

# DON'T BE PRESSURED BY HIGH BLOOD PRESSURE



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A Science of Medicine  
The Art of Care

It is considered the scourge of modern society. Some 500 million to 1 billion people suffer from it. In fact one out of four people between 35 and 50 and one in two over 50 can claim the condition. Yet, and this is the shocking part, one-third or more of the people who suffer with the disease don't even know they have it. Hypertension or high blood pressure often referred to as the "silent killer" can be deadly if ignored, but the good news is that with effective measures it is probably one of the easiest of the chronic conditions to control.

More often than not, people are unaware that they have hypertension and therefore are at greater risk of developing complications from the condition. For many hypertensives, the first time they find out they have high blood pressure is in the event of a stroke, blurred vision, heart problems or kidney disorders. It is thus vital to have your blood pressure checked regularly.

## What is Hypertension?

Hypertension is defined as any elevation in systolic or diastolic blood pressure above normal. Blood pressure is stated as a measure of 2 numbers obtained manually using a sphygmamometer and a stethoscope. The first, or systolic pressure, is the highest reading and the second, or diastolic pressure, is the second lower reading. The systolic pressure is the maximum force of the heart and the diastolic pressure is the minimum or the relaxation of the heart between beats.

Normal blood pressure is generally seen as being 120/80 mmHg but varies from person to person with the normal blood pressure of an individual getting higher as we get older. There are also a number of reasons which cause our heart rates to fluctuate on a daily basis such as increased physical activity, our emotional state, stress, anxiety, smoking and alcohol consumption. An awareness of these factors particularly if you are prone to or already have high blood pressure can greatly influence your control of the condition.

Hypertension is classified as either primary or secondary. Primary hypertension is generally due to an unknown cause. Heredity is a predisposing factor and environmental influences only seem to act in genetically susceptible people. Secondary hypertension is considered a lifestyle illness and is associated with systemic disease aggravated by factors such as poor lifestyle, stress, diets high in sugars and fats, excessive alcohol intake, oral contraceptives and substance use, amongst others. Obesity may also predispose a person to developing hypertension.

Some of the symptoms associated with hypertension include headaches, dizziness, restlessness, lack of energy, bleeding from the nose and gums, mood swings, numbness and tingling of the fingers and shortness of breath. Unfortunately because many of these symptoms are also linked to other illnesses they can often be overlooked or ignored.

How is Hypertension treated?

Orthodox treatment of Hypertension usually involves medication which may act systemically by widening the blood vessels, easing the pumping of the heart or regulating the levels of fluid within the body. Known as antihypertensives, these drugs are useful to an extent but often have many side effects. Furthermore, without suitable lifestyle changes they are not nearly enough to control high blood pressure completely.

The Tibb perspective

Tibb views most chronic conditions as an imbalance within the body and the same applies with high blood pressure. Furthermore from a Tibb perspective, the symptoms associated with Hypertension are seen as an attempt by the body to maintain its homeostasis. With this in mind, Hypertension is viewed not as an isolated illness but as a sign of underlying disharmony within the body. Tibb understands hypertension as not only a physical ailment but also as a condition with emotional, mental and even spiritual elements attached to it.

According to Tibb, hypertension should be managed by attempting to eliminate the disharmony which has led to the disorder. The person with hypertension should therefore make an effort to reduce their blood pressure by initially making reasonable and usually simple changes to the way they live.

Some of these lifestyle changes include:

- Stopping or reducing smoking
- Cutting down on the amount of salt added to food
- Reducing weight gradually by following a healthy diet
- Reducing alcohol intake, and especially avoiding 'binge' drinking
- Reduce caffeine intake
- Get light, regular physical exercise appropriate to body size and weight
- Take time to relax and reduce stress

Once changes have been made to the patient's lifestyle, appropriate medication can be given to manage hypertension. The Tibb products, Pressure-Eeze, Pressure-Eeze Forte, Coronary Care and Tibb-Renotone, for hypertension are available in tablet form and are sugar free herbal formulations based on sound principles and evaluated according to standards of modern medicine. They are free from adverse effects and produce the required effects in reasonable doses

Hypertension is a lifelong condition. This means that it can't be completely cured by you or your doctor. The good news is that it can be effectively managed so that you can enjoy a quality-filled life. By putting the power of your health in your hands, you can take control of high blood pressure instead of it taking over your life. Lifestyle changes are by far the most important when controlling hypertension, but they are simple changes which will lead to overall well-being. Aside from diet and exercise, which are vital in managing high blood pressure, meditation, regular fasting, controlled sleeping habits and a positive attitude are also extremely beneficial. Remember, that you don't have to be a statistic, by being aware and taking the necessary steps, you can bring your hypertension down and your feelings of vitality up for many happy and healthy years- no pressure!