

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**.

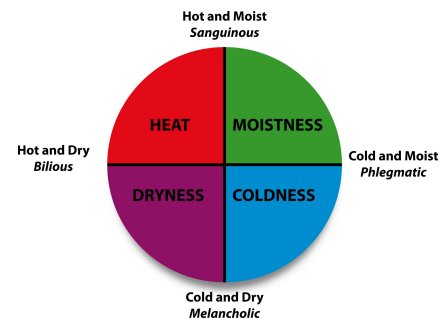
Hypertension can also result from other causes, such as kidney disease, a number of tumours, and certain conventional medications.

The Tibb view of 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 dominate/sub-dominant Melancholic temperament will be more predisposed to this type of hypertension as their temperament has qualities of coldness/dryness



Treatment and 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, raisons, 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 Factors

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

Medication

Herbal Remedies

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

Tibb Medication

Pressure-eeze forte tablets - This product is used to treat moderate to severe hypertension. It contains *Rauwolfia serpentina* and other natural herbal ingredients. Pressure-eeze forte is associated with qualities of **dryness** with coldness, and it helps to combat the heat and moistness associated with increased blood volume.

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 Factors

- 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.

Medication

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.

Tibb Medication

Pressure-eeze tablets - This product is effective in mild to moderate hypertension. It contains valerian and other natural herbal ingredients. Pressure-eeze is associated with qualities of **heat with moistness** and is especially beneficial in the treatment of resistance hypertension, which is associated with hardening or narrowing of the arteries due to excessive qualities of **coldness and dryness**.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament <http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix