



# High Blood Pressure (Hypertension): Applying Hot and Cold Receptivity Perspective in Clinical Aromatherapy Approach and the Examination of its Application in Emergency Settings Part I

Fai Chan\*

Department of Aromatic Medicine, Deli Aroma LLC World of Tennis, Austin, USA

## ABSTRACT

A case study subject with a family history of heart disease gave up on improving her hypertension condition. She did not want to take medication and sought only natural ways to heal. To assist her in healing, a treatment protocol of employing the hot/cold receptivity was used. The subject exhibited significant improvements but only during the summer. The article will study the cause of such phenomenon. The treatment was able to maintain the blood pressure. More research is needed to find out if the combination of medication and the treatment protocol would lower the blood pressure to normal levels. Prescribed medications, healthy diet, and moderate exercise such as yoga are what medical professionals suggested for high blood pressure (Hypertension) treatment. However, in reality, those methods may not bring satisfactory outcome. To further improve hypertension, hot and cold receptivity is taken into account to devise appropriate treatment protocol. A subject in the article inherited the family history of hypertension but was able to lower her blood pressure significantly with the application of the hot/cold receptivity with diuretics. The same subject refused to take medication, further research is needed to prove if combining medicine with the protocols mentioned can bring blood pressure to normal levels even in the case of genetics.

**Keywords:** Hypertension; High blood pressure; Aromatherapy; Essential oil

## INTRODUCTION

High blood pressure is defined as the blood forces exerted on the walls of arteries [1]. The hypertension threshold is 130/80 mmHg based on the guideline you are using [2]. In my clinical practice the systolic is easier to lower than diastolic. Besides taking medicine, the success of lowering blood pressure depends on the hot and cold receptivity application to make the whole treatment protocols more effective. The replenishment, manipulation of hot/cold application, clearing and draining of excessive fluid that causes edema are combined to make an effective treatment protocol in treating hypertension. This article examines the extent of these factors in (a) the treatment effectiveness, and (b) alleviating the sudden flush of blood to the head to control the blood flow to prevent stroke. As hypertension creates excessive pressure exerted on the workload of the walls of arteries, the additional heat generated increases the temperature of patient's upper body (higher than the lower body). This happens: If the lower body keeps a high temperature, the upper body's heat will accumulate and seriously affect the stroke issue. The hypertension and stroke relationship are illustrated in articles in cardiology literature [3]. That is the reason people with hypertension usually have cold feet, evident in the case studies just

mentioned. Associated with hypertension, the major complaints patients have are insomnia, headaches, heat aversion, and edema in this case study. To heal successfully, all those complaints have to be dealt with, either by prescribed medications, extra medications, supplements, bodywork and so on. As the trend for looking into the natural healing methods become more popular, it is common for patients to seek prescribed medications for high blood pressure and to tackle the associated symptoms using natural ways.

## CASE STUDY

### Hypotheses

High blood pressure or hypertension results in extra heat created due to extra forces working on the artery walls. Overheating occurs in the upper body while lower limbs need to be kept in colder condition to prevent other complications such as strokes, migraines and insomnia or even anxiety from happening. While this mechanism does work great in avoiding those issues, it tends to create edema. The reason is that the blood flow through the lower limbs becomes stagnated and the coldness results in edema.

Based on the hypotheses, treatment protocols devised will be

**Correspondence to:** Fai Chan, Department of Aromatic Medicine, Deli Aroma LLC World of Tennis, Austin, USA, Tel: +(512)-902 1111; E-mail: deliaroma8@gmail.com

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to lower the heat caused by overheating, while at the same time eradicating the edema issue. The general applicability of the hypotheses will guide the whole treatment protocols in the case studies while leaving room to make some custom-made adjustments to fit into individual lifestyle.

As sleep is very important in healing, making patients sleep sound and deep for certain duration of time is indispensable in lowering blood pressure [4]. The first step to take into account is in what way the subject can sleep well, in terms of both duration but also soundness.

In Parts I and II articles, we are going to examine two cases that show significant improvement in treating hypertension. A is a female, who had blood pressure of 190/100 mmHg when she came and she also had an issue of being overweight (obesity). Her blood pressure dropped from 190 mmHg to 140 mmHg after several treatments. She exhibited hotter upper body but colder feet. This hindered the lymphatic drainage and created edema as her thighs and lower legs and feet were swollen. She refused to take medication even though her blood pressure seemed to be high.

## RESULTS AND DISCUSSION

In treatments, draining excessive fluid was necessary. That was done through aromatic massage for the first two sessions. Then she was given instructions on spraying cooling and anti-inflammatory liquid such as turmeric spray or damascene rose hydrosol or orange blossom hydrosol to lower the temperature on her neck, shoulders and upper back (Table 1). She used a tracker to track the quality of sleep. The result was “better than deep sleep”. She could sleep 6 hours or more each day. Prior to treatment, she always found it difficult to sleep well.

On the next morning, she was asked to use a cooling foot cream to apply on her sole. The purpose of this was to reduce the frictional heat resulted from walking. She did this as said. She reported a drop of 30 mmHg on the systolic measurement and also mentioned that every time she used the cream to apply as instructed, her measurement would drop to 160 mmHg.

