



Hypertension

What is Hypertension?

Hypertension, commonly known as high blood pressure is the force needed by the heart to pumps blood through the blood vessels in order to deliver essential nutrients to all parts of the body.

The factors that influence blood pressure include: the volume of the blood in circulation; resistance to blood flow by the walls of the blood vessels; and the strength of the heart.

Normal Blood Pressure is 120/80 mmHg, systolic/diastolic. These figures vary according to age and gender, and fluctuate markedly throughout the day.

What is High Blood Pressure?

High blood pressure, or hypertension, results if the blood pressure rises above the range which is normal for the person, and stays there for some time. This can cause severe, even deadly, damage to several body organs if it not reduced.

Hypertension can be classified in different levels:

Pre-hypertension: Systolic 120-139, Diastolic 80-89;	High normal: Systolic 130-139, Diastolic 85-89
Mild hypertension: Systolic 140-159, Diastolic 90-99;	Moderate: Systolic 160-179, Diastolic 100-109;
Severe hypertension: Systolic more than 180, Diastolic more than 110 - requires urgent attention	

Types of High Blood Pressure

- **Primary Hypertension**
- **Resistance Hypertension**

Primary Hypertension

Signs and Symptoms

Constant headache mostly in the temple region: redness and heaviness in the eyes; dizziness; and bleeding from the nose and gums.

Resistance Hypertension

Signs and Symptoms

Constant headache at the back of the head; tightness in the neck muscles; muscle cramps in the legs; and shortness of breath.

Complications of High Blood Pressure

Creates strain on the heart; weakens the walls of the arteries; increased risk of heart attack or stroke; and kidney failure.

What causes Hypertension?

As a person grows older, a poor diet, lack of exercise and being overweight lead to an increase in the volume of blood in circulation (blood volume). This results in the more common type of hypertension known as **Primary or Essential Hypertension**.

Another form of hypertension arises from increased resistance developing in the blood vessels, due to a hardening and narrowing of the arteries due to fibrous and fatty deposits, or arteriosclerosis. This form is known as **Resistance Hypertension**.

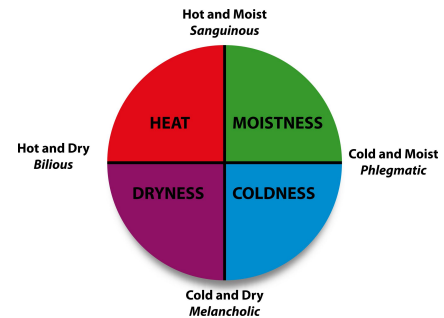
Hypertension can also result from other causes, such as kidney disease, a number of tumours, and certain conventional medications.

The Tibb view on Hypertension

Tibb medicine clearly identifies the two different types of hypertension from the causes and also the symptoms associated with each type.

Primary hypertension results from an increase in blood volume either from an excess of moistness and/or heat, caused from poor lifestyle, especially being overweight and lack of exercise. This hypertension is more prevalent in persons with a dominant/sub-dominant sanguinous temperament as they have qualities of heat/moistness.

Resistance hypertension also results from poor lifestyle especially from an excess of cold and dry foods such as beef and fish, which leads to a buildup of plaque in the arteries. Persons with a dominant/sub-dominant melancholic temperament will be more predisposed to this type of hypertension as their temperament has qualities of coldness/dryness



Management of Hypertension

Treatment and management is aimed at **reducing the excess qualities** associated with high blood pressure, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and dryness** in people with primary hypertension, and increase the qualities of **heat and moistness** in people with resistance hypertension.

This assists Physis in addressing both the symptoms, and the causes of both forms of hypertension.

Tibb Lifestyle Factors

Primary Hypertension Associated with Qualities of Heat and Moistness:

Food and Drink

- Eat **mostly Cold & Dry foods** – such as beef, fish, cauliflower and mushrooms, **followed by Hot & Dry foods** - like bittergourd, avocado, chickpeas and garlic.
- Eat **less of Cold & Moist foods** - such as carrots, pumpkin, rice and coriander, and the **least of Hot & Moist foods** - like bread, pasta, bananas, salt and wheat cereals.
- Good advice is to eat more skinless chicken, fish and vegetable proteins such as legumes. Also generally more fruits and vegetables, such as apples, cabbage, eggplant, garlic, grapefruit, green leafy vegetables, peas, prunes, raisins, and sweet potato.
- Avoid salty and sweet foods and drinks, and limit overall salt intake. Reduce consumption of animal fats such as bacon, beef, chicken liver, corned beef, dairy products, pork, sausages and smoked and processed meats. Avoid hydrogenated and hardened fats such as margarine and lard. Cut down on alcoholic drinks, cakes, candy, fizzy drinks, coffee, pies, processed or refined foods, tea, tobacco, coffee or white bread.
- Drink fresh “live” juices, especially those containing celery, citrus fruits and parsley.
- Add two tbsp of flaxseed oil to meals daily.

Other Lifestyle Advice

- Commit to exercising regularly, and becoming more physically active generally. Brisk walking, cycling, jogging are usually effective.
- Give up or cut down smoking.

Herbal Remedies

- Add two tbsp of flaxseed oil to meals daily.
- Sprinkle freshly chopped garlic over foods and salads. Try to eat two to three cloves per day.

Tibb Lifestyle Factors

Resistance Hypertension Associated with Qualities of Coldness and Dryness:

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** - such as avocado, garlic, onion and chickpeas and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Reduce the intake of red meat like beef and lamb. Chicken and oily fish like salmon should be preferred instead.
- Add fresh garlic to meals. Garlic is commonly used in the management of conditions of the heart and circulatory system and is effective in reducing high blood pressure and raised cholesterol levels.
- Include heating spices like chilli, turmeric and ginger in meals. These herbs help to lower blood cholesterol and promote better blood circulation.
- Avoid eating and drinking refrigerated foods and drinks. Consume food at room temperature or above.

Other Lifestyle Advice

- Give up or cut down smoking. Counseling, nicotine patches and e-cigarettes are effective ways of doing so. Practice deep breathing exercises daily. This usually helps to reduce stress and so lower blood pressure.

Herbal Remedies

- Green Tea helps to reduce raised blood pressure. Also an infusion with 1tsp yarrow, and 1tsp Green Tea in a cup of boiling water, strained and drunk hot.
- Sprinkle freshly chopped garlic over foods and salads. Try to take in two or three cloves a day.
- Mix ¼ teaspoon red chillies, ½ teaspoon ginger root, 3 black pepper and 4 garlic cloves as chutney. This should be taken with meals three times a day.

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
all small bird meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes		
	celery	grapes		hazelnuts			chickpeas	cinnamon		grape juice				mustard sauce	
	green pepper			pecan nuts			fennel seeds	cloves, garlic		herbal teas (see herbs)				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli							
	onion						mustard seeds	fennel							
	red pepper						poppy	lavender							
	yellow pepper							nutmeg							
										oregano					
										paprika					
					parsley										
				rocket, rosemary											
				saffron											
				tarragon											

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes	
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes	
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran		
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices (see fruits)	salt		chocolate	honey smaks		
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	herbal teas (see herbs)	sugar		liquorice	muesli		
liver	spring onion	peaches		rye bread	mother's milk (for babies)		ginger, fennel	green masala				vermicelli		nutri-k
mutton	sweet potato	papaya		sunflower seeds				marjoram						nutrific
turkey	turnips			wheat	fresh cream			mint, sage						oats
				macaroni				soya sauce						puffed wheat
			dill seeds				thyme, turmeric					taystee wheat		
							watercress					weatbix		
							white pepper							