



A Case Report: Showing The Effectiveness Of Homoeopathic Remedies In Treating "BRONCHIAL ASTHMA"

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Abstract:

Bronchial asthma is a serious global health problem. 5% to 10% of persons of all ages suffer from this chronic airway disorder. This review article presents homeopathic medicines and treatment of bronchial asthma .Cases summary: This is a case of patients suffering from bronchial asthma having the complaints of cough shortness of breath , wheezing along with itching all over the body . The patients were prescribed indicated constitutional Homeopathic medicines and at the end of treatment showed reasonable improvement in disease as well as in the quality of life.

Key words:

Bronchial asthma, Rhonchi, Homoeopathy, Miasmatic treatment

Introduction:

According to the global initiative for asthma (GINA), asthma is defined as a chronic inflammatory disorder of airways which is associated with airway hyper-responsiveness. It leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing, particularly at night or early morning. These episodes are usually associated with widespread but variable airflow obstruction within the lungs that is often reversible either spontaneously or with treatment. It is more prevalent in developed countries than developing ones, more in children (15%) than adults (10% to 12%), more in urban than rural areas.

Etiology:

Etiologic factors of asthma are divided into two groups inducing factors and trigger factors.

Inducing factors induce asthma in susceptible persons and these include genetic factors, obesity, viral infections in early life and exposure to tobacco smoke.

Trigger factors such as allergens, environmental factors, vigorous exercise, viral infections, drugs, food, psychological factors, occupation etc. can provoke symptoms in subjects already having asthma. Some factors such as viral infection and occupational sensitizers act as both inducer and trigger factors

Clinical features:

Symptoms: Episodic breathlessness, wheezing, cough and chest tightness are important symptoms of bronchial asthma.

These symptoms show a characteristic pattern of diurnal variability of worsening during night and early morning. It may lead to disrupted sleep due to cough and wheeze.

There is an increased mucous production, which is thick, mucoid and difficult to expectorate.

History of recurrent episodes of asthma caused by one or more trigger factors is important for the diagnosis of bronchial asthma. However, between episodes, patients usually remain symptom-free.

Physical Examination:

Rhonchi are heard as the most prominent sign of asthma, especially during expiration. At the time of asthma exacerbation signs such as increased respiratory rate, flaring of alae nasi, use of accessory muscles of respiration, and pulsus paradoxus may be detected.

DIFFERENTIAL DIAGNOSIS:

Chronic obstructive pulmonary disease (COPD), Hyperventilation syndrome, foreign body aspiration, bronchiectasis pulmonary tuberculosis and acute pulmonary thromboembolism.

SCOPE OF HOMEOPATHY IN TREATING BRONCHIAL ASTHMA

Arsenic Album:

Unable to lie down; fears suffocation. Air-passages constricted. Asthma worse midnight. Burning in chest. Suffocative catarrh. Cough worse after midnight; worse lying on back. Expectoration scanty, frothy. Darting pain through upper third of right lung. Wheezing respiration. debility, exhaustion, and restlessness, with nightly aggravation, are most important

Natrum Sulphuricum:

They are worse in rainy weather, water in any form. Feels every change from dry to wet. Dyspnoea, during damp weather. Must hold chest when coughing. Humid asthma; rattling in chest, at 4 and 5 am. Cough, with thick ropy, greenish expectoration; chest feels all gone. Constant desire to take deep, long breath. Asthma in children, as a constitutional remedy

Antimonium Tartaricum:

Great rattling of mucus, but very little is expectorated. Velvety feeling in chest. Burning sensation in chest, which ascends to throat. Rapid, short, difficult breathing; seems as if he would suffocate; must sit up. Bronchial tubes overloaded with mucus. Cough excited by eating, with pain in chest and larynx. Edema and impending paralysis of lungs. Much palpitation, with uncomfortable hot feeling. Pulse rapid, weak, trembling. Dizziness, with cough. Dyspnea relieved by eructation. Cough and dyspnea better lying on right side

Spongia Tosta:

Great dryness of all air-passages. Hoarseness; larynx dry, burns, constricted. Cough, dry, barking, croupy; larynx sensitive to touch. Croup; worse, during inspiration and before midnight. Respiration short, panting, difficult; feeling of a plug in larynx. Cough abates after eating or drinking, especially warm drinks. Bronchial catarrh, with wheezing, asthmatic cough, worse cold air, with profuse expectoration and suffocation; worse, lying with head low and in hot room. Oppression and heat of chest, with sudden weakness.

