

- Blood pressure the mechanism & management
- Anas Barbariae
- Homeopathic Relievers for hypertension
- Novel Coronavirus 2019

HomeoBuzz

CONTINUING MEDICAL INFORMATION

Vol. 15, No. 11, February 2020, Total No. of Pages 16

Dear Readers,

Let's recall our PM's target of becoming a \$5 trillion economy by 2024. This is indeed, a very ambitious target but is achievable if consistent steps are taken in this direction. Achieving this target is a very fruitful journey as this will ensure overall growth and prosperity for the nation and the major beneficiary would be its citizens.

Aiming great targets brings out our hidden potentials, making our efforts larger than life itself. On the first instance this may appear an overenthusiastically thrown idea, but no target is big enough for a united team effort. We Indians have proven this in past and will strive on to convert this dream into a reality. With this target becoming a reality, provision of basic amenities including better healthcare system and technological advancements would become a reality and a part of our daily life. With such an infrastructure, Indians will surely use the decade to unleash their real brain potential and march actively towards the direction of Innovation, where we are currently lacking. History has taught us well, that human races who kept on inventing or creating, to provide for global needs, were not only the survivors but saviors as well.

Target \$5 trillion needs quite larger economic reforms and an extra effort by every business unit as well as individual. With an average growth rate of 8% for the next four years, we will hit the bulls eye. Export forms the key factor to achieve this. Thus, cordial relations with other growing nations along with more economical products and improved customer services will ensure that we achieve the milestone much before the deadline.

Happy Growing!

Dear Doctors,

Health care is challenging as a profession and the most flourishing industry. With an ever rising human population the competition to our species always comes from the minutest microscopic form of life, the microbes. The nature is alive and sensible enough to maintain a balance between the intellectuals and the invisibles. With the Wuhan outbreak, another healthy emergency has stood up in front of the nations all over the world.

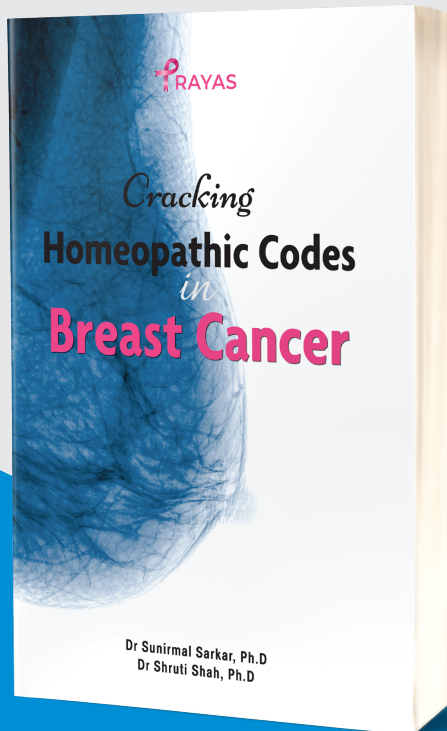
In the era of digital information, News spreads faster than epidemics, whether true or false. With the news of China Flu flooding the air, false videos were flying faster, spreading terror more than the facts. Many false videos were circulating over the net showing extraction of worms from peoples skin, under the term "Koronavirus". As Doctors we should treat health emergencies while spreading real information and facts in our communities. This will curb the terror and panic, and spreading good information will also help to cut the spread of the disease. History has been witness to worst epidemics in human race, but we have contained most of them successfully, just by spreading the word "Hygiene". Hygiene cuts of the transmission and spread of agents of disease, and once the spread is controlled, the existing cases do not burden the economy and can be treated successfully.

Swachh Bharat Abhiyan is not a temporary mission... it should be a permanent behavioural change in all of us. With this vision, in every mind, Intellect will win over the Invisible too.

