

Postural hypotension and Homoeopathy

© Dr. Rajneesh Kumar Sharma MD (Homoeopathy)
Dr. (Km) Ruchi Rajput BHMS (Solan)
Homoeo Cure & Research Centre
NH 74- Moradabad Road
KASHIPUR (Uttaranchal)
India- 244713
Ph /Fax- 05947 260327, 9897618594



Postural or orthostatic hypotension

- Blood pressure- Sympathetic, noradrenergic control

Definitions

- Orthostatic hypotension: low blood pressure occurring in some people when they stand up

wordnetweb.princeton.edu/perl/webwn

- The reduction of blood pressure resulting in light-headedness.

www.sci-info-pages.com/glossary.html

- A decrease in blood pressure that occurs when moving toward an upright posture. This occurs normally but may be severe following prolonged bedrest.

www.apparelyzed.com/spinal-cord-injury/definitions.html

- Is a marked decrease in blood pressure upon assuming erect posture often causing light headedness and a faint feeling.

www.magicfoundation.org/www/docs/12.801/

- Light-headedness when moving suddenly, as in standing up, or bending over and then straightening up. Often caused by ACE inhibitors or beta-blockers

www.chfpatients.com/glossary_2.htm

- Sudden drop in blood pressure which produces a blackout or feeling of faintness, experienced by the newly injured and by tetraplegics on changing too quickly from a lying to an upright position.

www.spinal.co.uk/page/A-Z-of-medical-terms

- Feeling faint when standing up quickly.

www.insulin-pumpers.org.uk/glossary/

- Low blood pressure condition that frequently follows the operation of splanchnicectomy or sympathectomy.

haabet.dk/SpencerSystem1952/Glossary.html

- A drop in blood pressure when standing up too quickly from a lying or sitting position, causing a lightheaded or woozy feeling. Sometimes called a "head-rush". A symptom that could indicate Adrenal Fatigue Syndrome.

www.adrenalfatiguerecovery.com/adrenal-fatigue-syndrome-glo...

- Is indicated by symptoms of lightheadedness or blackouts, and is typically experienced when rising from a lying or sitting position.