Ipecacuanha:

Dyspnea; constant constriction in chest. Asthma. Yearly attacks of difficult shortness of breathing. Continued sneezing; coryza; wheezing cough. Cough incessant and violent, with every breath. Chest seems full of phlegm, but does not yield to coughing. Bubbling rales. Suffocative cough; child becomes stiff, and blue in the face.

Ipeca

cuanha is its persistent nausea and vomiting, which form the chief guiding symptoms

Hepar Sulphur:

Cough troublesome when walking. Dry, hoarse cough. Cough excited whenever any part of the body gets cold or uncovered, or from eating anything cold. Croup with loose, rattling cough; worse in morning. Choking cough. Rattling, croaking cough; suffocative attacks; has to rise up and bend head backwards. Anxious, wheezing, moist breathing, asthma worse in dry cold air; better in damp. Palpitation of heart.

Sambucus nigra:

Chest oppressed with pressure in stomach, and nausea Hoarseness with tenacious mucus in larynx. Paroxysmal, suffocative cough, coming on about midnight, with crying and dyspnea. Spasmodic croup. Dry coryza. Sniffles of infants; nose dry and obstructed. Loose choking cough. When nursing child must let go of nipple, nose blocked up, cannot breathe. Child awakes suddenly, nearly suffocating, sits up, turns blue. Cannot expire. Millar's asthma.

Case illustration:

PERSONAL DATA:

- Name of patient: Varalaxmi Pachava
- Age - 46 yrs
- Sex- Female
- Religion- Hindu
- Name of Father- Srinivas Rao
- Marital status - Married
- Occupation - Hamemaker
- Address- Gandimaisamma

Presenting complaints:

- Itching all over the Body since 1 year
- Cough, shortness of breath, wheezing since 3 years
- Sneezing since 10 years

History of Present Illness:

Patient was apparently healthy 10 years back she gradually developed sneezing on dust exposure, cooking oily food, in morning. The complaint started with family issues of being betrayed by family members, ailment from suppressed anger. She gradually started developing cough with shortness of breath, wheezing since 3 years which aggravates in winter night 6pm to 5-6am, eating sweets, cool things, drenching in rain; ameliorate by bending back.

Cough with thick white sputum. She also started developing itching all over body here and there since year which gets aggravated by scratching for the above complications she is allopathic medicines with only temporary relief.

Past history:

- H/o Migraine 20 yrs back taken allopathic medication with unevent full recovery.
- No H/o HTN, DM, THYROID.

Family history:

- Father & mother- OA of knee joint
- one elder sister - apparently healthy
- Children - one daughter & one son apparently healthy
- Spouse - apparently healthy

Mental Generals:

- Weeping, tearful mood.
- Fastidious
- Worried about financial issues.
- Anger suppressed

Physical Generals:

- Appetite - moderate
- Thirst- normal 2-3 lts/ day
- Desires.- oily food
- Aversions - ns
- Urine- clear
- Stool- regular, soft stool
- Sweat- scanty
- Sleep- disturbed
- Dreams- ns
- Thermals - chilly but desire cool air
- Menses. - regular, 3days flow.

Obstetric history: G2 P2 AO L2

PHYSICAL EXAMINATIONS:

General Examinations

- Conscious unconscious - conscious.
- General appearance - wheatish complexion.
- General built and nutrition- Moderate Built wellnourished
- Height : 173 cm,
- Weight: 67kg ,
- BMI: 22.4 .
- Anaemia: no sign
- Jaundice: no sign
- Cyanosis: no sign
- Oedema: no sign
- Nails: no abnormality
- Gait: normal
- Lymphadenopathy : No enlargement of lymph nodes.
- Blood pressure: 120/90 mmHg
- Pulse rate: 76 bpm
- Heart rate: 74 bpm
- Respiratory rate: 18 cycles/ min
- Temperature : afebrile

2. **SYSTEMIC EXAMINATION:**

- Respiratory system: normal vesicular breath sounds. No abnormal sounds heard.
- Cardiovascular system: s1 s2 heard
- Nervous system: all reflexes intact
- Gastro-intestinal system: no abnormality detected
- Genito-urinary system: no abnormality detected
- Locomotor system : no abnormality detected

LABORATORY INVESTIGATIONS:

- CBP -normal
- ESR - slightly raised
- Lung function test
- allergic test

Provisional Diagnosis: Bronchial Asthma

DATA PROCESSING

Analysis of case:

1. Classification of symptoms:

Common symptoms -

cough with shortness of breath, wheezing agg-night, winter, sneezing agg - dust

Uncommon symptoms -

ailments - suppressed anger, being betrayed by others weeping tearful mood fastidious worried about financial issues cough with white sputum, cough Amel - bending back sleep -disturbed due to thoughts itching all over body agg scratching

