

BLOOD PRESSURE CONTROL NATURALLY

What is blood pressure: It is the measurement of the higher and lower levels of pressure of flowing blood in arteries. The heart pumps the blood through its compression and expansion activity and therefore the blood is pushed through the arteries with pulse having momentarily high pressure and next moment low pressure. The arteries supply blood to various parts of the body and the veins collect the blood drained out from the tissues to supply the blood to the heart for pumping it to the lungs for exchange of CO₂ with O₂. The blood from the heart to the lungs goes through the pulmonary arteries at higher pressure and is collected back through pulmonary veins to heart for further pumping to the main arteries.

The pressure in arteries has got two parts one known as higher level, the systolic pressure and the lower level, known as diastolic pressure, the pressure in the veins is called the veins pressure or the back pressure. The systolic pressure is the result of compressive mode of heart and it would be higher than the diastolic pressure which is the result of expansion mode of heart. The normal ratio between systolic and diastolic pressure is found to be 1.5: 1. The pumping action of heart can be best compared to a diaphragm type positive displacement pump. The systolic/diastolic pressure ratio is affected by the veins pressure because it acts as a suction pressure to heart. The ratio is lower if veins pressure is higher. Normally veins pressure is 5-10 mmHg.

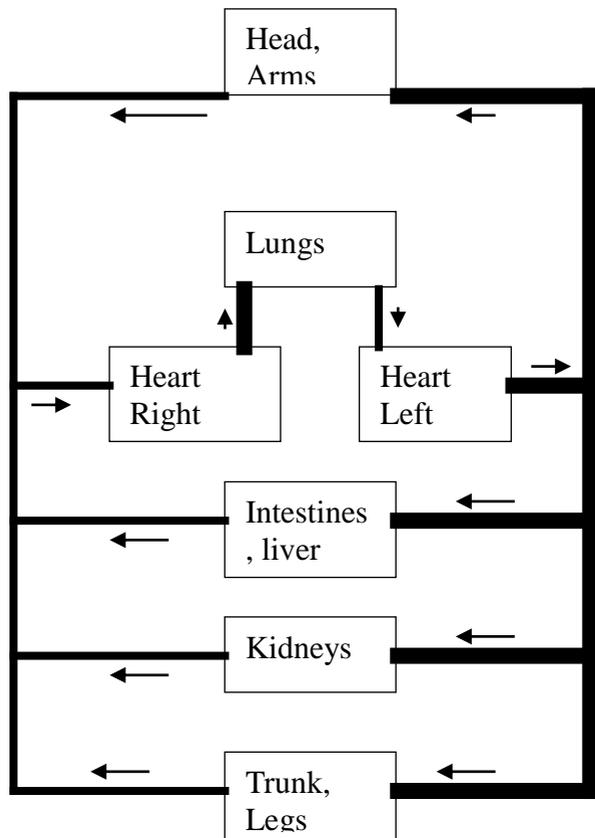
Reasons of Blood Pressure Troubles: The blood pressure may be increased or lowered due to following reasons:

1. The heart beat rate or palpitation rate.
2. The gravity of blood due to various constituents.
3. The internal size/ clogging of arteries and veins.
4. The loading of impurities in the blood.
5. The amount of water present in the blood which results in high veins pressure.
6. State of gastric digestion/ vomiting / diarrhoea.
7. Tension/ depression/ anxiety.
8. Chronic infection/ blood loss

Pathological Tests: To find out the systemic problem of blood pressure following test may provide clue:

1. Hb, TLC, DLC, ESR
2. LFT, KFT
3. Lipid profile
4. Blood glucose level in fasting as well as post partum
5. Urine test for infection, blood loss and specific gravity
6. Stool test for blood loss and parasites
7. Heart check up
8. Oxygen level in blood for efficiency of lungs

The blood flow diagram can be conveniently shown as follows, the thick lines show high pressure lines, i.e. arteries and thin lines show low pressure lines, i.e. veins:



Treatment: The blood pressure is not a disease in itself but it is an indication of presence of a disease somewhere in the body. Therefore the permanent treatment of blood pressure will depend on the diagnosis of real problem behind blood pressure increase or decrease.

Following biochemic treatment is recommended based on symptoms and pathological findings:-

Calc. Phos. 3X, 6X- Blood pressure low, Hb low, anemic patients, recovery after disease, serum albumin high, blood sugar high/low, cold extremities, kidney stone formation.

Kali Phos 3X, 6X- Blood pressure high, feeling of weakness, chronic infection, blood sugar high, heart beat high, chronic tension, depression, numbness in extremities.

Ferrum Phos 3X, 6X- Hb low, chronic blood loss, very weak, chronic infection, body pain, cold extremities.

Calc. Sulf. 6X, 12 X- Chronic infections, reduced kidney activity, TLC is high, ESR high, thrombosis, lack of blood circulation in body parts.

Kali Mur. 3X, 6X- Chronic infection, especially bacterial, presence of parasites, high ESR, possibility of thrombosis, dropsy, water retention, chronic constipation, reduced kidney function.

Kali Sulf 3X, 6X- Chronic infection, continuously high body temperature, gastric ulcers, blood loss through urinary/gastric systems.

Mag. Phos. 3X, 6X- Reduced heart beat, chronic diarrhoea, low blood pressure, excessive water loss.

Nat. Phos 3X, 6X- Reduced kidney function, increased blood urea/ serum uric acid/ Cr, reduced urine, high blood pressure, chronic acidity, gastric ulcers, kidney stone formation.

Nat.Sulf. 3X,6X- High/ low blood pressure, high TLC, reduced liver/ kidney function, reduced appetite, high lipids level, gall stone formation.

Nat.Mur. 6X,12X- High esinophils, low blood volume, low blood pressure, chronic vomiting, high water loss through nose, eyes, urine, stools, extremities colder.

Sil. 6X,12X- High TLC, chronic infection, chronic constipation, weakness, reduced liver function, parasites, possibility of stone formation in gall bladder and kidney.

Calc. Fluor. 6X- Enlargement of arteries/ veins/heart chambers, chronic constipation.

The effect of above medicines is required to be monitored on daily basis. Normal dose depends on the selection of combination of medicines. Maximum 4-5 tabs are required to be taken every three hours in the beginning and later 2-3 times a day as a maintenance dose. The medicine can be stopped totally once the blood pressure fluctuations are minimised.

Supplementary Advice: Sour fruits/ acidic vegetables, black salt & chillies help in lowering the blood pressure, whereas the table salt & alkaline fruits/ vegetables help in increasing the blood pressure.