She was also given herbal tea such as chrysanthemum tea (high altitude plantation and irrigated with rain water) to drink daily. The purpose was to keep her body temperature from rising with its heat clearing and diuretic property. For the whole summer, her blood pressure stayed 160/90 mmHg. Since the cooling methodology was applied in summertime, the onset of winter cold

weather made this a hindrance to use as immunity boost needed to be maintained in this pandemic. She was told to use a pair of self-heating socks to keep herself warm while keep applying the cream for anti-inflammatory effort. She said she sweated that night and the next day, her blood pressure dropped to 140/85 mmHg. She said that she had not seen blood pressure reaching 140 mmHg for a long time. The subject actually has a family history of heart disease. She once said that she would have Alzheimer’s in some point of her life, as she was told. Her memory and expression on the point that we met was not at its peak performance.

To build up her confidence and encourage her to continue the treatments, she was asked to do nano diffusing with rosemary, eucalyptus globules and lavender [5]. It was reported that she got compliments for her strong memory and fluent expressions. The most dramatic change came when rubefacient technique was applied to scrap out the heat from her neck, shoulders, upper back including bones. Rubefacient actually enhanced the dilation of blood vessels to allow the blood to flow to the surface so that the removal of excessive heat, toxins and plaques was possible [6]. This was done through the use of scrapper or Gua Sha tool. I recommend having scrapping sessions with a professional for better results in addition to doing it for self-care purpose. A Agar wood cream (Table 2). With this cream used in combination with scrapping to the designated areas on that day, her swelling and tightness went away. It was reported that the blood pressure was 140/76 mmHg. After the next session, she reported that she fell asleep after going home. As for foot and lower leg scrapping and massage with the nanoemulsion: and nano hot/cold steam. While she had a twisted right leg which limited the treatment that could be done, she still achieved 140/80 mmHg the next day.

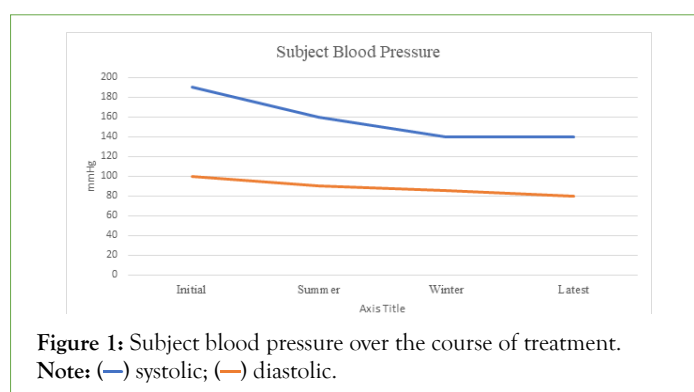
Since she was in a managerial position with an organization, she appeared to experience stress as she is a goal-oriented achiever. This stress might not affect the diastolic pressure but had the effect of elevating the systolic pressure to hypertension range. It was found that the amount of her sweating had an inverse relationship with her blood pressure. That might be due to the fact that she was accustomed to salty and sweet food that sweating helped release those unwanted elements out. I suggested that she practiced meditation to help calm her mental activity and as a matter of fact, taking convention medications at the same time while receiving this treatment protocols might help further reduce the numbers. Additional research would be needed to confirm this (Figure 1).

**Table 1:** Daily application for self-care.

Application	Item used	Item ingredients in English	Item ingredients in latin
Before sleep, apply on neck and upper back	Damascena rose hydrosol	Rose, distilled water	<i>Damascena rose hydrosol</i>
Daytime, apply on sole	Turmeric spray	Lavender hydrosol, Clove, Turmeric, Sandalwood, May Chang, Palmarosa.	<i>Lavandula angustifolia hydrosol, Eugenia caryophyllata, Curcuma longa, Santalum album, Litsea cubeba, Cymbopogon martini var. Motia</i>
Apply each morning and night	Foot cream, in nano emulsion	Lemon, Peppermint, Lavender Sandalwood	<i>Citrus limon, Mentha x piperita, Lavandula angustifolia, Santalum album</i>
Nano diffusing (when necessary)	Revitalizing blend	Rosemary c.t. camphor, Eucalyptus globules, lavender	<i>Rosmarinus officinalis ct camphor, Eucalyptus globulus, Lavandula angustifolia</i>

Table 2: Treatment application.

Application	Item used	Item ingredients in English	Item ingredients in latin
Apply to the whole body	Turmeric spray	Lavender hydrosol, Clove, Turmeric, Sandalwood, May Chang, Palmarosa.	<i>Lavandula angustifolia hydrosol, Eugenia caryophyllata, Curcuma longa, Santalum album, Litsea cubeba, Cymbopogon martini var. motia</i>
Apply to the lower limbs	Massage cream, in nano emulsion	Neroli, Lavender, Bergamot fcf, Jasmine sambac	<i>Citrus aurantium var. Amara, Lavandula angustifolia, Citrus bergamia, Jasminum sambac</i>
Apply to the upper body	Agarwood cream, in nano emulsion	Agarwood, Jasmine sambac, Rose otto, Lavender, Vanilla	<i>Aquilaria crassna, Jasminum sambac, Rosa x damascena, Lavandula angustifolia, Vanilla planifolia</i>



Part II will examine ways to curb and bring down the flushing of redness of blood to the face/head. Will ketones be a good medium to reduce the inflammation together with the cold receptivity? We will examine the extent supplements or healthy diet help in lowering blood pressure. We will show that feeling good and stay fit have no effect in lowering blood pressure.

**CONCLUSION**

The success of the protocol depends largely on both the treatment effectiveness and the subject’s diligence in carrying out the self-care suggestions. This subject was satisfied with the results. However, she became less diligent in self-care once she observed improvements. There is a conflict between reaching the ultimate goal of normal blood pressure range and keeping the subject satisfied.

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