

International Conference on **ADVANCED PHARMACY AND CLINICAL RESEARCH**

February 07-08, 2022 | Webinar

The effectiveness of homoeopathic medicine in the treatment of primary essential hypertension using Boenninghausen's characteristics and repertory by C. M. Boger- An open obseravtional trial**Dr Khan Sheeba Saleem***National Institute of Homeopathy (NIH), India*

Essential Hypertension is a clinical condition reflecting an on-going or future risk of cardiovascular disease or nephrological disorder. The prevalence of Hypertension is significant both in urban and rural population. Henceforth, an observational study on the scope of homoeopathic medicine using a resource repertory like Boger Boenninghausen's Characteristics and Repertory (BBCR) would be a requisite, when combined with positive results. The study was carried out as an open observational trial on the patients coming to NIH OPD, Kolkata, suffering with Primary Essential Hypertension upto stage 1 (according to classification in 7th report of Joint National Commission (JNC) on Prevention, detection, Evaluation, and treatment of High Blood Pressure. In this study, 40 patients of primary essential hypertension, diagnosed clinically upto stage 1 hypertension, were enrolled. Systolic and Diastolic Blood Pressure was reduced from 142.3 mmHg and 89mmHg at baseline to 135.15 mmHg and 83.95mm Hg respectively at 4th month. The reduction ($P < 0.001$) was found statistically significant after applying ANOVA for the analysis. Patients were made to fill the MYMOP questionnaire (Measure Yourself Medical Outcome Profile) at baseline, 2nd month (MYMOP followup-1) and 4th month (MYMOP followup-2.). Blood pressure was measured every month for 4 months. The final outcome was assessed after comparing the data of baseline and 4th month. The inferences were drawn from statistical analysis. There was statistically significant reduction in MYMOP score when compared between the data of baseline and of 4th month. This study revealed some commonly indicated medicines for Hypertension such as Natrum muriaticum, Sulphur, Sepia officinalis, Phosphorus, Calcarea carbonicum. BBCR repertory was found to be effective for repertorisation of cases such as Hypertension, as some acute medicines like Belladonna and Glonoine were also unveiled after the reportorial analysis.

Biography

Khan Sheeba has her expertise in homoeopathic medicine, right from the correct diagnosis to the prescription of an individualized medicine. Her experience in the field of homoeopathic research has various scopes regarding new possible ways of dealing with ongoing diseases which are of tremendous global burden. This study, being registered under CTRI, was conducted under an authentic research protocol and provides a wide scope as an 'evidence based medicine' for homoeopathy and clinical research.