

# Hypertension in the view of Chinese Medicine and Treatment

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Jan. 2007

**Hypertension** is a chronic systemic disease with major symptom of headache, dizziness. Hypertension can lead to stroke, coronary disease and congestive heart failure. There are many antihypertensive medications on the markets such as Diuretics, Beta-adrenergic blocking agents,  $\alpha$ -adrenergic blocking agents, calcium channel antagonists, vasodilators and ACE inhibitors. However, we all know that all medication has side effect and once they are prescribed, the patients takes them the rest of their life.

## Can TCM help patients to prevent and control hypertension?

From the perspective of Traditional Chinese Medicine, Hypertension are due to prolonged mental tension, stress, and long term excess consume alcohol, and indulge greasy, sweet food. Those factors contribute to imbalance the organs of both liver and Kidney. The Yang aspect of the Liver not balances with Kidney yin. When the excess of Yang raise, it bring pressure up that will have headache, dizziness, blurred vision and increasing blood pressure. If it left untreated, Yang raise too high, it will lead to stroke (TCM call it INTERNAL WIND), seizure, and heart attack or lose consciousness.

There are at least five patterns (types) of Hypertension. Each pattern identified by its predominant imbalanced organ. For example, Liver yang rising type of Hypertension; Liver and Kidney Yin deficiency type; Phlegm blockage type and Heart and Spleen deficiency type. TCM doctor will treat hypertension patients by choosing appropriate acupuncture points, herbal tea and recommend food therapy. There are many studies has been done in China regarding using herbal tea for treating hypertension and Qi Gong therapy by experience Qi Gong therapist.

For our highly stressed society, many of us live on fast food, drinking caffeine beverage and consume artificial food additive daily, our body generated a lot acidity, or toxin that consume our body (Yin part of organ). Sooner or later, the accumulating imbalanced organ system will be manifested.

There is some tip for preventing and controlling hypertension, however, if you have the symptoms of hypertension, please consult with a doctor.

1. Rice vinegar raw peanuts: soaking raw peanuts in rice vinegar for at least 7 days. Eat 5-6 and chew it well before bedtime. 10 days as a course.
2. Green tea leave with white Chrysanthemums flower tea: 15 g each, make tea with boiled hot water, drink daily 10-14 days as one course.
3. If there is hypertension with hypercholesterolemia: Lotus leaf: 12g, Chrysanthemums flowers: 10g, Shan Zha (Hawthorn fruit) 30g. Boil all three ingredients for 10 min, drink as tea.
4. Vegetable: Water chestnut, white turnip, and white fungus (Silver wood ear) to make salad by using that ingredient.

If you or a family member or friends have any question, please call Dr. Helen Hu, Traditional Chinese Medicine Clinic at (619) 226-6506 or Email to Dr. Hu via

[www.sandiegolongevity.com](http://www.sandiegolongevity.com)