2. Evaluation of symptoms:

AILMENTS - suppressed anger

- weeping tearful mood
- fastidious
- worried about financial issues
- delusion of being betrayed
- sleep disturbed due to thoughts
- cough with white sputum
- cough agg - winter, night/6pm- 6am), sweets ,cold things
- drenching in rain
- cough amel - bending back
- sneezing agg morning,
- itching agg scratching

Miasmatic analysis:

Mind:

- Psora - weeping, anxiety

Body :

- cough agg winter, cold - psora
- cough agg damp cold - sycotic
- cough with expectoration - psora
- itching - psora
- Desire cold - psora
- sneezing - psora

Miasmatic diagnosis: predominantly Psora

Totality of symptoms:

- AILMENTS - suppressed anger
- weeping tearful mood
- fastidious
- worried about financial issues
- delusion of being betrayed
- sleep disturbed due to thoughts
- chilly patient with desire cold air
- desires - spicy food
- cough with thick white sputum
- cough agg - winter, night(6pm- 6am), sweets ,cold things, drenching in rain

- cough amel - bending back
- sneezing agg morning, dust, while cooking
- itching all over body agg scratching

SELECTION OF MEDICINE

Repertorial approach:

selection of repertory - Complete repertory

selection of symptoms for repertorisation -

- AILMENTS - suppressed anger
- weeping tearful mood
- fastidious
- worried about financial issues
- delusion of being betrayed
- sleep disturbed due to thoughts
- cough agg - winter, night
- cough amel - bending back
- sneezing agg morning, dust
- itching agg scratching

Repertorisation proper:

Remedy Name	Nux-v	Sulph	Puls	Nat-m	Sep	Lrk	Ars	Graph	Kali-c	Zinc	Caust	Kali-bl
[Complete] [Mind]Weeping, tearful mood: anger, vexation: with: (3)	3	2	1		3		1			3	2	
[Complete] [Mind]Anger Ailments from, agg-Suppressed: (37)				3	1	4						
[Complete] [Mind]Delusions, Imaginations Betrayed, being: (20)												
[Complete] [Mind]Fastidious: (207)	3	3	6	3	1	4	3	3	3			1
[Complete] [Mind]Anxiety: money, financial matters, about: (35)	3											
[Complete] [sleep]Disturbed: thoughts, by: (53)	3	2	3		3	2		3	1	1	1	
[Complete] [Respiration]Asthmatic: night: (130)	3	3	4	3	3	1	4	3	4	1		
[Complete] [Respiration]Asthmatic: winter: (12)	3	1										3
[Complete] [Respiration]Asthmatic: bending:head backward: amel... (128)												3
[Complete] [Nose]Sneezing: Dust, from: (24)										1		
[Complete] [Nose]Sneezing: morning: (128)	3	4	3	3	3	1	1	1	1	2	4	3
[Complete] [Skin]Itching: scratching agg: (163)		4	4	1	1		4					3

- [Mind] Anger Ailments from , agg suppressed
- [Mind] Weeping, tearful mood: anger, vexation: with
- [Mind] Fastidious
- [Mind] Anxiety: money, financial matters, about
- [Mind]Delusion, imagination: betrayed, being
- [sleep]Disturbed: thoughts, by
- [Respiration] Asthmatic: night
- [Respiration] Asthmatic: winter
- [Respiration] Asthmatic: bending:head backward: amel
- [Nose]Sneezing: Dust, from
- [Nose]Sneezing: morning
- [Skin]Itching: scratching agg

Analysis of repertorial result:

- NUX VOMICA - 21/7
- SULPHUR - 19/7
- PULSATILLA - 19/6
- NATRUM MUR - 16/7
- SEPIA-15/7
- LYCOPODIUM- 15/6
- ARSENICUM ALBUM- 13/5

Selection of potency and dosage: 30c / 1dose

PRESCRIPTION: Natrum Muriaticum

GENERAL MANAGEMENT:

- Avoid dust and cold exposure.
- Practice Breathing exercises daily.

Follow-up:

First followup(10- 05 - 23) cough seems to be slightly relieved, sneezing is still present- treatment - nat mur 30 c 1 dose

Second followup(11- 06 - 23) symptoms reduced to 60%, patient started feeling better- treatment- SL 30 days

Third followup(16-07-23) patient feeling very much better than before, complaints relieved by 80%

Fourth followup(18-08-23)- complaints completely relieved and patient feels better

Conclusion:

Main aim of this article is to show the effectiveness of homoeopathic remedies in treating Bronchial asthma. A case report was added which shows improvement in the patient condition treated with homoeopathy by individualisation.

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