Kuldeep Jain
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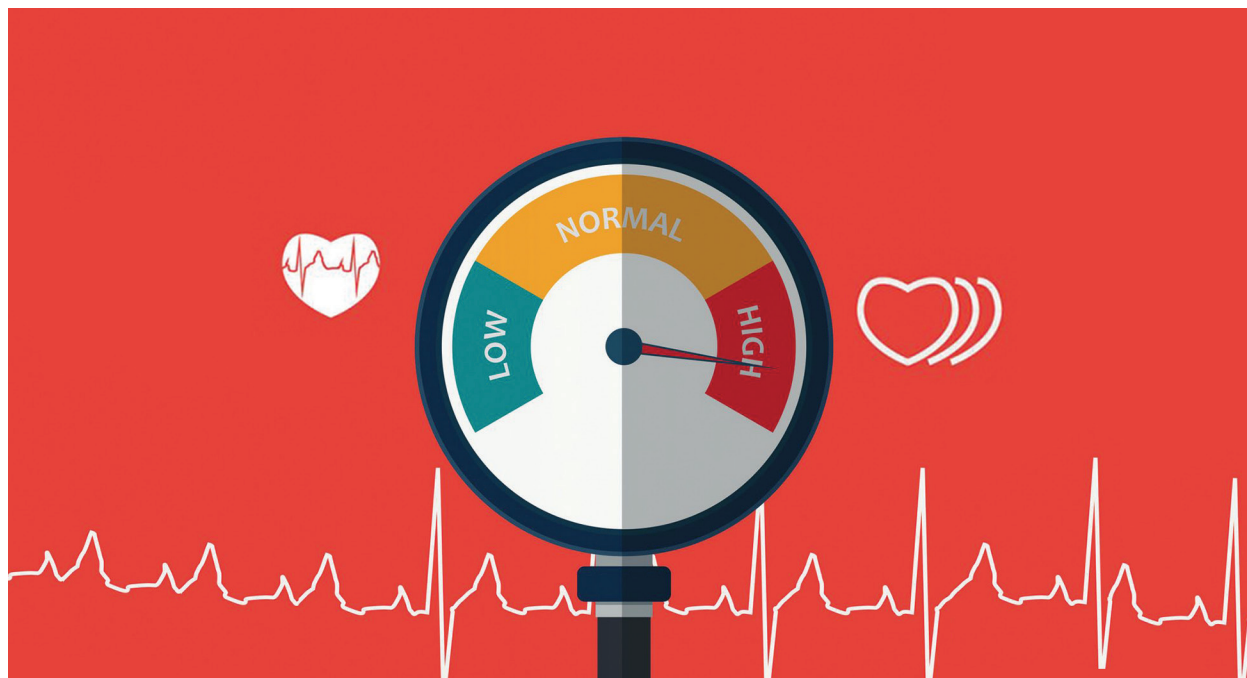


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Blood Pressure The Mechanism And Management



Circulation is the flow of energy in the form of blood from one part of the body to another. It serves the purpose of transporter, messenger, and the vital connector of various systems helping in their well synchronized functioning. It provides for the needs of the body by transporting nutrients to the body tissues, sweeping away the waste products, conducting hormones from one part of the body to another, and, in general, maintaining the body homeostasis.¹

Our system auto regulates the rate of blood flow through the tissues according to their nutritional or chemical requirements. This auto regulation is the result of a co-ordinated neuro-chemical, hormonal and autonomic nervous system's role play conducted majorly by the nervous, cardiovascular and excretory systems.

The functional units of circulation¹

The circulatory system stands on the pillars of important functional units each having features customized to their role play in circulation of blood.

- **Arteries:** Springing out from the heart, arteries transport blood under high pressure to distant sections of the body, for which they have strong muscular walls, capable of conducting high velocity blood.
- **Arterioles:** They are the smaller branches of arterial system, acting as the control channel through which the blood enters into the capillaries. The strong muscular walls allow the arterioles to alter /control the blood flow to the capillaries by their constricting and dilating actions, in response to the need of the tissues.
- **Capillaries:** These micro vessels form the vascular network of the tissue bed, functioning to facilitate exchange of fluids, nutrients, gases, electrolytes, hormones etc. between the blood and interstitial fluid. Their walls are thin, having numerous minute capillary pores with permeability for water and small molecular substances.
- **Venules:** They are the exiting vessels from the tissue beds collecting blood from the capillaries and finally coalescing into larger veins.

