

The Comprehensiveness of Homoeopathy in Bronchial Asthma

Dr. Jayshree Rathva¹, Pandya Santosh Kumar Jashvantbhai², Parmar Ketulkumar Dilipbhai³

¹Assistant Professor, Department of Practice of Medicine, ^{2,3}Student of 3rd BHMS,
^{1,2,3}Parul Institute of Homoeopathy and Research, Parul University, Vadodara, Gujarat, India

ABSTRACT

The Bronchial Asthma is one of the common chronic disorders of respiratory system. The Individual of all age group can be suffering by this respiratory system disorder. Most often the asthma is disease which is related with the symptoms like difficulty in breathing and cough. Wheezing sound heard while the auscultation of chest. Though the bronchial asthma is critical condition it can be treated with the perfect treatment. The knowledge of respiratory tract disorder like bronchial asthma is Important for community. The people should know what is Bronchial asthma, How it progresses, How to avoid critical attack. [11] On the basis of the concept of persistent airway inflammation, two important principles are there. First, the complaint is chronic, frequently life-long; second, its severity fluctuates and sometimes there may be prolonged remissions. According to WHO Asthma affected an estimated 262 million people in 2019 worldwide and it caused around 4, 55,000 deaths. The Global Asthma Report 2022, by Global Asthma Network, shows that about 35 million Indian people suffer from asthma in 2022. [11] The bronchial asthma need to be treated by Homoeopathic medicines. Homoeopathic medicines produce similar symptoms after administration of it in the healthy human beings. Some of Homoeopathic medicines can help to relive symptoms of acute attack of asthma. This can also help to prevent the recurrence of asthma. According to Dr. Hahnemann asthma is true chronic disease which is because of Miasm. Sometimes symptoms of asthma may alternate with skin symptoms. [12] Homoeopathic treatment is Important to avoid unnecessary adverse effects of modern medicine.

How to cite this paper: Dr. Jayshree Rathva | Pandya Santosh Kumar Jashvantbhai | Parmar Ketulkumar Dilipbhai "The Comprehensiveness of Homoeopathy in Bronchial Asthma" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-6, December 2023, pp.229-232, URL: www.ijtsrd.com/papers/ijtsrd60153.pdf



Copyright © 2023 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



KEYWORDS: Asthma, Health Education, Respiratory Function, Inflammation, Allergies, Lung Disease, Homoeopathy approach and Indicated medicine

1. INTRODUCTION

Bronchial Hyper responsiveness leading to Bronchoconstriction and increased mucus secretion is a very common disease. Bronchial asthma is a lung disease that inflames and narrows your airways. The bronchial asthma is the disease related to Inflammation of respiratory mucosa. The asthma is kind of allergic reaction. Mainly it is chronic respiratory disease which means it needs the medical treatment. The asthma can be because of maintaining causes such as occupational other cause includes allergens, pollutant. [6] The common characteristic symptoms of bronchial asthma are coughing and dyspnea. The knowledge of asthma is important to quality asthma care. The severe asthma may leads to complications such as status asthmaticus and respiratory failure. The homoeopathy is important for the preservation of health of the patient. [16]

2. PATHOGENESIS

In bronchial asthma there is mainly inflammatory reaction and reconstruction of respiratory tract, which contains process of fibrosis and hyperplasia of mucosal gland along with constriction of bronchi and bronchioles. Ultimately this pathological process leads to hyper responsive reaction of the respiratory passage. [14] Once sensitized, these Th2 cells gets entry into airway mucosa and controls IgE-mediated responses of the allergic reaction. In a normal individual, when a noxious allergic substance enters the airway, IgA is released. However, in a sensitized person IgE is released. Once sensitized, the dose of the noxious agent that provokes asthma on subsequent exposure is much less. Primarily the pathophysiology of bronchial asthma is inflammatory reaction of respiratory mucosal layer. This inflammatory reaction causes narrowing of the air

passage which manifested as respiratory symptoms. The important pathological features are thickness of mucosal layer and constriction of air passage manifested as hyper responsive reaction. [8]

3. Etiology [2] [3]

The Bronchial asthma may atopic caused by Allergens such as pollen, dust, mold, animal dander etc. The other factors are Environmental factors like cold and dry days, pollution, gas fumes, cigarette smoking etc. The viral infections are one of the causes of bronchial asthma e.g. rhinovirus infection. The prolonged use of Drugs like beta blocker and cholinergic drugs may cause bronchial asthma. Food allergens such as egg, yellow coloring agents may trigger asthma. It may be related to Genetic predisposition and Psychological stress. Patients having recurrent history of respiratory infections are more prone to have bronchial asthma.

4. Clinical Presentation

In case of acute severe asthma patients may have a history of Asthma, medication of asthma. The signs of acute severe asthma are Tachycardia, pulses paradoxus and lately Cyanosis may appear. The asthma is generally aggravated in the cold weather. Mostly it can be because of some trigger factors like allergens. When asthma occurs continuously in severe and unremitting form then it is known as status asthmaticus. Episodic breathlessness and wheezing along with cough and tightness of chest are important symptoms of bronchial asthma. [1][2] The symptoms of bronchial asthma are very characteristic which aggravates at night and in the morning. The patients suffering from bronchial asthma have disturbance in sleep because of coughing. As a result of hypertrophy and hyperplasia of mucous glands there is profuse secretion of mucus. The cough may triggered because of any of the etiological factor such as allergens, cigarette smoking. The allergy is major pre disposing factor for bronchial asthma. The clinical presentation of bronchial asthma is variable in different individuals. The history taking part is important for the diagnosis of bronchial asthma. Patient may have history of allergic reaction or acute asthmatic attack. The recurrent attacks of acute asthma lead to development of chronic bronchial asthma. [4]

5. Laboratory Investigations

In case of Bronchial asthma the important laboratory test is blood examination to rule out status of Eosinophil number and serum IgE antibody level. The blood examination shows elevation of Eosinophils and elevation of Immunoglobulin G level in serum. The examination of sputum is useful in case of Bronchial asthma. The examination of sputum can give idea about severity of the bronchial asthma. The

X- ray of chest should be done to rule out complications like, pneumothorax and pneumomediastinum. The High Resolution CT scan of chest is useful only when associated another lung disease is suspected in the Bronchial asthma patient. The CT scan finding shows thickened wall of the respiratory tract in severe patients of asthma.[1][3] Skin prick test helps to identify Sensitivity to a particular antigen. Asthma is diagnosed by Spirometry. This test is useful for the estimation of constriction of the air passage. This test check what quantity of air you can exhale out after a deep inspiration. [9]

6. Homoeopathic Approach [7] [12]

Homoeopathy is a Traditional system of Therapeutics which is based on the fixed principle “Similia Similibus Curentur” Medicine prescribed on the basis of Individual approach which considers a person as a whole. The most common diseases of lungs are bronchial asthma, bronchitis, emphysema, and pneumonia. These diseases require chronic treatment. In Homeopathy after the case taking and systemic respiratory examination we can individualize the patient and find out characteristic symptoms which help us to select the most suitable homeopathic remedy which is safe and free from harmful side effects. Homeopathic medicine helps to minimize the risk of adverse effect of bronchial asthma and can help to improve the health status of patients. Acute remedies are used for acute attacks, while constitutional deep acting remedies are used to avoid recurrence, according to the homoeopathic system of medicine. Asthma is classified as a true natural chronic disease by Hahnemann, which is brought on by a main fundamental cause Miasm. Additionally, Symptoms aggravated by so many etiological factors as well as predisposed in the patients having family history of asthma .Asthma may be presented as the recurring symptoms at certain interval in few patients. In some patient’s respiratory symptoms occasionally alternate with skin disorders, it can be considered as an alternating disease. Psora, syphilis, sycosis, or combinations of these can all lead to asthma. Homoeopathic management is very significant and is expected to be much more effective when the physician has an efficient comprehensive knowledge of the disease condition’s clinical presentation and triggering factors along with relevant information related to bronchial asthma available in the homoeopathic literature as a true natural chronic disease. Homoeopathic medicine has been selected following by considering the totality and the miasmatic aspects of the patient. An accepted important principle is that homoeopathy does treat the patient as a whole, not a disease. In that sense,

homoeopathy does not treat bronchial asthma but treats the patient of bronchial asthma as a whole.

6.1. *Blatta Orientalis* [5] [9][12][13]

This medicine is suited to obese and corpulent patient. Cough with purulent, viscid and yellow colored expectoration, which ameliorates the complaint. Cough with dyspnea. Useful in respiratory affections where there is shortness of breath.

6.2. *Antimonium Tartaricum* [5] [12]

There is constant and rapid movement of the thorax region. The patient desires to be supported in bed with a sitting posture. Such oppression of breathing is generally better by expectoration of mucus plug. Suffocation feeling in the evening and especially at 3 am. Loud rattling sound due to excessive accumulation of mucus in the respiratory tract which can be heard.

6.3. *Natrum Sulphuricum* [5] [9][12][13]

It is a remedy when asthma is because of humid weather. Patient having over secretion of mucus in chest. Asthma progressing with over secretion of mucus. The sensation of all gone sensation in chest. Patient having cough with thick sputum. Having feeling of sore pain in the chest region, relieved by pressure. Patient support the chest with hands during coughing. Extreme pain more in the left side of the chest.

6.4. *Arsenicum Album* [5] [9]

Arsenic alb is the remedy suited to patient with extreme prostration, Unquenchable Thirst. Burning pain all over the region. Burning is relieved by heat. For dry cough with hemoptysis; complaints along with restlessness and extreme prostration; patient is not able to lie down, because of fear of suffocation.

6.5. *Spongia Tosta* [5] [9] [13]

Remedy for croupy affections of the respiratory system. Patient is in a fright and feels very much suffocated. Slight mental excitement aggravates the cough. There is dryness of mucosa of the respiratory tract. Cough is dry along with wheezing, ringing, whistling. Condition aggravated after eating sweets and drinking cold drinks. Feels better by eating warm food.

6.6. *Ambra Grisea* [5]

Coughing with the hoarseness of voice and eructation. Patient having tickling sensation in the throat, larynx, and trachea. Chest feels oppressed.

6.7. *Kalium Carbonicum* [5] [12] [13]

Kali carb is one of the indicated remedy for asthma. Presence of dry and paroxysmal Cough Spasmodic cough with gagging or vomiting of ingested food. Asthma especially from 2-4 am.

6.8. *Hepar Sulphuris* [5] [9]

It is very useful in cough and lung affections. There is a loose choking cough and fever. Cough is worse from cold air and in the morning. Cough is rattling and choking. Dry, croupy cough, deep, rough, barking and gagging with great soreness of chest. Difficult breathing with rattling and wheezing sound in the chest. The patient must bend head backwards and sit up which gives him temporary relief. Patient is Very sensitive to touch. Much sweating without any relief. Better by damp wet weather and warmth but gets worse from cold drinks, at midnight, in the evening, from cold air and exposure to dry west winds in the morning.

6.9. *Nux Vomica* [5] [13]

Asthma, with the sensation of fullness in the stomach, especially in the morning or after eating. Shallow respiration. Oppressed breathing. Cough brings on bursting headache and bruised pain in the epigastric region.

6.10. *Carbo Vegetabilis* [5]

Cough with itching in larynx, spasmodic with gagging and vomiting of mucus. Oppression of breathing, soreness of chest in the evening. Wheezing and rattling of mucus in chest. Cough, with burning in the chest; aggravated in evening, in open air, after eating and talking. Wants to be fanned. It is the remedy for Asthma in aged with blue skin.

7. Conclusion

In modern medicine the treatment of bronchial asthma gives temporary relief. The trigger factors of bronchial asthma causes recurrence of this complaint. The homeopathic remedies help in reducing the intensity and frequency of the asthmatic attacks. It also helps gradually to reduce the dose of conventional medicinal treatment. Bronchial asthma is very prevalent respiratory disease.

References

- [1] API textbook of medicine 9th edition published by The Association of Physicians of India, 2012.
- [2] Davidson's Principles and practice of medicine 23rd edition published by Elsevier, Year 2018.
- [3] Textbook of pathology by Harsh Mohan 8th edition, Published by Jaypee brothers.
- [4] <https://www.pulmonologyadvisor.com/home>
- [5] Gems Textbook of homeopathic Materia medica by Dr. J. D. Patil Published by B. Jain publishers.
- [6] <https://my.clevelandclinic.org/health/diseases/6424-asthma>

- [7] Hahnemann Samuel. Organon of medicine. 5th&6th edition. New Delhi. B. jain publications.
- [8] https://link.springer.com/chapter/10.1007/978-1-4615-1895-2_3
- [9] Pocket manual of homoeopathic Materia medica comprising the characteristics and guiding symptoms of all remedies (clinical and pathogenetic) including Indian drugs by William Boericke Published by B. Jain publishers.
- [10] <https://www.mayoclinic.org/diseases-conditions/asthma/diagnosis-treatment/drc-20369660>
- [11] <https://www.who.int/news-room/factsheets/detail/asthma>
- [12] <https://www.homeobook.com/bronchial-asthma-and-homoeopathy/>
- [13] <https://www.drhomeo.com/asthma/homeopathic-medicines-for-asthma/>
- [14] <https://austinpublishinggroup.com/pulmonary-respiratory-medicine/fulltext/ajprm-v9-id1085.php>
- [15] <https://www.medicalnewstoday.com/articles/323523>
- [16] <https://www.slideshare.net/AnilKumarGowda/bronchial-asthma-78753665>

