

High blood pressure (hypertension) is primarily caused by

1. a combination of genetics, age, a high salt diet, lack of exercise, obesity, smoking tobacco, excessive alcohol consumption,
2. chronic stress
3. insomnia, hormonal disorders and medications and drugs underlying medical issues or medications. (over-the-counter cold medicines (decongestants), NSAID pain relievers, birth control pills, and illicit drugs like cocaine and amphetamines)
4. pregnancy (Preeclampsia or new-onset hypertension can occur during pregnancy.)

Traditional Chinese medicine often uses acupressure to guide the flow of qi and blood downwards, relieve headaches and neck tension, and help stabilize blood pressure. Commonly used and effective acupressure points for lowering blood pressure include:

高血壓的成因:-

- (i) 主要由遺傳、老化及不良生活習慣（如高鈉飲食、缺乏運動、肥胖、壓力大）
- (ii) 心理壓力（長期處於高壓環境或焦慮狀態，容易促使交感神經長期亢奮，導致血壓升高）
- (iii) 由特定疾病（如腎臟病、睡眠呼吸中止症、甲狀腺亢進）或藥物引起。
- (iv) 妊娠期（妊娠期可能發生子癰前症或新興高血壓。）

中醫常透過穴位按摩來引導氣血向下運行、舒緩頭痛與後頸緊繃，輔助穩定血壓。常用且有效的降血壓穴位包含：

1. 百會穴

百會是百脈朝會之處，可調節全身經脈，拍打百會可使任督二脈通暢，氣血迅速被調動起來，頭部供血更加充足，動脈向上供血壓力減小，血壓自然就降下來了。

2. 風池穴

除了能降血壓之外，也可以舒緩頸部痠痛。

3. 曲池穴

要改善氣血不順造成的高血壓，「曲池」是能立刻見效的穴道。

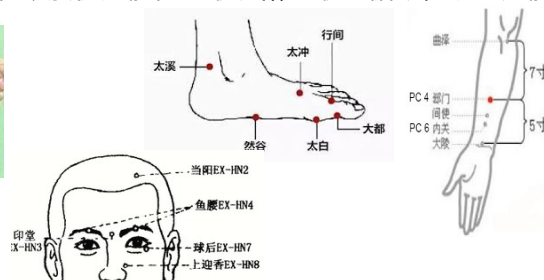
4. 太衝穴

可以平肝潛陽、行氣解郁，從而達到降血壓的功效，有助於治療原發性高血壓。

5. 湧泉穴

湧泉穴在中醫上一直是養生、治病的重要穴位。通過按揉該穴有助於促進體內血液、淋巴液的循環，調整人體的代謝；對於穩定血壓也有重大功效。

6. 太溪 (Taixi)
7. 鄰門穴 Ximen
8. 內關穴 (PC 6, Neiguan)
9. 豐隆穴 (ST 40, Fenglong) 胃經的絡穴。
10. 三間穴 (LI 3 Sanjian) 。



To be effective, it is advisable to use one of the above acupoint coupled with acupoint that solve the root cause of HBP.

e.g. if the root cause is stress, then select HT 7 鄰門穴 + 神門 Shenmen ;

if the root cause is insomnia, then select 百會穴+ ExHN2 當陽 Danyang