

Abstract

Hypertension is the most pervasive disease worldwide causing multiple chronic conditions without apparent symptoms and a complex aetiology. Anger is a critical variable in Essential Hypertension (EHT). In our study, we tried to correlate anger with EHT and tried to treat anger with homeopathic similimum and thereby bringing the hypertension down.

Objectives:

1. To investigate relationship between anger and its components with hypertension (HT).
2. To evaluate the efficacy of homeopathic treatment on anger and thereby on Hypertension in comparison with standard treatment.

Methodology:

300 patients with EHT were screened. 172 (108 men, 64 women) enrolled, two equal groups by simple randomisation were done. Case taking was done and all patients were advised for Dietary approaches to stop HT (DASH), life style modification and antihypertensives as per individual requirements. STAXI-2 scale was applied to measure anger at the beginning and after six months' study period. One group was given placebo and other defined similimum. They were followed up every two weeks.

Results:

Except state anger & its components all other variables of anger as well as systolic & diastolic BP have remarkably reduced which is statistically significant since p value is <0.001 with 95% confidence interval. Also, 89% patients in intervention arm experienced relief in the symptoms of comorbidities.

Conclusion:

Standard antihypertensives have little impact on anger or general psychopathology of patients and no effect whatsoever on comorbidities unlike similimum which treats patient as a whole.

Biography

Dr. Leena Sanjay Bagadia M.D. (Hom.), PGDMLE, PhD scholar (Hom. Psychiatry) is a visiting Professor: Forensic Medicine & Toxicology at S.K. Homeopathic Medical college, Beed, India and consultant homoeopath at Shri Mumbadevi Homoeopathic Hospital and Smt. CMP Hom. Medical college, Mumb

References

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In Homoeopathic Heritage, a peer reviewed monthly magazine. Vol. 40, No. 4, July 2014.

2. "[Homoeopathic treatment of essential hypertension](#)" In Ontario Journal of Homoeopathic Medicine Vol. 1, No. 1, April 2017 issue.
3. [Efficacy of similimum in reducing anger- measured with STAXI-2 scale in patients of mild to moderate essential hypertension](#). Will be published in the May 2020 –July 2020 issue of 'Advancements in Homeopathic Research.'
4. [Poster presentation at 3rd International Homeopathy Research Conference Cutting Edge Research in Homeopathy](#) held on 9 – 11 June 2017 St Julian's, Malta
5. Presentation in ICR Symposium in Homoeopathic prescribing 2017 "[Homoeopathic Management of Hypertension](#)," held on 15-17 Sept. 2017 at Mumbai
6. [Won best paper presentation award at first International DubaiAyush Conference](#) held on 8, 9 10 November 2017 at Dubai.

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