascular system. It is indicated for hypertension with cardiac dropsy with dyspnea, angina pectoris, feeble and irregular pulse and cardiac asthma.

KEYWORDS: Arnica montana, Diet, Hypertension, Hypertensive heart disease, Homoeopathy.

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INTRODUCTION

The indicated cause of hypertensive heart disease is, chronically elevated blood pressure (BP); the causes of elevated BP which goes under complication. Arnica montana remedy is disposed to cerebral congestion acts best in cardiac dropsy, dyspnoea and thrombosis [1]. Non-essential hypertension accounts for 90% cases of hypertension in adults [2]. Secondary causes of hypertension account for the remaining 10% cases of chronically elevated BP. Hypertensive heart disease includes heart failure, thickening of the heart muscle, coronary artery disease. Homoeopathic diet about Dr. Samuel Hahnemann says in his lesser writing “but we moderns on the contrary are of course and this I would almost concede to you for the sake of peace, if this verdict only applied to some of us” [3]. He also explains about the importance of the diet and regimen in the aphorisms 259 to 264, emphasizes on the importance which a patient should maintain on his or her diet and regimen in order to let the medicine have a complete action on the being [4]. As to diet, all classes of men who wish to be cured of a lingering disease, can suffer some limitations [5]. Long standing hypertension has a major risk factor for atherosclerosis, which may lead to development of atheroma in the walls of vessels and leads to narrowing of lumen of the vessels [6]. Cardiac diseases, diabetes, chronic renal diseases, hyperlipidemia are the predisposing factors which can cause hypertension depending upon age [7]. Due to atherosclerosis the blood supply gradually diminishes as heart pumps harder, that may lead to cardiac ischemia, cardiac failure, abnormal dilatation or bulge in the arterial wall which may rupture and leads to stroke [8]. Hypertension is frequent in some races such as Americans and Africans due to increased dietary intake of sodium, obesity and stress [9]. Heavy intake of alcohol or smoking of cigarettes may increase the incidence of hypertension. The risk of hypertension is common with males while females have the chances after the menopause. Other etiological factors which increases the risk are high sodium intake, fat rich foods, low potassium intake, stress etc.

MATERIALS AND METHODS

A randomly selected case of non-essential hypertensive heart disease with regular monitoring of systolic and diastolic pressure variations along with other vital signs.

Research finding on homoeopathy in hypertensive heart disease

A case of 45yrs old female from Manjalumoodu with complaints of vertigo while looking upwards and associated with tiredness, loss of memory. During the suffering of above complaints, she had present the psychic features as very irritable, constantly talking, easily exhausting and the nature of

stool as if small balls persist as chronic constipation. Vital signs are pulse rate is 88 beats/minute, Blood pressure is 160/140 mmHg. Hypertension, in most of the patients is asymptomatic. Therefore, the diagnosis is usually made at a routine examination or when complication arises. Thus it is called as “silent killer”. In cases with severe elevation in blood pressure may produce some symptoms like perspiration, anxiety, disturbance in sleep and blushing. But in most of cases people remain asymptomatic. Headache and vertigo occurs in hypertensive crisis. Primary hypertension may arise from genetic factors, people under medication to maintain pressure and blood volume, environmental factors, stress, low physical activity. Secondary hypertension has specific causes and complications which give rise to other health complications.

Diet for hypertensive heart disease

Diet should be dominated with lots of fruits and vegetables on a daily basis. Hydrate yourself well by having minimum 2-3 L of water/day, coconut water, buttermilk, vegetable soups. Advice for whole grains, high fiber foods, beans, pulses, nuts, fish rich in omega – 3 fatty acids twice a week and low fat dairy products. A high-sodium diet increases blood pressure. In fact, the less sodium you have, the better the control you have on blood pressure. Consuming foods that are rich in potassium is better than taking supplement. Include a slice of banana into your cereal or oatmeal for a potassium-rich diet.

RESULTS AND DISCUSSION

In this observational study Hypertension associated with vertigo, tiredness, loss of memory, irritable, constantly talking, and constipation as a comorbid symptom. Blood Pressure and other vitals are regulated within normal range with the help of *Arnica 200* in successive repetition. Here, we obtained gradual decline of the symptoms of Hypertension by giving *Arnica montana 200* weekly one dose [10]. The improvement of chief symptoms like vertigo and tiredness noticed in first week. Vitals and blood pressure improvement obtained within a period of 3 weeks. All other associated symptoms are managed and finally the patient condition regulated with proper diet and regimen.

Hypertensive Heart Disease is curable with the Homoeopathic mode of treatment. Homoeopathic approach for Hypertensive Heart Disease is harmless and free from side effects. Medicine required to extract the disease from its roots varies from case to case. Analysis is made on both mental and physical sphere after which prescription is made. The ideal cure of Hypertensive Heart Disease is little time consuming process which cannot be done within few days. It needs thorough observation regarding the changes in symptom of patient and frequent clinical follow-ups. Other homoeopathic medicines are *Aurum metallicum*, *Belladonna*, *Calcarea carbonica*, *Glonoine*, *Lachesis*, *Natrum muriaticum*, *Nux vomica*, *Phosphorus*, and *Plumbum metallicum* are the top remedies for treatment

of hypertensive heart diseases. Dr. Samuel Hahnemann explains in foot note of aphorism 81 about the life style disorders i.e. some of these causes that exercise a modifying influence on the transformation of psora into chronic diseases. Manifestly depends on the climate and the peculiar physical; character of the abode place in the physical and mental training of youth, both of which may have been neglected. On the matter of diet and regimen, passions, manners, habits and customs of various kinds are should be considered. In this observational study the treatment was initiated with *Arnica Montana* 200/1DOSE; the patient shows improvement of his complaints with the successive follow ups given in the below table 1.

