



## STUDY OF THE SIGNIFICANCE OF SYMPTOMATOLOGY BY STUART CLOSE IN CASES OF ESSENTIAL HYPERTENSION IN 40-60 YEARS AGE GROUP

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### ABSTRACT

**Background-** Hypertension is most common health problem worldwide. Studies say that prevalence of Essential HTN is around 85- 95% & rest 5% is secondary HTN. This study is done to investigate whether treatment on the basis of Stuart Close's concept of symptomatology has effect in reducing blood pressure levels in essential hypertensive patients or not.

**Methodology-** This is a single arm intervention, short term, before and after comparison study. Total 34 patients were enrolled in the study after considering inclusion and exclusion criteria. Out of which, four patients dropped out and 30 patients completed their follow ups. Parameter Used was systolic and diastolic blood pressure before and after treatment. Individual medicines were administered based on Stuart Close's concept of symptomatology.

**Result-** Wilcoxon test was used for statistical analysis of the data which showed that treatment on the basis of Stuart Close's concept of symptomatology had significant effect in reduction of blood pressure on essential hypertensive patients. Further studies with control group can provide a greater resource for proving that Stuart Close's concept of symptomatology is effective in treatment of essential hypertension.

**KEYWORDS :** Essential Hypertension, Symptomatology, Stuart Close's.

### INTRODUCTION

Hypertension, is a pathological condition in which increased or raised blood pressure, in blood vessels have persistently raised pressure. Blood is carried out from the heart to all other parts of the body in the vessels. At every heart beat, it pumps the blood into vessels. Blood pressure is a condition through which force of blood pushing against the walls of blood vessels (arteries) as it is pumped by the heart. The higher the pressure, the harder the heart has to pump. It is one of the serious medical condition. It is a major cause of premature death worldwide, with upwards of 1 in 4 men and 1 in 5 women – over a billion people – having the condition. In low- and middle-income countries the burden of hypertension is felt disproportionately, on other hand two thirds of cases are recorded, largely due to the increased risk factors in those populations in recent decades.

### Symptoms-

Many people who suffered from hypertension do not notice any symptoms and may be unaware there is any problem. Symptoms occurs as morning headaches, nosebleeds, irregular heart rhythms, vision changes, and buzzing in the ears. More severe forms of exhibit fatigue, nausea, vomiting, confusion, anxiety, chest pain, and muscle tremors. If it is untreated hypertension can cause persistent chest pain (also called angina), heart attacks, heart failure, and an irregular heartbeat, which is the main cause of sudden death. The main cause of strokes in hypertension is caused by blocking or bursting arteries that supply blood and oxygen to the brain, as well as kidney damage also seen, it leads to the kidney failure.

High blood pressure causes damage to the heart by hardening arteries and decreasing the flood of blood and oxygen to the heart. Detecting hypertension is done with a quick and painless test of blood pressure. This can be done at home, but a health professional can help assess any risks or associated conditions.<sup>[1]</sup>

### Cases Of Hypertension

In cases of older people, "isolated' systolic hypertension is most commonly occurring. If the diastolic pressure is getting increased, it will develop more serious condition as compared to systolic pressure. The main cause of hypertension is unknown, idiopathic sometimes. This variety of hypertension is generally said to be primary hypertension. Around 5 to 10 percent of people having high blood pressure associated with secondary symptom in some other medical condition. The main causes of secondary hypertension relate to kidney disease, tumor's of the adrenal glands, heart defects, disorders of nervous system.<sup>[2]</sup>

### Types-

Generally, there are two main Varieties of the hypertension seen in any individuals, such as;

