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## Essential Hypertension: - A Modern-Day Menace Well-Managed by Homoeopathy

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### ABSTRACT:


Almost one-third of the world's population is affected by hypertension. Unfortunately, despite improved detection and treatments, rates of HTN are not decreasing in the population. Therefore, we must improve our understanding of HTN's aetiology and determine optimal prevention strategies to reverse this trend.

Essential HTN (EHT) is considered one of the seven psychosomatic diseases. It's established that the increase and variation of blood pressure are afflicted by mood and way of thinking. Besides physical factors, psychosocial factors play a vital role in the pathogenesis of HTN. Long-term depression, insomnia, stress, anxiety, or sharp and intense mental trauma are also important causes of hypertension, as research suggested.

In homoeopathy, the remedy is selected by considering the totality of an individual's symptoms and circumstances, including personality, behaviour, fears, responses to the external environment, etc. Therefore, the changes in the patient's state of mind and disposition must be considered and matched with the particular homeopathic remedy which can produce a similar state in a healthy human being. As a result, permanent relief from the disease can occur. Hence, homoeopathic therapeutics can influence mental processes favourably and mitigate psychosomatic problems like EHT.

### KEYWORDS

Anxiety, depression, anger, psychosomatic diseases, essential hypertension, homeopathy

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