Table 1: Patient follow-up

S.No	Presenting complaints	Prescription
14/07/19	Presenting with symptoms of Vertigo <looking upwards, tiredness, loss of memory. Mind: Irritable, constantly talking. Generals: Stool- constipated, nature of stool as if small balls. Vitals: Pulse-88 beats/min, Blood Pressure- 160/140mm Hg.	Rx, Arnica montana 200/ weekly one dose.
19/07/19	Vertigo feels slightly better than before, tiredness and loss of memory persists as same. Generals: Stool- constipated occasionally. Blood pressure-140/120 mm Hg.	Rx, Arnica montana 200/ weekly one dose.
27/07/19	Vertigo feels better than before, tiredness better, and loss of memory persists. Generals: Stool- Regular Blood pressure- 140/110 mm Hg.	Rx, Arnica montana 200/ weekly one dose.
05/08/19	Vertigo feels better, tiredness changes, loss of memory slightly improved. Generals: Good. Blood pressure-120/90 mm Hg.	Rx, Arnica montana 200/ weekly one dose.
11/08/19	Vertigo and tiredness feels better, loss of memory slightly improved. Generals: Good. Blood pressure-120/90 mm Hg.	Rx, SAC LAC 2 DOSE.

According to this study hypertension cases can be treated by the symptom similarity and by the management i.e. diet and regimen. Further improvement of variations in systolic and diastolic pressure were shown in Fig.1.

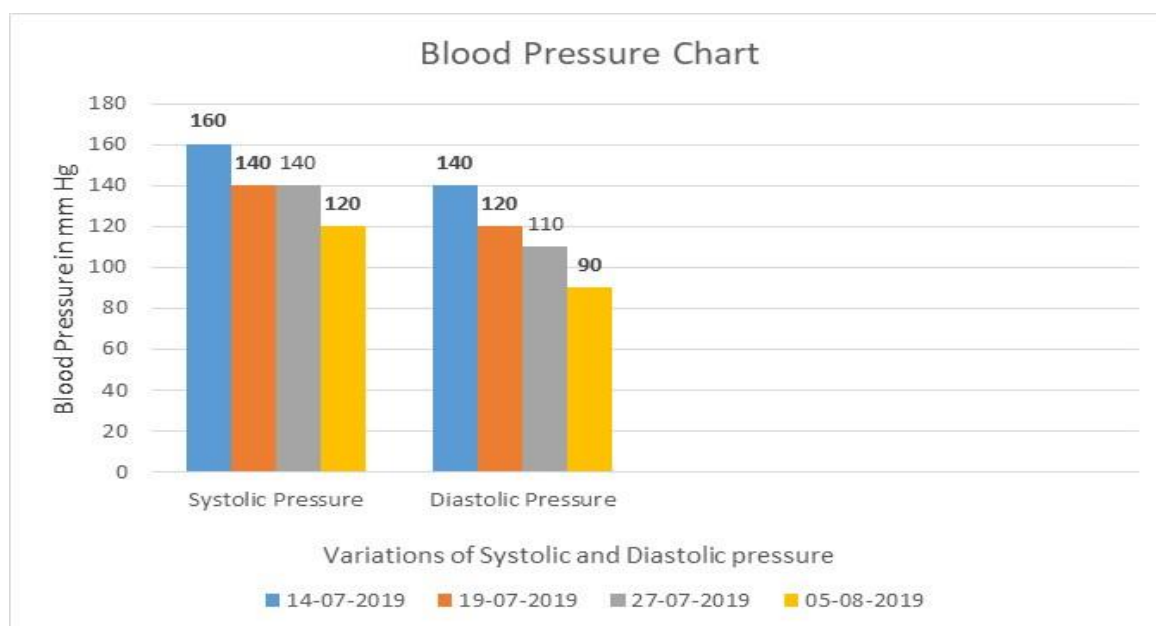


Fig 1: Variations of Systolic and Diastolic pressure

The above graph depicts the improvement of the patient on regular basis after the prescription of Homoeopathic medicine of *Arnica Montana* 200 potency [8]. As you can clearly observe the patient's health showed regular improvement after the prescription of the medicine. The other symptoms relating to hypertensive disorder which the patient presented with were also showing better improvement. This hence, proves the efficacious action which *Arnica Montana* can prove to show on hypertensive disorders along with proper regulation and maintenance of diet and regimen.

CONCLUSION

From this observational case study, the Homoeopathic Medicine *Arnica montana* 2001 was effective in treating the case of Hypertensive heart disease which acts well in the vascular system affections and shows improvement of the patient with the pressure variations from 160/140 mm Hg to 120/90mm Hg. Based on the above study results, we suggest the need for further studies on medicinal plants, that can cause blood pressure changes and their possible interactions with antihypertensive drugs, especially regarding the mechanistic aspects of such interactions. Another important recommendation is the development of further education resources for health profession.

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