1. Primary hypertension
2. Secondary hypertension

In primary hypertension- there is increased blood pressure level without any cause, idiopathic. Whereas in cases of secondary hypertension the raised level of blood pressure due to some other systemic illness such as; renal, adrenal glands, nervous system illness etc. It is one of the major risk factors for many cardiovascular diseases, death in individuals. This hypertension may lead to sever illness of stroke, heart attack, renal diseases, failure in prolonged term. On other hand the main complications of hypertension lead to haemorrhages, microaneurysms, cotton- wool spots, nicking of arteriovenous, narrowing of lumen of blood capillaries and hard exudates increases the severity of this hypertension.<sup>[3]</sup> Whereas, Symptomatology is the branch of medical science concerned with symptoms of diseases. Symptoms lie at the core of homoeopathic practice and to extract a symptom in homoeopathic practice is a key skill. Understanding symptoms and its importance in order to draw the plan of treatment in homoeopathy thus becomes very pivotal for a

physician. In his book *The Genius of Homoeopathy*, Stuart Close explains the fundamental requirement to accurately comprehend what the word symptom means and to have a complete idea of it. He describes Hahnemann's concept of symptoms and how he has defined the symptoms. Subjective Symptoms are the symptoms discovered only by the patient e.g. The sensations. Hahnemann has opened the path for different types of pains and sensations e.g., Burning pains, stitching pains which allows the physician to understand the deviation from health from the patient's point of view. Objective symptoms are the symptoms that are uncovered to the sight of the doctors and attendants. There is more to an objective symptom than what meets the eyes. Totality of symptoms means the symptoms which can be combined wisely to get the individual picture of the disease and it is not a haphazard collection of symptoms. Hypertension is a major health problem globally which can lead to extreme health complications and extend threat of coronary heart disease, stroke and renal failure.

The world health organization expert committee consider Hypertension affecting about 20% of the adult population in most countries. Hypertension is directly responsible for 29% of all stroke and 24% of heart attacks in India. Hypertension is commonly seen in the individuals near about 40 years but values from 45-55 years.

#### Blood Pressure Classification-

Blood pressure classification	Systolic mmHg	Diastolic, mmHg
Normal	<120	and <80
Prehypertension	120-139	or 80-89
Stage 1 hypertension	140-159	or 90-99
Stage 2 hypertension	≥160	or ≥100

#### METHODOLOGY

##### Study Design:

It is a non-randomized clinical trial. Study was carried out in Bharati Vidyapeeth Medical foundation Homoeopathic Hospital, Pune through case taking. 30 cases satisfying the case definition, inclusion and exclusion criteria were studied.

##### Case-Definition:

Cases presented with the symptoms of Essential Hypertension treated on the basis of Stuart Close's symptomatology in both sexes of 40-60 years age group with a given consent form.

##### Sampling Procedure:

Sample size is 30 cases. Case as per case definition were selected from Guide's clinic, OPD & IPD of Bharati Vidyapeeth Medical foundation Homoeopathic Hospital, peripheral OPD and various rural and urban camp series.

##### Selection of Remedy:

The remedy was selected after detailed case taking and prescribed based on Stuart Close's concept of Totality of symptoms.

##### Dose And Strength Of The Dose:

Drugs were administered in various potencies on the basis of laws of Homoeopathic philosophy as per the instructions given by Dr. C.F.S. Hahnemann in 5<sup>th</sup> edition of *Organon of Medicine*.<sup>[4]</sup>

##### Drug Administration:

This was done through oral route only.

##### Drug Dispensing:

It was done in globules, powder or liquid form.

##### Storage:

Storage of drug was done in Bharati Vidyapeeth Homoeopathic Hospital Pharmacy as per rules of Homoeopathic Pharmacopoeia of India. (HPI).

#### Declaration:

It is declared that the drugs used in case are not harmful to human beings. The remedy is already available in the Homoeopathic Literature, well proved on healthy human beings and is harmless, having no side effects.

#### Inclusion Criteria:

- 1) All the patients fulfilling the case definition.
- 2) All the Patients presenting with primary Hypertension without complications.
- 3) Patients of both sexes of 40-60 years age group.
- 4) Fulfilling all inclusion criteria.
- 5) Patients who can provide the written consent form.

