Chauhan / Gupta
Essential Hypertension Prediction Prevention and Homoeopathic Treatment

Extrait du livre

Essential Hypertension Prediction Prevention and Homoeopathic Treatment
de Chauhan / Gupta
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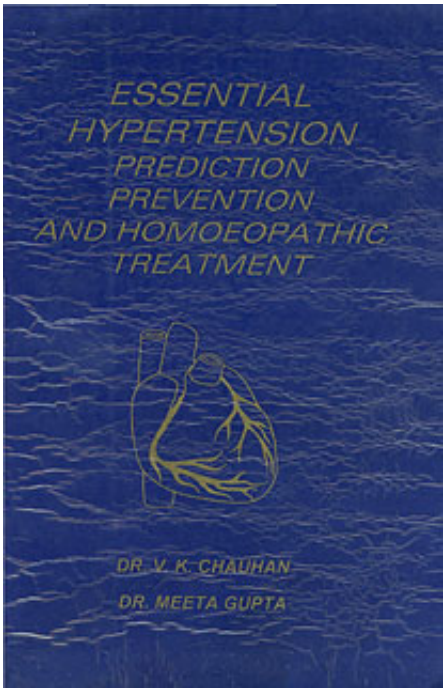

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PREFACE

Hypertension is increasingly recognised as a major cause for morbidity and mortality related to the development of cardiovascular, cerebrovascular and renal dysfunction. However, there is a progressive decrease in the mortality due to cardio-vascular and cerebro-vascular diseases in western countries in the second half of the 20th century because of considerable improvement in the control and treatment of hypertension. But, the rapid development of the 'second wave' epidemic of this disease, which is sweeping through developing countries like India, is tormenting. It is evident that death and disability from these diseases is increasing so rapidly that these will rank number 1 and 4 respectively as causes of the total global burden of diseases by the year 2020.

Hypertension affects up to 6 - 10 % of the adult population. It is estimated that currently 20 - 50 % of all deaths are related to hypertension or its complications. In Delhi more than 10 lakh people are suffering from hypertension related disorder. However, the public at large, lacks awareness about this disease. The fact is that only 50% are aware that they have hypertension. Out of these only 50% seek treatment. Those, who are treated only 50%, have their blood pressures under control. It is clear from the above facts that one of the biggest challenges facing medical fraternity is the control of hypertension, both in individual patients and at the population level. Most of the people having hypertension feel no discomfort until vital organ damage has taken place or medical crisis - myocardial infarction, cerebro-vascular accident or uraemia - strikes. Therefore, hypertension is often called the *'silent killer and cripplef.* It becomes obligatory on the part of the treating physician to make a precise and early diagnosis.

We, homoeopathic physicians, constitute a sizable force operating in the primary health care setting. We can play a tremendous role in the primary prevention, early detection and treatment to prevent complications of hypertension. The control of hypertension is a complex, multidimensional process. This can only be achieved by incorporating the recommendations of clinical guidelines and the evidences from research into daily clinical practice in the right perspective.

We have attempted to make this book a useful and practical guide for homoeopathic practitioners who deal with hypertension in the course of their practice. These recommendations are based on the collective guidelines (1999) of 'World Health Organisation' and 'International Society of Hypertension'. The primary aim is to offer a systematic and realistic strategy so as to prepare a specific intervention plan for the effective management of individual patients, who differ in their personal,

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medical, social, ethnic and cultural characteristics. The decision regarding therapy must be individualised and assessed only after consideration of all available clinical and laboratory information. The main intervention strategy aims at control of blood pressure and risk reduction. The recommendations do not deal with the management of severe and secondary hypertension, and medical emergencies except in the most general terms.

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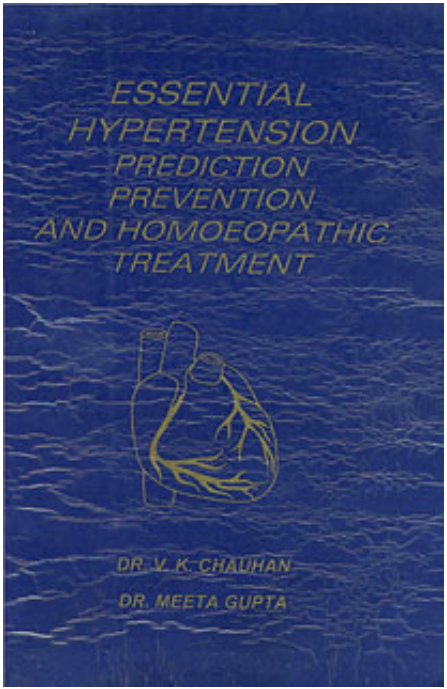

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