Blood Pressure The Mechanism And Management

- Veins: They are the channels emerging out from the peripheral vascular system. They carry the de-oxygenated blood from the tissues to pulmonary circulation for oxygenation, via the right heart. They also act as a major reservoir for extra blood. Their walls are thin yet muscular making them contractile, thus capable of controlling the blood reservoir according to the needs of the circulation.

FUN FACTS ABOUT CIRCULATORY SYSTEM !!!

- If you laid all your arteries, veins and capillaries end to end, they would circle the earth twice!
- Heart is of the size of our fist, weighing 300gms and beats an average of 100,000 times a day!
- In an average lifetime, the heart pumps enough blood to fill two large ocean tankers!
- Your heartbeat changes and mimics the music you listen to!!!



THE BLOOD PESSURE

The pressure exerted on arteries by the circulating blood is called arterial blood pressure. The arterial blood pressure is the result of multiple factors involved in the circulation of blood, such as – The force of cardiac contractions, peripheral vascular resistance and the density and viscosity of circulating blood. Under normal conditions the average arterial blood pressure is 100mmHg at the aortic level. But as the heart's action is alternate contraction and relaxation i.e. pulsating, the arterial pressure is noted under two arms : Systolic and Diastolic. Systolic pressure is the arterial pressure when the ventricles are under contraction and is 120mmHg. Diastolic pressure is the arterial pressure during the relaxing phase of heart or when the ventricles are relaxed and is around 80mmHg.

The body maintains optimum arterial pressure through various systemic pathways and certain factors are involved in regulation of both normal and high blood pressure. Intravascular volume, autonomic nervous system, vascular mechanisms and the action of Renin - Angiotensin – Aldosterone axis are the determining factors for arterial blood pressure.

HYPERTENSION

According to a Global Health Observatory(GHO) Data for Raised Blood Pressure “Worldwide, raised blood pressure is estimated to cause 7.5 million deaths, about 12.8% of the total of all deaths. This accounts for 57 million disability adjusted life years (DALYS) or 3.7% of total DALYS.”⁴ Hypertension doubles the risk of cardiovascular diseases, including coronary heart disease (CHD), congestive heart failure (CHF), ischemic and hemorrhagic stroke, renal failure, and peripheral arterial disease.²

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



High blood pressure is a feature of imbalance in the circulatory function of the body. Rather than being a specific disease, it marks the quantitative diversion from normal functional values of the cardio-vascular conduction.

Hypertension is a condition in which arterial BP is chronically elevated. Cutoff levels for blood pressure are defined according to their effect on patients' risk.

Blood Pressure The Mechanism And Management

Aetiology

Approximately 95% of hypertensive cases do not have any underlying cause. These cases are termed as “Essential Hypertension”, and their pathogenesis is still not clear. Multiple factors are thought to be contributory for the development of hypertension, amongst which genetic factors explain approximately 40-60% of cases. The risk of developing hypertension during lifetime in the population of industrialized countries exceeds 90%. Essential hypertension usually congregates with other cardiovascular risk factors like ageing, obesity, insulin resistance, diabetes and hypercholesterolemia. Discreet damage occurs in organs directly impacted with hypertension, early in the course of disease, like left ventricular hypertrophy, microalbuminuria and cognitive dysfunction, although disastrous consequences such as stroke, heart attack, renal failure, and dementia usually result from prolonged periods of uncontrolled hypertension only.⁵ Racial predisposition of hypertension is seen in black Americans and Japanese. High consumption of salt and alcohol, obesity and lack of exercise are important factors for the development of Hypertension. Hypertension developing as a consequence sodium retention or peripheral vasoconstriction due to any specific disease, is secondary hypertension and contributes to 5% of total hypertensive cases.

#White coat hypertension!

