Studies in Hypertension with Reserpin and Total alkaloids (Serpina) of *Rauwolfia serpentina*

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**REVIEW**

Dr. D.P. Basu, M.B., M.R.C.P. (Lond.), Ph.D. (Edin.), Honorary Senior Visiting Cardiologist, S.S.K.M. Hospital, Calcutta, made a comparative study of 80 cases of various types of hypertension treated with (a) Reserpin, (b) the total alkaloids of *Rauwolfia serpentina* (Serpina), (c) combination of Reserpin and the total alkaloids, where Reserpin dose was higher, and (d) combination of Reserpin and the total alkaloids, where the dose of the total alkaloids was higher.

His results were as follows:

(a) In 40 cases of labile hypertension with good kidney function, there was marked fall of blood pressure in:
   - 36% cases with Reserpin in dose of 4 tablets of 2.5 mgm per tablet per day;
   - 45% cases with 4 tablets per day of Serpina;
   - 61% cases with the combination of Serpina and Reserpin, where the dose of Serpina was higher.

(b) In 10 cases of non-labile hypertension with damaged kidneys there was partial reduction of blood pressure in:
   - 30% cases with Serpina
   - 20% cases with Reserpin.

(c) In 10 cases of systolic blood pressure arteriosclerotic group, the *Rauwolfia* group of drugs could not bring down the blood pressure below 150 mm Hg.

(d) In 20 cases of psychological blood pressure, the reduction in blood pressure was well-marked in all cases.

The total alkaloids gave better and earlier results than Reserpin. Bradycardia and diarrhoea were more marked with Reserpin than with the total alkaloids.

A feeling of well-being was noticed in all cases with *Rauwolfia serpentina*, irrespective of fall in blood pressure.