#### Exclusion Criteria:

- 1) Patients not fulfilling the case definition
- 2) Patients who require emergency medical intervention
- 3) Pregnant female patients and lactating mothers
- 4) Patients without consent form

#### Criteria for Follow Up-

- 1) All the patients will be duly followed and details of the symptomatic, clinical, changes will be recorded and prognosis will be studied.
- First follow up will be taken 7-10 days of the first prescription
- Follow up will differ from patient to patient
- Standard follow up will be prepared giving details

#### Criteria for Assessment-

It will be done by measuring the blood pressure of the patient from 1<sup>st</sup> visit and after the treatment of the patient.

#### Risk Management-

Patient requiring immediate intervention shall be referred to clinician with specific expertise.

Total 30 patients (n=34) were selected based on the age group 40-60 years. Out of which 16 were male (53.33%) and 14 were female (46.67%) according to sex wise distribution. The mean age of the patients was 46.8 (Mean age of male patients= 47.25 and mean age of female patients= 46.28) with 30% prevalence of patients in age group of 40-45 years, 50% in age group of 45-50 years, 10% in age group of 50-55 years and 10% in age group of 55-60 years of age (age wise distribution). Mean of SBP before treatment=140.33, Mean of SBP after treatment=129.66, Mean of DBP before treatment=91.33, Mean of DBP after treatment=85.83

Data (SBP/DBP) of these patients were statistically analysed by using Wilcoxon test, which showed significant reduction in systolic as well as diastolic pressure in the sample group in sitting position at the end of 8-10 weeks of study after applying the test. Before treatment mean of SBP were 140.33 and after treatment Mean of SBP were 129.66 & before treatment mean of DPB were 91.33 and after treatment mean of DBP were 85.83. Mean of difference in SBP was 10.67 mmHg & Mean difference in DBP was 5.5 mmHg after 8 weeks of treatment. This means that there was a significant reduction of the blood pressure of essential hypertensive patients before and after treatment.

#### DISCUSSION

Hypertension is one of the most common lifestyle diseases which have a worldwide prevalence. Among this essential hypertension has prevalence rate of 95% and if not treated on time it may lead to complications and increase mortality rate. The present study was primarily aimed to investigate the effectiveness of Stuart Close's concept of symptomatology in the management of cases of essential hypertension between the age group 40-60 years. Since it was a single arm study, only one group was involved in this study without any control group. Many researches have been done in homeopathic system on hypertension but most were done using single

mother tinctures and specific medicines. Therefore, effectiveness of Stuart Close's concept of symptomatology was selected for this study. In this study 34 cases (male & female) of essential hypertensive patients with age group 40-60 years were selected. Four patients dropped out from this study after 1or 2 follow up while rest 30 patients completed the study. They were subjected for 8-10 weeks of treatment with homoeopathic medicine selected on the basis of Stuart Close's concept of symptomatology. Medicines were prescribed on Stuart Close's concept of symptomatology after proper case taking. The medicines were administered and the change in blood pressure levels before and after the treatment were evaluated, which showed a positive effect on the hypertensive status of the patients in the study sample. This effect was demonstrated by the results of the statistical analysis (both systolic and diastolic levels of BP) using Wilcoxon test, which manifests that the pre -treatment and post treatment levels of blood pressure are indeed, different. It proves that Stuart Close's concept of symptomatology is effective in treating cases of Essential Hypertension.

**Age Wise Distribution-**

Age wise distribution was calculated by taking out the mean. The mean age is calculated as 46.8 years. Mean age of male patients is 47.25 years and mean of female patients is 46.28 years. Most of patients (50%) were found in age group of 45-50 years.

**Sex Wise Distribution-**

Sex wise distribution was also calculated in percentage, where it was found that Out of 30 cases, 16 were male (53.33%) & 14 were female (46.67%) which indicates that prevalence of hypertension is more common in males as compared to females. Some limitations which require to be solved in further studies conducted in future:

One of the limitations is that there was exclusion of secondary and malignant hypertension, therefore it was difficult to answer the question whether Stuart Close's concept of symptomatology is effective in treating cases with complications or not.