An unrepresentative surge in BP occurs when sphygmomanometry is performed by a doctor and around 20% of patients with apparent hypertension in clinic may find the readings absolutely normal when measured at home by automated apparatus.³

Diagnosis

In the normal course hypertension does not produce any symptoms, until it's revelation during a routine clinical examination, or when a complication develops. To get a clearer picture for the confirmation of hypertensive disorder, multiple readings repeated at regular intervals throughout the day are helpful rather than a limited number of clinical readings. Patients can measure their own BP at home using a range of commercially available semi-automatic devices. The average ambulatory daytime (not 24-hour or night-time) BP is considered as reliable to form diagnostic conclusions and management decisions.

History should be very well taken including family history, lifestyle (exercise, salt intake, eating habits, smoking, drug usage, alcohol consumption etc.) with focus on eliminating secondary causes such as pheochromocytoma and complications such as coronary artery disease.

An elaborate general examination should be conducted to rule out secondary causes of hypertension and serious complications.

'Malignant' or 'accelerated' phase hypertension

This rare condition may complicate hypertension of any aetiology and is characterised by accelerated microvascular damage with necrosis in the walls of small arteries and arterioles ('fibrinoid necrosis') and by intravascular thrombosis. The diagnosis is based on evidence of high BP and rapidly progressive end organ damage, such as retinopathy (grade 3 or 4), renal dysfunction (especially proteinuria) and/or hypertensive encephalopathy. Left ventricular failure may occur and, if this is untreated, death occurs within months.³

Management

The treatment objective in Hypertension is focused around reducing incidences of adverse cardiovascular conditions, specifically coronary heart disease, stroke and heart failure. The conventional anti hypertensive therapy includes Thiazide, ACE inhibitors, Angiotensin receptor blockers, Calcium channel antagonists and Beta-blockers. These drugs have side effects like constipation, cough, flushing, palpitation, fluid retention and bradycardia.³

Homoeopathic treatment clubbed with appropriate lifestyle measures like correcting obesity, reducing alcohol intake, doing regular physical exercises and consuming fresh fruits and vegetables can help in maintaining healthier level of blood pressure. Homoeopathic drugs like Rauwolfia serpentine, spigelia, belladonna, viscum album, veratrum album etc. are effective in correcting disorders of blood pressure.

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Regulate Blood Pressure Safely



Omeo™

Be Pe Tone DROPS

Indications:
High Blood Pressure

Composition:

Arnica montana	2X	10%
Crataegus oxyacantha	∅	30%
Plumbum aceticum	6X	10%
Secale cornutum	3X	10%
Viscum album	∅	40%
Excipients		q.s.
Alcohol content		65% v/v

Dosage: 10-20 drops should be diluted with water and taken 3-4 times a day, or as prescribed by the physician.



Pack sizes available: 30ml

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DROPS

Indications:

- Respiratory affections leading to difficulty in breathing.

Composition

Arsenicum album	6x	(10%v/v)
Belladonna	4x	(10%v/v)
Bryonia alba	4x	(10%v/v)
Kali phosphoricum	4x	(10%w/v)
Natrum muriaticum	4x	(10%w/v)
Natrum sulphuricum	4x	(10%w/v)
Veratrum album	4x	(10%v/v)
Eriodictyon glutinosum	4x	(10%v/v)
Excipients		q.s.
Alcohol content		(45%v/v)

Dosage : 10-15 drops should be taken with some water 2-3 times daily for a minimum of 16-20 weeks or as prescribed by the physician. In acute exacerbation, frequent repetition of dose is recommended – every ½ hour to 2 hours in luke warm water, or as prescribed by the physician.



Pack sizes available: 30ml



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Flu Tablets

Indications:

- Fever, Chills
- Bodyache, Headache
- Nose blockage
- Watery discharge from the nose & eyes

Composition:

Each tablet of 250mg contains:

Aconitum napellus	3X	(25mg)
Bryonia alba	3X	(25mg)
Eupatorium perfoliatum	1X	(25mg)
Gelsemium sempervirens	3X	(25mg)
Ipecacuanha	3X	(25mg)
Phosphorus	6X	(25mg)
Eucalyptus globulus	2X	(10mg)
Excipients		q.s.