www.equilibrium-bpc.com/glossary

Causes

Autonomic dysfunction

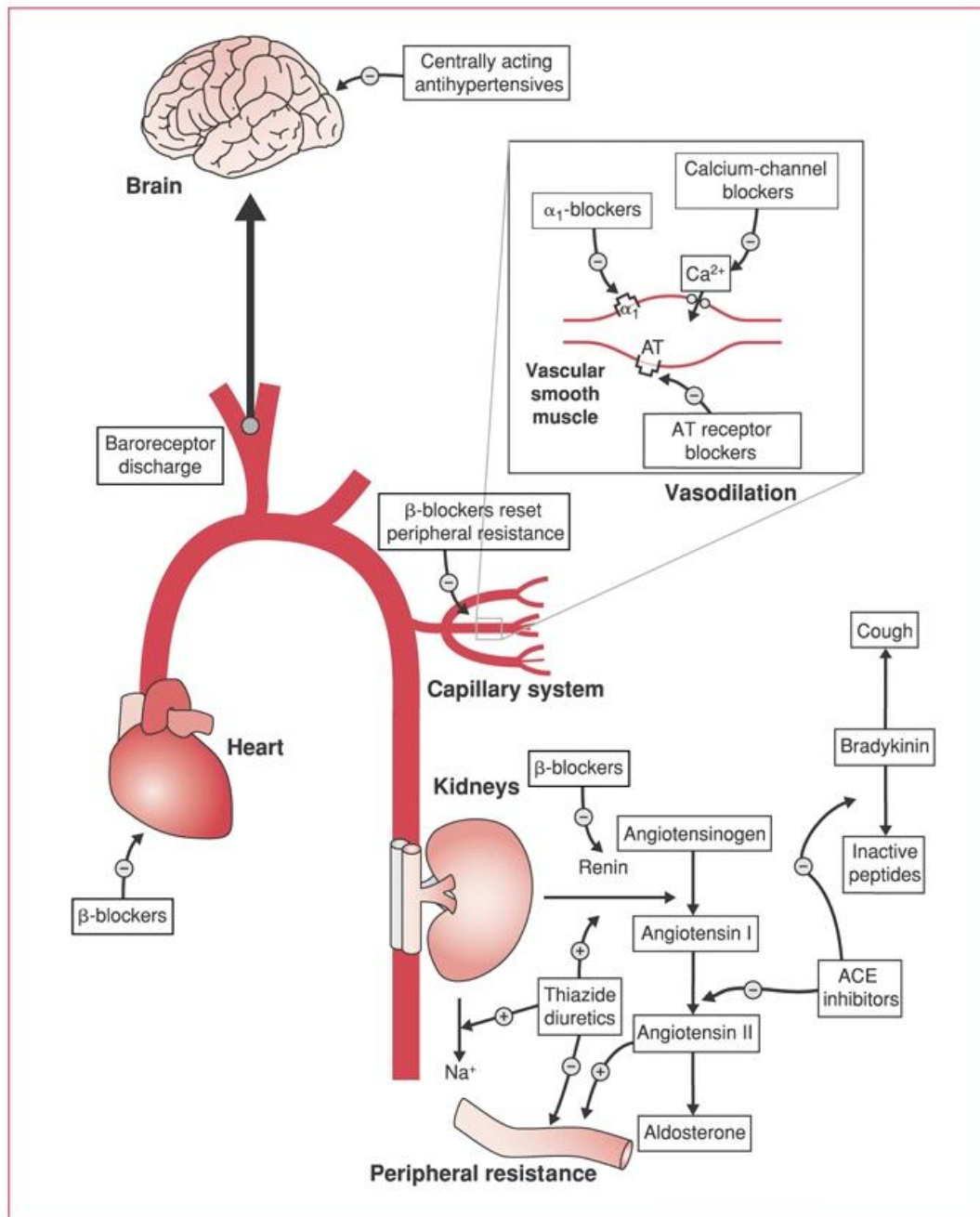
Hereditary

- Amyloidosis (Psora/ sycosis)
- Hereditary Orthostatic Hypotension: Hyperbradykininism (Syphilis)
- Epithelial sodium channel genes: Pseudohypoaldosteronism (Psora/ Syphilis)
- Mitochondrial disorder: Maternal inheritance (Syphilis)
- Postural Orthostatic Tachycardia Syndrome (POTS) (Psora)
- Spastic-Ataxia with Lipodystrophy (Psora/ Syphilis)

Sporadic

- Shy-Drager (Multiple System Atrophy) (Syphilis)
- Diabetes (Psora/ Syphilis)
- Postural Orthostatic Tachycardia Syndrome (POTS) (Psora)
- Elderly patients
 - Hypotension (Psora/ Syphilis/ Sycosis)
 - Corticosteroid-binding globulin deficiency : Fatigue; Hypotension (Psora)
 - Low intravascular volume (Psora)
 - Vasodilation (Psora/ Sycosis)
 - Reduced cardiac output (Psora)
 - Drugs: Amphetamines; Vinca alkaloids (Causa occasionalis)
 - Exacerbation (Psora)
 - Rapid positional change (Causa occasionalis)
 - Morning (Psora)
 - Large meals (Causa occasionalis)
 - Prolonged recumbency (Causa occasionalis)
 - Warm environment (Psora)

- Increased intrathoracic pressure: cough; micturition; defecation; exertion (Psora)
- Vasoactive drugs (Causa occasionalis)



Causes of Postural Hypotension

Treatment

- Removal of causative/exacerbating factors
- Stockings
- Reduction of salt loss: Mineralocorticoids
- Vasoconstriction
- Prevention of vasodilation
- Prevention of postprandial hypotension

- Avoidance of gastric filling: Smaller more frequent meals
 - Adenosine receptor blockade: Caffeine -Strong coffee or tea before arising from bed & with meals
- Water drinking
 - Acts rapidly (Minutes)
 - Before meal: 120 to 480 ml over 5 minutes
 - Total daily intake: 2 to 3 liters
 - Mediated through sympathetic activation: Increased plasma norepinephrine
- Increase in cardiac output
- Increase in red cell mass
- Reduction of nocturnal polyuria
- Reduction of fall in diastolic pressure
- Avoidance of supine hypertension:
- Sleep with head of bed elevated



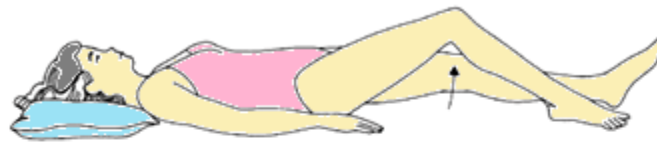
PATIENT-TEACHING AID

Performing preambulation exercises

Dear Patient:

To help minimize the effects of orthostatic hypotension, such as dizziness and blurred vision when you stand up, perform these leg exercises before getting out of bed.

