



Role of homoeopathic medicine *Rauwolfia serpentina* in 30 C and mother tincture in cases of Essential hypertension- a case series

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ABSTRACT

Hypertension is a growing concern worldwide. Homoeopathy offers many medicines which may have potential benefit in cases of hypertension. This case series presents 5 cases of essential hypertension treated with Rauwolfia serpentina in mother tincture and 30 CH potency. Cases were well managed under homoeopathic treatment.

Keywords: Homoeopathy, Essential Hypertension, *Rauwolfia serpentina*.

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INTRODUCTION

Globally, nearly one billion people suffer from high blood pressure (hypertension), leading to an estimated 7.1 million annual deaths attributed to this condition (1). Hypertension is a significant risk factor for cardiovascular disease. In India, hypertension affects 25-30% of middle-aged individuals in urban areas and 15-20% in rural regions. Recent studies employing updated criteria (blood pressure equal to or greater than 140/90 mmHg) have revealed a high prevalence of hypertension in urban adults, with rates of 30% for men and 33% for women in Jaipur in 1995 and 36% for men and 37% for women in Jaipur in 2002 (1). The management of hypertension involves a combination of medication and therapeutic lifestyle changes. Several studies have illustrated the efficacy of homeopathic treatment when combined with lifestyle modifications in managing hypertension and preventing its progression. *Rauwolfia serpentina*, a well-known homeopathic remedy for hypertension, belongs to the Apocynaceae family and is found in the sub-Himalayan ranges and Western Ghats of India. (2) It is officially recognized in both the Homoeopathic Pharmacopoeia of India and the German Homoeopathic Pharmacopoeia. (3,4) The root of *Rauwolfia serpentina* contains various compounds, with reserpine being the most prominent due to its hypotensive and neuro-depressive effects. (5) *Rauwolfia serpentina* was used as a safe and effective treatment for hypertension throughout India and the world in the 1940s and 1950s. However, reports of its adverse side effects including depression and cancer, became associated with it. (6) A fundamental aspect of homeopathic treatment is the use of potentized medicines. Potentization involves a unique process of serially diluting a drug substance in a specific manner, known as trituration for solid substances or succession for liquid substances and the resulting medicine is referred to as a potency. This process reduces the material quantity of the drug substance while enhancing its medicinal properties. (7) Homeopathic literature suggests that *Rauwolfia serpentina* is beneficial for managing high blood pressure and alleviating associated symptoms such as irregular heartbeats, heightened emotional excitability, irritability of the central nervous system, mild depression, irritability, and restlessness, especially in cases of hypertension without significant atheromatous changes in the blood vessels (5,8,9).

Rauwolfia serpentina is specifically indicated for high blood pressure and its associated symptoms. It is clinically utilized in both tincture form and various potencies.

MATERIAL AND METHODS

Details of 10 cases of essential hypertension treated with *Rauwolfia serpentina* 30 and mother tincture are presented. (Table 1) These patients were treated at Dr Girendra Pal Homoeopathic Hospital collegiate hospital of Dr MPK Homoeopathic Medical College Hospital & research centre, Homoeopathy University

Jaipur. All cases presented with symptomatic indications of *Rauwolfia serpentina* as described in homeopathic literature. Patients were newly diagnosed cases of hypertension wanting homeopathic treatment. All patients were advised Baseline ECG, Complete Blood count, Liver Function test, Kidney function test and Lipid Profile. 4 patients had elevated triglycerides and 5 patients had elevated LDL. All other tests were within normal range for all cases. Patients were prescribed *Rauwolfia serpentina* in 30 CH or mother tincture and effects of medicine were noted over 3 months. Every patient was followed weekly. Patients were asked to maintain daily diary of Blood Pressure. However 6 patients were from low socioeconomic status and were unable to monitor BP regularly. At hospital Blood Pressure was measured using mercury sphygmomanometer. Patients were in sitting position with legs uncrossed. Patients were asked to rest for at least 10 minutes before taking blood pressure. 2 readings were taken 5 minutes apart and the average BP was noted. Change of dosage and repetition was done according to patient response. The case details of first three months are reported to demonstrate patient response. Blood pressure of all patients was well controlled with diet and regimen modifications in subsequent follow up. Dose of *Rauwolfia serpentina* Q- Patients were started with 15 drops of medicine mixed in half cup of water to be taken thrice a day. As Blood pressure was normalised. Dose was gradually reduced to 10 drops thrice a day then 10 drops of mother tincture once a day. Dose of *Rauwolfia serpentina* 30- dispensed in globules, 4 globules of size 40 to be taken in one dose. Patients were started with three doses a day. Once blood pressure was within normal range patients were kept on one dose a day (evening). All patients were advised Dietary and life style including moderate physical activity, DASH diet (Dietary approaches to stop Hypertension)(10); reduce sodium; and limit alcohol consumption.