Dosage : Adults & > 12 years old - 2 tablets, 4times a day. Children < 12 years old - 2 tablets, 2 times a day or as prescribed by the physician



Sneezing



Nasal Discharge



Burning Eyes



Pack sizes available:
25gm | 450gm

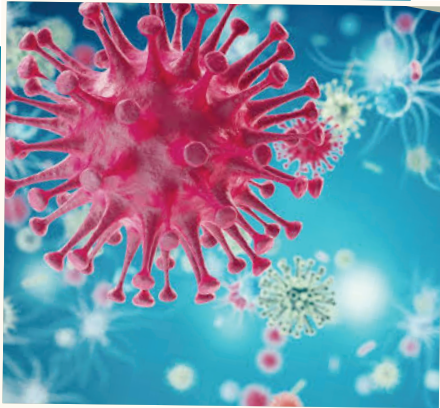
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ANAS BARBARIAE

(Oscillococcinum)



Autolysate of the liver and heart of the duck, *Anas barbariae*¹

The homeopathic antiviral medicine

Well known by the public as a remedy for the flu, Oscillococcinum's effectiveness is indisputable when it comes to halting influenza and similar seasonal illnesses of a viral nature. What is less well known, however, is that it is made from an extract of duck livers and hearts. It is interesting to touch on this notion, especially for the French, since traditional French cooking uses poultry livers and hearts in abundance during the winter.²

Synonyms: (French) : Autolysat filtre de foie et coeur d 'Anas Barbariae

Part used : The lysate

Distribution : Laboratory preparation.

Clinical : Aches. Anxiety. Bronchitis. Conjunctivitis. Ear pain. Fears. Headaches. Influenza. Gastro-intestinal disorders. Mastoiditis. Rhinitis. Sinusitis. Varicose ulcer.³

Indications :

- ✦ Obstinate. A busy body, maniac, cannot bear disorder.³
- ✦ Fear of dirt. Has the need to wash his hands very often and is afraid of giving his hand to others for the fear of pollution, contagion.³
- ✦ Influenza of all types, especially in the earlier stages. This is a faithful remedy at the beginning of influenza, of rhinitis and otitis. Given early it is very efficacious.³
- ✦ Nasal voice. Nasal catarrh. Stuffed nose, nasal obstruction, sneezing. Aponia, dry painful cough.³
- ✦ Can digest neither milk nor eggs. Constipation.³

Oscillococcinum resembles in many respects to 'Carcinosinum'.

Doctor Hui Bon Hua (France) gave us many reports where he used it in place of Carcinosinum, with good results.⁴

In sum, during the winter, on becoming chilled or after contact with someone sick with the flu, taking a dose of Oscillococcinum often stops illness short. This remedy is not sold in centesimal Hahnemannian (CH), but in Korsakoff (K) potencies, a technique which uses the same flask over and over again in potentizing the remedy. Oscillococcinum is used in 200 K.²

Prescribed dose : Normally used in higher potencies.¹

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1. VARMA P.N and INDU V., Encyclopaedia of Homeopathic Pharmacopoeia
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Therapeutics of hypertension

1. Adrenalinum

- When injected into the circulation arteries become contracted and blood pressure rises.¹
- The main action of Adrenalin is stimulation of the sympathetic endings, notably the splanchnic area, causing constriction of the peripheral arterioles, with resulting rise in blood pressure.²
- Its chief therapeutic use depends on its vaso-constriction action; therefore a most powerful and prompt astringent and haemostatic; and invaluable in checking capillary haemorrhages.²
- Prescribed dose : 3x to 6x attenuation.⁵

2. Aurum metallicum

- Great weight on chest; esp. heavy weight on sternum. Much congestion in the chest.³
- Floundering heart. Anxious palpitation of the heart, from congestion to the chest.³
- Arteriosclerosis, high blood pressure, nightly paroxysms of pain behind sternum.⁴
- Prescribed dose : 3x and higher.⁵

