

Holistic Management of Essential Hypertension Through Homeopathy: A Case Report Featuring *Lachesis*.

A Case Study on Hypertension and Emotional Sensitivity Treated with *Lachesis*.

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Abstract:

This case report presents the successful management of essential hypertension in a 22-year-old male with a chronic emotional suppression profile and specific mental symptoms. Based on totality, *Lachesis* was selected. The case highlights the effectiveness of homeopathy in psychosomatic disorders with a focus on sensitivity to criticism, suppressed anger, and symbolic snake dreams.

INTRODUCTION

Hypertension is a major public health concern often associated with both physical and emotional components. In this case, we observe the impact of deep-seated emotional conflicts, dreams, and behavioral patterns on the progression and response to homeopathic therapy.

CASE PRESENTATION

Patient Information

- **Name:** S Chauhan
- **Age:** 22
- **Address:** Rajkot
- **Contact:** XXXXX13608

Chief Complaint

- Hypertension (HT) since 6 months
- Initial BP: 160/90 mmHg
- Eye color: Brown

Past History (PHO)

- 3 yr back Dengue

Family History (FHO)

- Father: Hypertension
- Mother: No relevant history

General Physical Examination

- **Thermal reaction:** Hot
- **Thirst:** Normal
- **Appetite:** Normal
- **Desire:** Spicy food, especially paneer chilly; also desires ice cream
- **Aversion:** None
- **Sensitivity:** Not sensitive to sun, light, noise, or clothing
- **Perspiration:** Moderate
- **Sleep:** Sound, 8 hours
- **Dreams:** Recurrent snake dreams; feels captured by King Cobra or Anaconda (large, black, symbolic); dreams feel normal and familiar

Mental and Emotional State

- **Anger and Irritation:** Expressed mainly due to career-related frustration; does not like to be questioned about career or job
- **Suppression:** Remains silent under pressure; thoughts remain internalized
- **Desire for Autonomy:** Does not want to work under others; prefers business over jobs; resents restrictions
- **Reaction to Criticism:** Becomes quiet; wants to prove his worth through actions rather than words
- **Core Emotion:** Suppressed anger with desire for acknowledgment and respect
- **Spiritual Affinity:** Devotee of Lord Mahadev

Rubrics Considered

- **Blood vessels, affection of**
- **Anxiety, conscience of**
- **Dreams, snakes**
- **Sensitive to criticism and reproaches**

BLOOD, VESSELS AFFECTIONS OF
ANXIETY conscience, of
DREAMS animals, of snakes

	Lach	Alum	Arn	Bell	Carb-v	Carc	Ferr	Hyos	Kalm
Weighted	5	4	3	4	5	3	3	4	2
Rubrics covered	3	2	2	2	2	2	2	2	2
Rubric grades	5	4	3	4	5	3	3	4	2
Phatak	2		2	2	3		1	2	
Mentals	2	3	1	2	2	2	2	2	1
Mentals	1	1				1			1

Remedy Selected

- *lach* 10M based on totality: emotional suppression, symbolic snake dreams, cardiovascular affinity, and desire for esteem and autonomy

Treatment Timeline & Progress

Date	BP (mmHg)	Weight (kg)	Prescription
6.9.24	148/90	—	<i>Lach</i> 1M 1D + PL
13.9.24	120/92	—	PL
24.9.24	136/88	—	SL
1.10.24	130/88	—	SL
11.12.24	130/90	77	PL
18.1.25	140/90	78.8	PL
12.2.25	138/86	—	PL
8.2.25	154/90	77	<i>lach</i> 10M 1D + PL
8.3.25	130/88	76.5	SL
28.3.25	120/84	—	SL

DISCUSSION

The prescription of *lachesis* was based on deep emotional etiology, recurrent symbolic dreams of snakes, and sensitivity to criticism. The patient's BP showed progressive normalization, indicating emotional and vascular stabilization. The recurring selection of *lachesis* when symptoms flared and its effectiveness supports the psychodynamic resonance of the remedy.

CONCLUSION

This case underscores the importance of emotional profiling and dream analysis in homeopathic prescribing. *lachesis* proved effective in managing both the physiological and psychological manifestations of hypertension in this young adult patient.

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