**Sample Size:**

Another limitation is related to small sample size. Due to this the question arises about the generalizability.

**Duration Of Study:**

Study duration also one of the limitations. As the study was of 2 months for each case.

**Lack Of Control Group:**

The study becomes more reliable when we do randomized study with control group, but in present study there was absence of control group.

**Age Distribution:**

the age group selected for the study had small range i.e. from 40-60 years of age.

Finally, this study data suggests that homoeopathic medicine selected on the basis of Stuart Close's concept of symptomatology has significantly favourable effect in patients suffering from essential hypertension. As per the synopsis concern, we mentioned certain scale for measurement of the improvement of the patient (reduction of BP), that is:

Post treatment outcome	Criteria
Improvement	
Marked	When the reduction of blood pressure level is more than 10-20mmHg.
Moderate	When the patient blood pressure level reduction is more than 6-10 mmHg.

Mild	When the patient blood pressure level reduction is less than 4-6 mmHg.
No Improvement	No change in blood pressure even after treatment for more than 1 year.
Worse	When the condition of the patient deteriorated in all aspect even after treatment.
Dropped out	When the patient did not report back for any follow up & does not fulfil the requirements of the project, does not want to keep the patient under study on valid reasons.

**CONCLUSION**

Hypertension is the silent killer. Persistent and sustained high blood pressure has damaging effects on the heart, brain, kidney etc. by diagnosis and giving correct treatment, we can prevent complications and deaths due to hypertension. Hypertension is widespread and very common lifestyle disease that has severe impact on adults and old age people. In this research study 30 patients completed this study. The result indicates that there was decline in blood pressure in cases of essential hypertensive patients. Treatment with Stuart Close's concept of symptomatology has produced an early, sustained and significant fall in BP and it has also proven as safe and effective in treatment of essential hypertension. Therefore, individualized medicine prescribed on the basis of Stuart Close's concept of symptomatology is a good choice for regulating blood pressure in essential hypertensive patients. Since it is a small sample study, research should be done in future considering large sample & extending the duration of the study. Further studies with randomized placebo control group can provide a greater resource for proving that treatment on the basis of Stuart Close's concept of symptomatology is effective in treatment of Essential Hypertension.  $\mu_1, \mu_2$  significant effect of Stuart Close's concept of symptomatology in management of cases of essential hypertension in age group of 40-60 yrs.

**Conflict of Interest**

The authors have no conflict of interest among them in the whole research experimental study.

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**Table-1. Gender Wise Distribution: -**

GENDERWISE DISTRIBUTION OF PATIENTS N= 34		
GENDER	NO. OF PTS	(PERCENTAGE)%
MALE	16	53.33
FEMALE	14	46.67

**Table-2. Age Wise Distribution: -**

AGE GROUP	NO. OF PATIENTS	PERCENTAGE	MEAN		
			Male	Female	Total
40-45	09	30%			
45-50	15	50%	Mean	Mean	Mean
50-55	03	10%	age=	age=	age=
55-60	03	10%	47.25	46.28	46.8

**Table 3. Before & After Systolic/diastolic BP In Sitting Position:**

Variable	Median ± SD	Z-value	p-value	Decision
SBP before treatment	140 ± 1.83	4.703	0.000**	Reject H <sub>0</sub>

SBP after treatment	130 ± 4.54			
Reduction (difference)	10 ± 4.866	Difference is Highly Significant		
Variable	Mean ± SD	Z-value	p-value	Decision
DBP before treatment	100 ± 4.251	4.703	0.000**	Reject H <sub>0</sub>
DBP after treatment	87.5 ± 4.928			
Reduction (difference)	10 ± 4.624	Difference is Highly Significant		