3. Baryta carb

- Diseases of old men when degenerative changes begin; - cardiac vascular and cerebral.²
- Palpitation and distress in region of heart.²
- Accelerates the heart's action at first, blood pressure much increased, contraction of blood vessels.²
- Prescribed dose: Third to thirtieth potency

4. Conium mac

- Sensible beating of arteries through whole body.⁶
- Violent beating of heart, with pain at each pulsation, as if a knife was being thrust through occiput; heart beat sometimes strong, sometimes quick or vacillating.⁶
- Sensation of fulness, bursting in brain during headache.⁷
- Dose - Best in higher potencies given infrequently, especially for growths, paretic states, etc. - Otherwise sixth to thirtieth.²

5. Crategus oxycantha

- Acts on muscle of heart, and is a heart tonic.²
- Produces giddiness, lowered pulse, and air hunger and reduction in blood-pressure.²
- High arterial tension.²
- Palpitation and rapid action of heart.³
- Dose - Fluid extract or tincture, one to fifteen drops.²

6. Camphora

- Pictures a state of collapse. Icy coldness of the whole body; sudden sinking of strength; pulse small and weak.²
- As a heart stimulant for emergency use of Camphor is the most satisfactory remedy.²
- Anxiety at heart.³
- Diminished circulation of the blood to the parts most distant from the heart.³
- Sinking of all strength. Fainting fits.³
- Dose - Tincture, in drop doses, repeated frequently, or smelling of Spirits of Camphor. - Potencies are equally effective.

7. Adonis vernalis

- Under its action the cardiac contractions increase in force, the pulse becomes less frequent, more regular and full, the urine increases in quantity and albumen and casts disappear.⁸

- This remedy will be found of service when dilatation of the heart is taking place, as indicated by the diminished heart's action and the lowering of the blood pressure generally; as a result, the function of the kidney is lessened and marked dropsy appears.⁹

- Dose - Five to ten drops of the tincture.²

8. *Convallaria majalis*

- Increases energy of hearts' action, renders it more regular.²
- Sensation as if heart ceased beating, then starting very suddenly.²
- Most indicated when it is necessary to restore the balance of the right side of the heart.⁸
- Dose - Third attenuation, and for symptoms of heart failure, tincture, one to fifteen drops.²

9. *Cactus grandiflorus*

- Acts best in the incipency of cardiac incompetence.²
- Violent palpitation; worse lying on left side, at approach of menses.²
- Constriction; very acute pains and stitches in heart; pulse feeble, irregular, quick, without strength.²
- Low blood pressure.²
- Dose - Tincture (best made from flowers), to third attenuation.²

10. *Naja tripudians*

- Visible palpitations. Dragging and anxiety in precordia. Feeling of weight on heart.⁴
- Hypertrophy, weakness. Valvular disorders.⁴
- Damaged heart after infectious diseases. Marked symptoms of low tension.⁴
- Blood pressure low. Threatened paralysis of heart, body cold.⁴
- Dose - Sixth to thirtieth potency.²

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Compiled by:
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Helpful for symptoms due to viral fever.

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Carica Papaya	Ø	0.1ml
Ocimum Sanctum	Ø	0.05ml
Azadirachta Indica	Ø	0.05ml
Rhus Toxicodendron	3x	0.05ml
Eupatorium perfoliatum	3x	0.05ml
Gelsemium sempevirens	3X	0.05ml
Belladonna	3X	0.05ml

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Excipients q.s. to make 5ml

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Fever or raised body temperature is a common initial symptom of infections and inflammations and is a result of hypothalamic reaction to the injurious effects of pyrogens on the body. 'Fever' implies an elevated core body temperature $> 38.0^{\circ}\text{C}$, i.e. above the normal daily variation.¹

Pyrogens (Greek pyro means "fire") are the substances that initiate the immune reactions in our body resulting in fever or elevated body temperature. They trigger the elevation of prostaglandins in the circulating blood which reset the hypothalamic temperature at a higher level. The resetting of temperature set point in hypothalamus is followed by a series of vasoconstriction, chills and rigor till the temperature reaches the elevated set point resulting in fever.

