

ACUPUNCTURE TREATMENT OF HYPERTENSION



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Hypertension is often quoted as disease whereas actually it is only a sign of diverse range of diseases that may be existing in the interior of a person. Since Hypertension is itself not a disease it does not have a fixed cause and as such cannot have a fixed treatment. It is important to know the cause of Hypertension from an Allopathy part of view and then understand it from a TCM part of view so that diagnosis and treatment can be made simple and easy

The causes of Hypertension for an Allopathy point of view are as follows:-

1) Global Generalized Atherosclerosis

This is the most common as well as most commonly assumed cause of Hypertension the walls of the artery get deposited with lipids and get narrowed this causing reduction in the total capacity of the vessel to hold blood and the causes increase in the pressure of the blood within

2)Global Generalized Arteriosclerosis

There is hardening of the media of the arteries due to increase collagen in side and thus the flexibility of the walls and then ability to expand and accommodate the pumped blood from the heart with each pulsation is reduced thus pressure inside rises.

3)Kidney Disease

Kidney is supposed to filter excess water and salt from the body When kidney do not function efficiently there is rise a blood volume due to excess retention of salt and water in blood thus raising the blood pressure.

4)Lung Disease

In case there is lung disease then the amount of oxygenated blood is less and this leads to Hypoxia to various organ the Hypoxia is attempted to overcome by increasing the blood supply and therefore this increases blood pressure

5)Local Stenosis in the artery of a special organ like Brain, Heart

In case of stenosis it any of these organ there is a less blood supply and there is felt by the special receptors and they release a special hormone anti diuretic hormone that increases the retention of salt from the kidney and increases the blood volume. In case of brain also the stimulated is reduced and the heart pumps faster to increase the output of blood this also increases the blood pressure the systolic BP

6)In case of Kidney artery Stenosis there is reduced circulation of blood and thus the process of filtration is reduced with the effect that then causes a rises in blood pressure and additionally there is secretion of rennin angiotensin causing contraction of arterioles and raise in BP .

7)Nervous Hypertension

Due to heightened start of nervous acting there is excess in the discharge of the nervous supply arteroli and the cause a increase contraction of the muscle of the arterioles leading to excess pressure avoid it reduced pressure in the organs and thus the mechanism in part no 5 & 6 is activated.

8)Stress

Increase level of stress lead to excess secretion of hormone which increase the salt and glucose concentration in the blood raising its osmolarity and cause increase water retention leading a high blood volume and subsequently increases blood pressure

As Seen above there are various causes of Hypertension and they require different approach in treatment

1)Global Generalized Atherosclerosis

Atheroma implies the Earth element arteries are under the control of small intestine to remove the atheroma from the arteries one has to reduce the earth element of small intestine

SI Earth Wind

Additional points to reduce lipid blood- Liver tonify Spleen sedate

2) Global Generalized Arteriosclerosis

Sclerosis Implies the metal element and arteries are controlling by the small intestine to remove sclerosis one has to remove the metal from small intestine

SI Metal Fire

Additional points to sedate lungs & LI/ Tonify Heart & SI

3)Kidney disease

Determine the type of energy imbalance of kidney whether it is a kidney Qi efficiency or metal excess in the kidney Accordingly the tonify kidney water part or sedate kidney metal and kidney fire part. In some case the kidney stone represent earth and metal excess kidney earth and metal and tonify of kidney wood and fire part and eventually tonification of kidney water part.

5) Stenosis in the special organ

Identify the organ and improve the circulation of that organ by

- 1)reducing earth and metal in that organ and tonify wood and fire
- 2)Reduce Earth and Metal from the SI

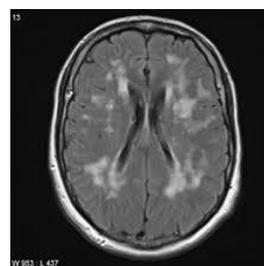
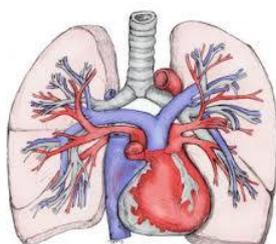
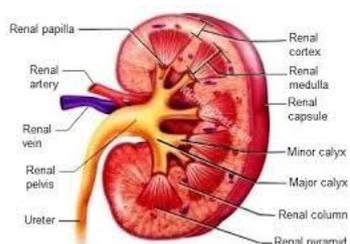
6) In case of Stenosis in renal artery same approach as above

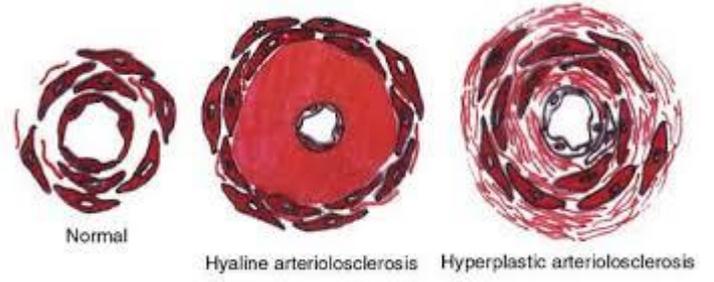
7) Nervous Hypertension

PC6, Shenmen , Baihui help in relaxing the patient .If necessary bleed excess the tip of middle finger to reduce excess fire from the pericardium.

8)Stress

Reduce earth element from the kidney and tonify water this will reduce the secretion of cortisol from the adrenal glands





Correct diagnosis of cause leads to accurate and effective treatment and cure of Hypertension

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