Table 1: Details of cases of Essential hypertension treated with *Rauwolfia serpentina* 30 CH & *Rauwolfia serpentina* Q

Age	Gender	Presenting complaint	Family history of Hypertension	Baseline blood pressure	BMI	Significant finding in laboratory investigations	Medicine Prescribed	Blood Pressure after 4 weeks	Blood pressure after 12 weeks
42	M	Anxiety, palpitation, restlessness	Present	164/90 mm Hg	Normal	High Triglycerides	<i>Rauwolfia serpentina</i> 30	138/82 mm Hg	132/80 mm Hg
37	M	Headache, restlessness and mild depressive symptoms	Present	164/92 mm Hg	Overweight	None	<i>Rauwolfia serpentina</i> 30	140/84 mm Hg	132/78 mm Hg
39	M	Occipital Headache with heaviness	Present	154/88 mm Hg	Normal	High Triglycerides	<i>Rauwolfia serpentina</i> 30	132/82mm Hg	118/80 mm Hg
45	F	Depressive symptoms with restlessness	Absent	168/90 mm Hg	Normal	None	<i>Rauwolfia serpentina</i> 30	136/82 mm Hg	122/80 mm Hg
53	F	Anxiety with restlessness menopausal	Present	164/90 mm Hg	Overweight	High Triglycerides	<i>Rauwolfia serpentina</i> 30	138/84 mm Hg	122/78 mm Hg
55	M	Headache with heaviness and irritability	Absent	166/92 mm Hg	Overweight	High Triglycerides, High LDL	<i>Rauwolfia serpentina</i> Q	128/84 mm Hg	122/84 mm Hg
34	M	Irritability and anxiety	Present	168/92 mm Hg	Normal	High LDL	<i>Rauwolfia serpentina</i> Q	128/82 mm Hg	120/80 mm Hg
47	F	Headache with depressive symptoms	Absent	154/84 mm Hg	Overweight	High LDL	<i>Rauwolfia serpentina</i> Q	128/82 mm Hg	122/82 mm Hg
52	F	Irritability with restlessness	Absent	160/88 mm Hg	Normal	High Triglycerides	<i>Rauwolfia serpentina</i> Q	148/84 mm Hg	132/80 mm Hg
58	F	Depressive symptoms with restlessness	Absent	160/90 mm Hg	Normal	High LDL & High Triglycerides	<i>Rauwolfia serpentina</i> Q	128/80 mm Hg	132/80 mm Hg

DISCUSSION

The ten cases shown above highlight the potential beneficial effect of homeopathic medicine *Rauwolfia serpentina* in mother tincture and 30 C potency in managing hypertension in adults. Adequate and

sustained control of blood pressure was obtained within 3 months of treatment. Kumar et al reported the role of homeopathic preparations of *Rauwolfia serpentina* in DOCA-salt induced hypertensive male and found that homeopathic medicine *R. serpentina* reduces hypertension and associated oxidative stress in the cardiac tissue by modulating the antioxidant defence system. (11) Kansal et al reported study on 120 cases of Essential hypertension treated with homeopathic medicines in Centesimal and LM Potency scale. The most frequently prescribed medicines were *Natrum muriaticum*, *Nux-vomica*, *Lachesis*, *Sepia* and *Lycopodium*. They reported reduction in mean BP after three months treatment. In the centesimal potency group the mean SBP reduced by 23.77 mmHG and the mean Diastolic Blood Pressure (DBP) reduced by 12.933 mm of Hg. In LM potency group mean SBP reduced by 27.23 mm Hg and mean DBP reduced by 13.4 mm of Hg. (12) Dutta et al conducted a double-blind RCT on effectiveness of individualised homeopathic medicines on 92 patients suffering from pre-hypertension for 3 months. They reported a non-significant direction of effect favouring homeopathy. (13) Another study on management of anger and the EHT on 172 patients (108 males and 64 females) randomized and divided into intervention and control groups found that the most appropriate homeopathic medicine lessens anger and thereby also reduces the elevated BP. (14) Varanasi et al in a study in patients of Stage I HTN found Homoeopathy in LM potency along with Lifestyle Modifications more effective over placebo along with LSM. (15) Homoeopathic medicine prescription is based on principle of symptom similarity. The patient's totality of symptoms is matched with the symptoms of the drug picture to find the similar medicine. Homoeopathically *Rauwolfia serpentina* can be used on basis of the symptoms indicated.

CONCLUSION

This case series shows potential beneficial effects of homeopathic preparation of *Rauwolfia serpentina* in mother tincture and 30 CH potency in cases of essential hypertension. More studies, especially randomised controlled trials on larger samples may help to identify the scope of homeopathic medicine *Rauwolfia serpentina* in cases of Hypertension and associated symptoms.

ETHICS

Voluntary informed consent was obtained from all patients for reporting in this case series. The cases were treated under PhD research of first author. The protocol was duly approved by Institutional ethics committee of Homoeopathy University, Jaipur

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