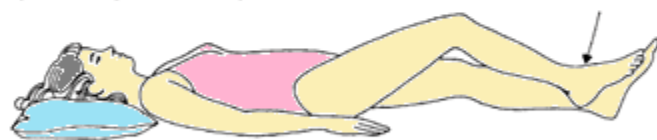
Lie flat on your back, and flex one knee slightly, keeping your heel on the bed.



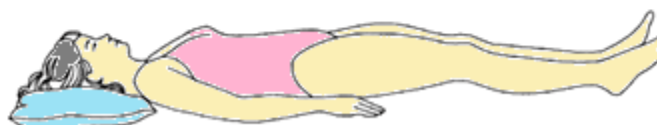
Extend your leg and raise your heel off the bed.



Flex your knee again, and lower your heel to the bed.



Straighten your leg.



Repeat the procedure for the other leg. Alternating sides, perform the exercises six times for each leg.

Repertory of Postural Hypotension

CHEST - HEART failure - accompanied by – hypotension- elat.

CLINICAL – HYPOTENSION- acon. adlu. adon. agar. am-c. aml-ns. aran. atro-pur. bar-m. buth-a. cact. chlorpr. cortico. cur. **EPHE.** ferr. gels. glon. halo. hist. lach. lat-m. levo. lyc. meph. naja nat-f. **NAT-M. PHOS.** pilo. rad-br. rauw. reser. rhus-t. rib-ac. sep. staph. sulfa. ther. thiop. thymol. **THYR.** v-a-b. verat. visc.

Clinical - HYPOTENSION, low blood pressure- acon. adlu. agar. **Am-c.** aran. bar-m. cact. **Calc. Carb-v.** chlorpr. cortico. cur. ferr. gels. glon. halo. hist. lach. lat-m. levo. lyc. meph. naja nat-f. **Nat-m. Phos.** rad-br. **Rauw.** reser. rhus-t. rib-ac. **Sep.** staph. sulfa. ther. thiop. thymol. **Thyr.** v-a-b. verat. visc.

GENERALITIES – HYPOTENSION- acon. adlu. agar. am-c. aran. bar-m. cact. chlorpr. cortico. cur. ferr. gels. glon. halo. hist. lach. lat-m. levo. lyc. meph. naja nat-f. **Nat-m. Phos.** rad-br. rauw. reser. rhus-t. rib-ac. sep. staph. sulfa. ther. thiop. thymol. **Thyr.** v-a-b. verat. visc.

GENERALS - HYPOTENSION – sudden- **Diph-t-tpt.** helo-s.

GENERALS – HYPOTENSION- acetan. acon. adlu. adren. agar. ancis-p. aran. bacis-7. bit-ar. both-ax. both. bung-fa. **Cac.** cact. cench. chir-fl. chlorpr. cloth. coli. coll. cortico. crat. crot-c. crot-h. cur. dendr-pol. **Diph-t-tpt.** diphtox. elaps enteroc. ferr-i. ferr-m. ferr-p. ferr-s. gels. guips. halo. helo-s. hist. influ. lac-ac. lach. lat-m. levo. loxo-lae. lyc. lycps-v. meph. naja nat-f. oscilloc. psor. rad-br. rauw. reser. rib-ac. ser-a-c. spartin-s. staph. sulfa. ther. thiop. thymol. thy. toxo-g. tub-d. v-a-b. vario. verat-v. verat. vip. visc. voac-af.

GENERALS - PULSE - slow - accompanied by – hypotension- nat-pyru.

KIDNEYS - COMPLAINTS of kidneys - accompanied by – hypotension- cupr.