Hyperthermia or heat stroke needs to be differentiated from fever as it is uncontrolled elevation of body temperature which exceeds body's ability to lose heat. Excessive heat exposure and overworking or exercising in hot temperatures can produce heat faster than the body's ability to lose it and results in Hyperthermia.

Broadly fevers can be categorized into : **Infectious, Neoplastic, Inflammatory.** ²

The infectious variety of fevers show a tendency to spread and take the form of epidemics, like:

Chikungunya, Cholera, Ebola Virus disease, Influenza, Lassa Fever, Meningitis, MERS-CoV, Nipah Virus, Novel Coronavirus-2019, Plague, SARS, Smallpox, Zika virus, Swine flu or H1N1-Flu.

The recent one is the **Wuhan outbreak of novel CoronaVirus2019**, which is in Top News all over the world today. It is also popular by the name of "**China Flu**", on the originating point of the epidemic. Key features of this infection are as follows:

- Corona virus is a cluster of multiple strains of virus affecting the air passages of their targets.
- The strains include 229E, NL63, OC43, and HKU1, which cause common cold like symptoms and have been identified as the cause of china flu outbreak, originating from Wuhan, China.
- It is suspected to be linked with a large seafood, and animal market, suggesting animal to human spread.
- Coronaviruses are a large family of viruses commonly found in animals like cats, bats, camels and cattles.
- On rare instances this group of viruses gets transmitted to humans causing MERS and SARS, leading to fatal respiratory distress.

SYMPTOMS appear within 2 to 14 days of exposure and vary from mild to severe degree, including:

1. Fever
2. Cough
3. Shortness of breath
4. Some have reported diarrhoea, nausea and vomiting
5. Severe complications like Pneumonia and kidney failure were seen in some people.
6. Those who died in this epidemic, had some pre-existing condition responsible for their reduced immunity such as diabetes, cancer, chronic lung disease, chronic heart disease or chronic kidney disease.

PREVENTION:

- Avoiding Exposure – Corona virus spreads through droplet transmission from the affected persons. Strict Hygiene and Isolation of those affected is the basic key to prevention from Coronavirus.
- Hand Washing- Wash hands often with soap and water, and carry an alcohol based hand sanitiser. Wash hands for minimum of 20 seconds and if soap is not available a sanitiser containing atleast 60% alcohol should be used.
- Cover mouth and nose while coughing or sneezing.
- Close contact with affected people should be avoided.
- Frequently clean and disinfect touched objects and surfaces

WHAT CAN HOMOEOPATHY DO :

AYUSH ministry has issued a health advisory and recommended that homoeopathic treatment is effective in prevention of novel coronavirus infection.

The advisory promoted all AYUSH systems for the prevention of Coronavirus infection.

Homoeopathic medicine "Arsenicum album 30" has been promoted as a preventive, to be taken on empty stomach for 4 days.

On searching homoeopathic books for the same, Arsenicum album was found to be advocated by Dr. Clarke too but in 3rd potency as a flu preventive.

Besides arsenicum album, Influenzinum 200, Oscilloccinum 200, Nux Vomica 200 have been found as good preventives.

Ocimum sanctum Q, Eucalyptum globulesQ and Justicia Q can be taken once daily (either one) throughout the period of outbreak . Justicia adhatoda has been advised by Dr. Farokh J. Master as a preventive.

Whatever treatment is used, people should stop panicking and follow basic hygiene in their routine chores. As epidemics are the diseases which spread from either contact, food or droplets in air. With proper Hygiene their transmission gets cut off, and the disease can be contained.

1. So all the infected ones, please isolate yourselves, take plenty of hydration and light meals with proper medication. DO NOT PANIC, as the death rate of CoV2019 is only 2%, the lowest in world epidemics of 10 years.
2. Those who are not affected implement strict Hygiene, Cover your Nose and Mouth with masks, and eat washed Food and vegetables rich in Vit-C, best one is AONLA(emblica officinalis in homoeopathy).

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