

### **Name of the research project**

Exploring the role of the homoeopathic similimum in modifying the anger state – trait and expression in patients with mild to moderate essential hypertension

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Information about this research project:

Blood pressure is the force of blood against the artery walls as the heart pumps blood through our body. Hypertension occurs when the force of blood is higher than normal.

Essential hypertension is high blood pressure that does not have a known cause.

According to the various researches done till now anger, hostility and aggression play a prominent role in the cause of high blood pressure. This research is about how anger affects blood pressure and how homoeopathic medicine prescribed after taking proper history and examination affects the state of mind especially anger and hostility.

### **Understanding Blood Pressure Readings**

Your blood pressure readings may be temporarily higher or lower throughout the day. They change after exercise after rest, when you are in pain, and when you are happy or sad. Occasional high blood pressure readings do not necessarily mean you have hypertension. A diagnosis of hypertension is not usually made unless your blood pressure readings are consistently high.

**Normal blood pressure** is less than or equal to 120/80 mm of mercury (Hg).

**Prehypertension** is higher than normal blood pressure, but not quite high enough to be classified as hypertension. Prehypertension is a systolic pressure of 120 to 139 mm Hg or a diastolic pressure of 80 to 89 mm Hg.

**Stage-1 hypertension** is a systolic pressure of 140 to 159 mm Hg or a diastolic pressure of 90 to 99 mm Hg.

**Stage-2 hypertension** is higher than 160/90 mm Hg.

#### **• Understanding the Dangers of Hypertension**

The higher your blood pressure is, the harder your heart has to work. A stronger force of blood can damage your arteries, blood vessels, and heart muscle. This can eventually cause reduced blood flow through your body, leading to:

- atherosclerosis (hardening of the arteries from cholesterol build-up, which can lead to a heart attack)
- stroke
- heart attack
- heart failure

- eye damage
- kidney damage
- **Symptoms of Essential Hypertension:**

Most people do not have symptoms of essential hypertension and only discover that their blood pressure is high during a regular medical check-up. Essential hypertension can begin at any age. It most often occurs first during the middle-age years.

### **DIAGNOSIS:**

We will do a test to understand in a better way the degree of your anger through a questionnaire and an interview which will be recorded on video. I am going to read you a list of several general areas that are usually the source of stress and feelings of anger and irritation for most people. We are interested in learning how people respond physiologically to stress and feelings of anger and irritation that they have to deal with in everyday life. Your answers will be kept in the strictest confidence. During this session, I want to find out how you experience and express feelings of anger, irritability and hostility.

We also have to do the following tests to rule out heart and kidney problems:

- a blood test to check your CBC, Blood sugar, cholesterol levels,
- an electrocardiogram test that records the electrical activity of your heart
- blood test, urine test to check your kidney function
- An x-ray chest to check heart and lungs

### **TREATMENT**

First you start with lifestyle changes to lower your blood pressure.

- eating a low-sodium, low-fat diet that is rich in potassium and fiber
- exercising at least 30 minutes a day
- losing weight if you are overweight
- quitting smoking
- limiting your alcohol intake to no more than one drink a day if you are a woman and two drinks a day if you are a man
- reducing your stress levels

If lifestyle changes do not lower your blood pressure levels enough, then under the advise of the medical specialist, we will put you under antihypertensive treatment along with homoeopathic treatment. We will monitor the Blood pressure and also find out what is happening to your emotional state over a period of time. This will extend for a year.