Vision - BLINDNESS, loss of vision - reading, while - standing posture, in a- glon.

VISION - LOSS of vision, blindness - reading, while - standing posture, in a- glon.

VISION - LOSS OF VISION. - reading,while - in a standing posture- glon.

Main remedies for postural Hypotension in decreasing order of indication

Thyr > Nat m > Phos > Glon > Rauw > Acon > Agar > Am c > Aran > Cact > Cortico > Cur > Cholpr > Ephed > Gel > Halo > Hist > Lach > Lat m > Levo > Lyc > Meph > Naj > Nat f > Rad br > Reser > Rib ac > Sep > Staph > Sulfa > Ther > Thiop > Thymol > Verat > Visc > Bar m etc.

Bibliography



Chapter 4, Blood Pressure and Pulse Pressure. Orthostatic hypotension without tachycardia is... DeGowin's Diagnostic Examination > Chapter 14. The Neurologic Examination > Neurologic Signs > Autonomic Nervous System Signs > Key Sign Blood Pressure Regulation



Chronic Orthostatic Hypotension Basic and Clinical Pharmacology > Chapter 9. Adrenoceptor Agonists & Sympathomimetic Drugs > Medicinal Chemistry of Sympathomimetic Drugs > Therapeutic Uses of Sympathomimetic Drugs > Cardiovascular Applications



In the syndrome of chronic orthostatic hypotension, special corticosteroid preparations— such... Adams and Victor's Neurology > Chapter 18. Faintness and Syncope > Treatment of Syncope



Key Sign Orthostatic (Postural) Hypotension DeGowin's Diagnostic Examination > Chapter 4. Vital Signs, Anthropometric Data, and Pain > Vital Signs > Blood Pressure and Pulse Pressure > Low BP



Orthostatic Hypotension Harrison's Online > Chapter 20. Syncope > Classification



Primary Autonomic Insufficiency (Idiopathic Orthostatic Hypotension) Adams and Victor's Neurology > Chapter 18. Faintness and Syncope > Causes of Episodic Faintness and Syncope > Sympathetic Nervous System Failure



Encyclopedia Homoeopathica



Radar 10



An acquired form of orthostatic intolerance, referred to as sympathotonic orthostatic... Adams and Victor's Neurology > Chapter 26. Disorders of the Autonomic Nervous System, Respiration, and Swallowing > Clinical Disorders of the Autonomic Nervous System > Acute Autonomic Paralysis (Dysautonomic Polyneuropathy; Pure Pandysautonomia)



Approach to the Patient: Orthostatic Hypotension and Other ANS Disorders Harrison's Online > Chapter 375. Disorders of the Autonomic Nervous System > Clinical Evaluation



Atrioventricular synchrony and the presence of ventriculoatrial conduction are most common in the... Tintinalli's Emergency Medicine > Chapter 35. Cardiac Pacing > Emergency Pacing Techniques > Permanent Pacing > Pacemaker Complications > Causes of Pacemaker Syndrome



Autonomic Dysfunction Adams and Victor's Neurology > Chapter 46. Diseases of the Peripheral Nerves > Symptomatology of Peripheral Nerve Disease



Key Sign Orthostatic Tachycardia DeGowin's Diagnostic Examination > Chapter 4. Vital Signs, Anthropometric Data, and Pain > Vital Signs > The Pulse: Rate, Volume, and Rhythm > Common Dysrhythmias



Many normal subjects experience transient lightheadedness with rapid changes in position. This is... Hurst's The Heart > Chapter 14. The History, Physical Examination, and Cardiac Auscultation > The History > Symptoms Caused by Cardiovascular Disease > Syncope



OH (also called orthostatic or postural hypotension) is perhaps the most disabling... Harrison's Online > Chapter 375. Disorders of the Autonomic Nervous System > Clinical Evaluation > Symptoms of Autonomic Dysfunction



Orthostasis, Meals, and Hypovolemia Hazzard's Geriatric Medicine and Gerontology, 6e > Chapter 51. Aging and Homeostatic Regulation > Specific Homeostatic Challenges



Orthostatic (postural) hypotension is another common cause of vasodepressor syncope,... CURRENT Medical Dx & Tx > Chapter 10. Heart Disease > Disorders of Rate & Rhythm > Syncope > General Considerations



Orthostatic Hypotension Clinical Neurology > Chapter 8. Seizures & Syncope > Syncope



Orthostatic Hypotension CURRENT Diagnosis & Treatment in Cardiology > Chapter 24. Syncope > Pathophysiology & Etiology



Orthostatic Hypotension Hazzard's Geriatric Medicine and Gerontology, 6e > Chapter 57.

