

Serpina in Hypertension

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The purpose of this paper is to briefly present results obtained with SERPINA (The Himalaya Drug Co., 251, Hornby Road, Bombay-1), the total alkaloids of *Rauwolfia serpentina*, for the treatment of hypertension. It was employed alone in tablet form in nine patients who were treated ambulantly. These were prescribed 3 tablets a day and the blood pressure was checked every other day.

Results were judged by improvement of subjective symptoms reported by patients, reduction of the blood pressure and decrease in albumin excretion in urine.

Out of 9 patients treated with SERPINA marked blood pressure reduction in the systolic and diastolic readings was noticed in 5 cases. The reduction was gradual within 6 to 12 days. The maximum decrease of systolic pressure was 60 mm Hg., and diastolic pressure was 45 mm Hg. The patients were kept on a maintenance dose after the required hypotensive effect was achieved. A sudden decrease in the blood pressure was not observed. Headache, giddiness and nervousness also disappeared as the blood pressure decreased.

Those 4 cases without satisfactory result with SERPINA within a week, were put on other antihypertensive agents.

It should be taken into consideration that in a nervous individual with tachycardia and a vigorously acting heart such blood pressure figures as 160/80 or 179/90 mm Hg., do not indicate the presence of the disease known as hypertension, provided that the heart shows no enlargement by accurate measurement, the electrocardiogram shows no left ventricular abnormality, and the retinal arteries are normal. Such cases probably belong to the category of psychosomatic disturbance.

At the present time with only 9 cases of hypertension treated with SERPINA, I can say that SERPINA is able to produce a continuous blood pressure decreasing effect in about 60% of cases. There apparently are no serious side effects. All the effects develop gradually over a period of 6 to 12 days and also disappear slowly when the drug is discontinued.