Hypertension is now conceived as a disturbance of the nervous, endocrine, renal and psychic functions, which, under normal conditions, regulate the equilibrium, between blood pressure lowering and raising factors.

Very favourable reports have been published recently on the use of *Rauwolfia serpentina* in the treatment of hypertension.

We treated 83 cases of hypertension of all types with SERPINA*. Other sedative therapy was used in addition if the patient did not show improvement within 8 days treatment with SERPIN. No difference was made regarding the kind of hypertension. Essential and renal varieties were treated in the same way. Investigations were carried out before and after treatment—such as X-ray chest, Electrocardiogram, complete blood and urine tests, residual nitrogen and serum lability examinations and funduscopic examination of the eyes.

(*These clinical tests were carried out with RIVADESCIN, the registered trade-name of SERPINA in Europe.)

Amongst these patients 21 were treated ambulantly under otherwise unchanged conditions. These were prescribed 3 tablets a day and the blood pressure was checked twice a week.

Out of 83 hypertension patients treated with this drug, blood pressure reduction in the systolic and diastolic readings was noticed in 52 cases (63%). With the doses used by us the reduction was gradual—within 6 to 10 days. The maximum decrease of systolic pressure was 85 mm and diastolic pressure was 60 mm. After the required blood pressure decrease was achieved the patient was kept on a maintenance dose.

Regarding the various kinds of hypertension, it can be deduced from the approximately equal proportion of partial successes and failures among the red and pale kinds of hypertension that all types of hypertension, essential or with nephritis as a complication respond equally favourably to SERPINA treatment.

Apart from the hypotensive effect, the sedative effect was always observed. All the patients, without exception felt much better and the headache, giddiness, tinnitus, anxiety and nervousness disappeared. Generally they became quiet, lost their timid mood and had deep, recreative sleep. The albumin excretion and urobilinogen increase became normal in the course of the establishment of cardiac compensation. The influence of the drug on the urine composition could not be detected and this condition remained unchanged for renal hypertension cases. The improvement in the fundal picture could be observed in a few cases.
only. Temperature increases above \(1^\circ\) could be detected in some distinctly vasolabile hypertension patients. The tolerance of the drug was good in all the cases and no serious secondary effects were ever observed by us in any of our patients.

The decrease in the blood pressure was gradual – taking 6 to 10 days. A sudden blood pressure decrease was not observed during the daily examinations. A too rapid or sudden decrease of the blood pressure values was never observed and even with continued treatment the pressure remained approximately at a normal level. Two tablets a day were given to normal persons for control. They did not show blood pressure changes beyond the physiological pressure variations. In some cases constipation disappeared which is a very salutatory effect.

**SUMMARY**

Our experience with 83 patients shows that SERPINA is able to display a continuous blood pressure decreasing effect. Sixty three per cent of cases were a full success, 23\% a partial one and 14\% were unaffected. SERPINA is equally effective in all cases of high blood pressure and has no secondary effects. In SERPINA we have a completely harmless medicament for the treatment of hypertension.