Syncope



Orthostatic Hypotension Hazzard's Geriatric Medicine and Gerontology, 6e > Chapter 56.

Dizziness > Etiology



Orthostatic hypotension is defined by a fall in systolic pressure >20 mmHg or in diastolic... Harrison's Online > Chapter 227. Physical Examination of the Cardiovascular System > Physical Examination of the Cardiovascular System: Introduction > Cardiovascular Examination > Assessment of Blood Pressure



Orthostatic or Postural Hypotension Hurst's The Heart > Chapter 68. Epidemiology of Hypertension > What Is Hypertension? > JNC 7 Classification



Patients with orthostatic hypotension (excessive fall in blood pressure with standing) often... Goodman & Gilman's The Pharmacological Basis of Therapeutics, 12e > Chapter 12. Adrenergic Agonists and Antagonists > Therapeutic Uses of Sympathomimetic Drugs > Hypotension



Peripheral Neuropathy with Secondary Orthostatic Hypotension Adams and Victor's Neurology > Chapter 26. Disorders of the Autonomic Nervous System, Respiration, and Swallowing > Clinical Disorders of the Autonomic Nervous System



Postural Hypotension Hazzard's Geriatric Medicine and Gerontology, 6e > Chapter 54. Falls > Etiology of Falls and Fall Injuries > Risk Factors for Falling > Age-Associated Changes and Chronic Diseases



Posture When Loss of Consciousness Occurs Clinical Neurology > Chapter 8. Seizures & Syncope > Episodic Loss of Consciousness > Approach to Diagnosis



Syndromes of Orthostatic Intolerance Hurst's The Heart > Chapter 48. Diagnosis and Management of Syncope > Causes of Syncope > Disorders of Vascular Control or Blood Volume



Table 16–2. Causes of Orthostatic Hypotension. CURRENT Diagnosis & Treatment: Emergency Medicine > Chapter 16. Syncope > Evaluation of the Conscious Patient with a History of Syncope > Rule Out Blood Loss > Measure Blood Pressure and Pulse



Table 375-4 Prevalence of Orthostatic Hypotension in Different Disorders Harrison's Online > Chapter 375. Disorders of the Autonomic Nervous System > Clinical Evaluation > Symptoms of Autonomic Dysfunction



Table 375-5 Nonneurogenic Causes of Orthostatic Hypotension Harrison's Online > Chapter 375. Disorders of the Autonomic Nervous System > Clinical Evaluation > Symptoms of Autonomic Dysfunction



Table 375-9 Initial Treatment of Orthostatic Hypotension (Oh) Harrison's Online > Chapter 375. Disorders of the Autonomic Nervous System > Specific Syndromes of ANS Dysfunction > Treatment: Autonomic Failure > Symptomatic Treatment



The most helpful physical findings in the setting of blood loss are severe postural dizziness (...
CURRENT Diagnosis & Treatment: Nephrology & Hypertension > Chapter 2. Disorders of
Extracellular Volume: Hypovolemia & Hypervolemia > Hypovolemia > Clinical Findings >
Symptoms and Signs > Pulse and Arterial Blood Pressure



In evaluating chronic fatigue, after the history and physical examination process... CURRENT
Medical Dx & Tx > Chapter 2. Common Symptoms > Fatigue & Chronic Fatigue Syndrome >
Clinical Findings > Chronic Fatigue Syndrome



Orthostatic Hypotension CURRENT Diagnosis & Treatment: Emergency Medicine > Chapter
16. Syncope > Emergency Evaluation of Specific Disorders Causing Syncope



Patient Education Harrison's Online > Chapter 375. Disorders of the Autonomic Nervous
System > Specific Syndromes of ANS Dysfunction > Treatment: Autonomic Failure