

A clinical study on essential hypertension in patients having psychosocial stress and its homoeopathic management

Chinchu B

Government Homoeopathic Medical College, India



Abstract

Background and Objectives: Essential hypertension is the elevation of blood pressure with no clearly defined aetiology. The prevalence of hypertension is significantly influenced by environmental and lifestyle factors. The important influences on blood pressure are sodium intake, obesity, alcohol intake and psychosocial stress. There is a large number of evidence suggesting that psychosocial factors may also play an important role. Stress is an independent risk factor for developing hypertension. Even though lifestyle modifications and drug therapy available to control hypertension, the prevalence of hypertension is increasing day by day. So, it is better if we have another alternative approach to manage such cases to reduce the morbidity and mortality due to hypertension. Homeopathy is based on individualization of patients and has been found very effective in the management of hypertensive cases.

The aim of the study is to understand the utility of homoeopathic medicines in patients with essential hypertension having psychosocial stress and to study the role of psychosocial stress in hypertensive patients by using perceived stress scale.

Materials and Method of study: Cases were selected from the age group of 30-60 yrs. It can be observed that maximum number of patients come under the group of 51 - 60 yrs. Both male and female were included in the study. The current study was planned to explore the changes in the systolic and diastolic blood pressure before and after homoeopathic treatment in patients with essential hypertension having psychosocial stress. The method used for sample collection was purposive sampling. The period of study was one year. Outcomes of the treatment assessed by reduction in the symptoms and changes in the Blood pressure levels. Final evaluation of the data done with paired t test.

Results and Discussion: The study evaluated the changes in the systolic and diastolic blood pressure before and after homoeopathic treatment in subjects with essential hypertension having psychosocial stress. Paired t test is used to measure the significant difference in systolic and diastolic blood pressure before and after the treatment. The result shows that there is a significant difference in the systolic blood pressure before and after treatment ($p < 0.01$) and significant difference in the diastolic blood pressure before and after treatment ($p < 0.01$). It indicates that homoeopathic treatment is very effective in the management of hypertensive cases having psychosocial stress.

Conclusion: In the current study it is found that homoeopathic medicines are very effective in the management of hypertensive cases with psychosocial stress.

Key words: Essential Hypertension; Homoeopathy; Stress; Systolic and Diastolic Blood Pressure

Biography

Author is doing MD in Practice of Medicine (Hom.) at Government Homoeopathic Medical College, Trivandrum, Kerala. She got her Bachelor degree (BHMS) from Kerala University of Health Sciences on 2017. She was the 3rd Rank Holder in KUHS 2011th batch. She got Dr Malati Allen Noble Award in 2017 (World's largest Award Ceremony in the field of Homoeopathy) and Prof Mohini Vijayakar memorial academic excellence award 2017.



12th World Congress on Clinical Microbiology and Infectious Diseases | November 25th, 2021

Citation: Chinchu B, [A clinical study on essential hypertension in patients having psychosocial stress and its homoeopathic management, Clinical Microbiology 2021, 12th World Congress on Clinical Microbiology and Infectious Diseases | November 25th, 2021,03](#)