Table. No. 4. Remedy Wise Distribution

MEDICINE	F	%
ARSENIC ALBUM	3	10%
AURUM MET	3	10%
LACHESIS	3	10%
LYCOPodium	3	10%
NATRUM MUR	3	10%
GELSEMIUM	2	6.67%
GLONOINE	2	6.67%
NUX VOMICA	2	6.67%
ANACARDIUM	1	3.33%
ARGENTUM NITRICUM	1	3.33%
BARYTA CARB	1	3.33%
BELLADONA	1	3.33%
IGNATIA	1	3.33%
NATRIUM SULPH	1	3.33%
PHOSPHORUS	1	3.33%
THUJA	1	3.33%
SEPIA	1	3.33%

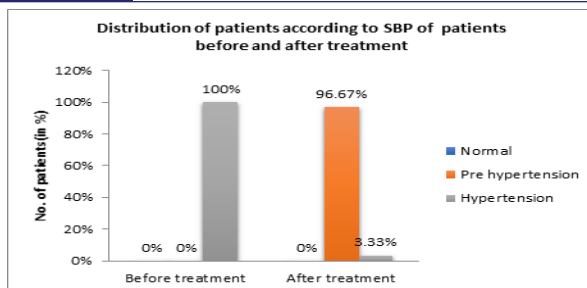


Fig.4 Distribution Of Patients According To SBP Before And After Treatment

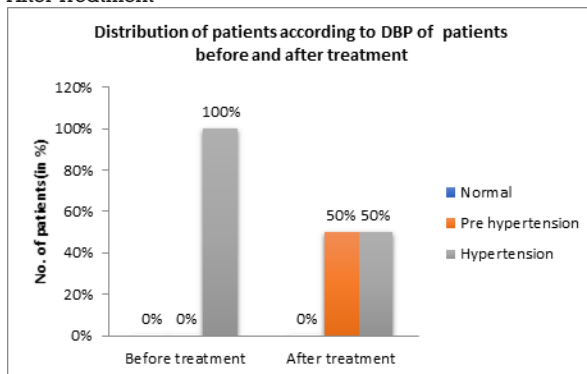


Fig.5 Distribution Of Patients According To DBP Before And After Treatment

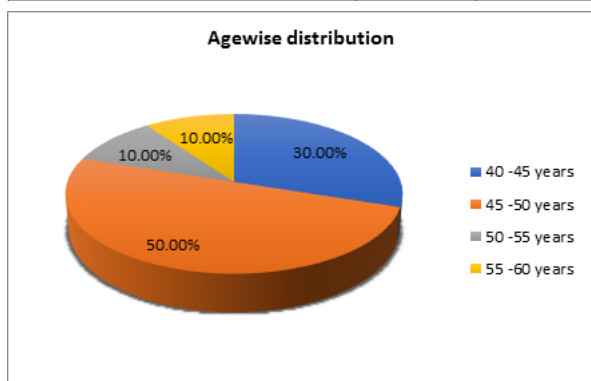


Fig.1 Pie diagram of Age wise distribution

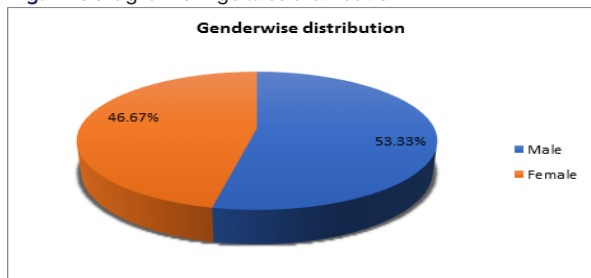


Fig.2 Pie Diagram Of Gender Wise Distribution

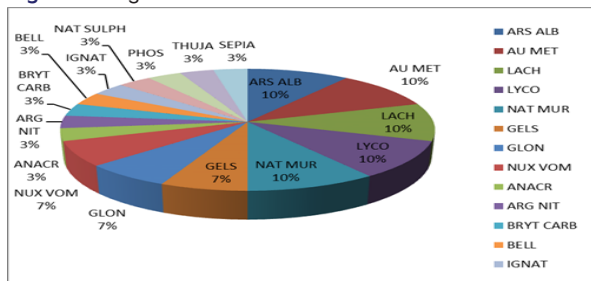


Fig.3 Remedy Wise Distribution

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