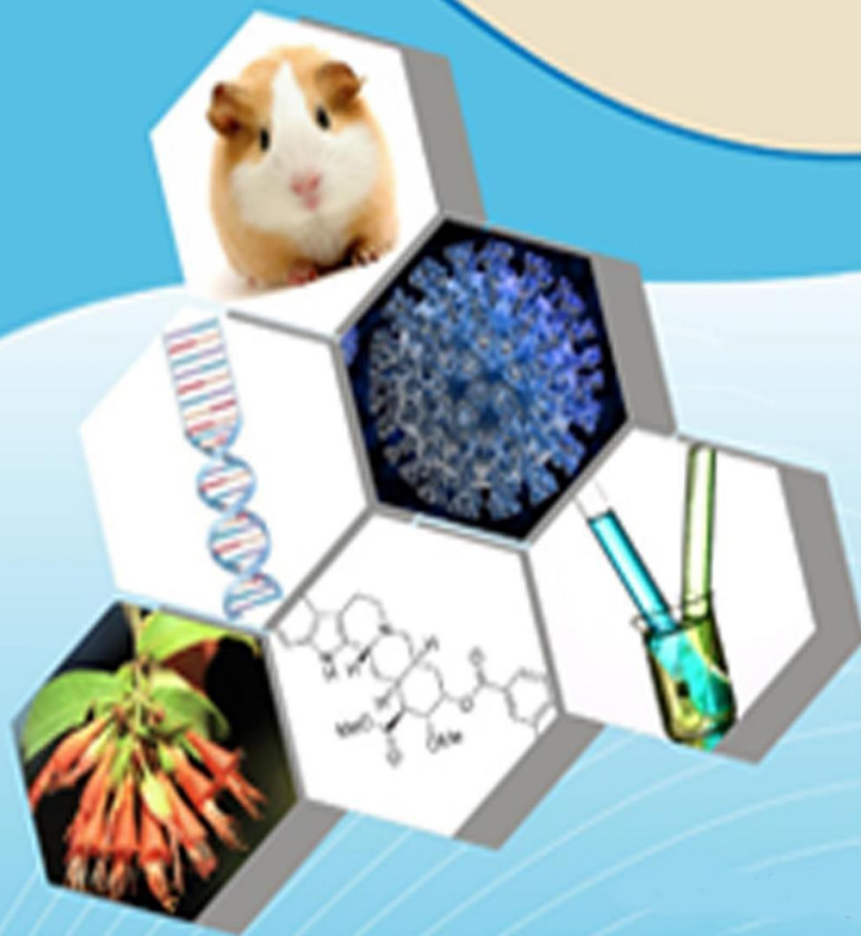




**ISSN : 2347-2251**  
**Indo-American Journal of  
Pharma and Bio Sciences**



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## Homoeopathic Remedies for Bronchial Asthma That Are Less Well Recognized

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### Article Info

Received: 19-09-2022 Revised: 20-10-2022 Accepted: 22-12-2022

### ABSTRACT

Breathlessness, dyspnea, wheezing, and coughing are signs of bronchial asthma. According to miasmatic analysis, the majority of cases of bronchial asthma are caused by sycotic miasm, which manifests as acute exacerbations such as wheezing and sneezing. The patient's quality of life may be improved therapeutically by using some of the lesser recognized homoeopathic therapies. If one can adhere rigidly to the Hahnemannian principle, homoeopathy may be a powerful tool in the therapy of bronchial asthma. To achieve a full recovery from bronchial asthma, further information on dosage and efficacy is crucial.

**Keywords:** Asthma of the bronchi, miasmatic analysis, lesser-known homoeopathic remedies.

### INTRODUCTION

The original name for asthma was "asthmatics," which means "breathing" or "panting" in Greek. Though common, this disease has far-reaching consequences for society. It is estimated that over 339 million people suffer from asthma. In 2016, 417,918 people died from asthma-related causes and 24.8 million people had disability-adjusted life years (DALYs), as reported by the World Health Organization. Because this is such a common clinical problem, becoming acquainted with the What really causes

anything is a combination of factors, including the patient's own activities, socioeconomic status, underlying factors, and sustaining factors. Bronchial asthma is defined as an inflammatory condition of the airways that affects a large number of cells and cellular components over time. Recurrent bouts of wheezing, dyspnea, chest tightness, and coughing, especially at night or in the morning<sup>3</sup>, are caused by the chronic inflammation that is associated with airway hyper-responsiveness.

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**Types:-** Based on stimuli initiating bronchial asthma, two broad etiologic types are described.<sup>4</sup>

<b>Features</b>	<b>Extrinsic Asthma</b>	<b>Intrinsic Asthma</b>
Age of onset	Childhood	Adult
Personal/Family history	Commonly present	Absent
Preceding allergic illness	Present	Absent
Allergens	Present (dust, pollens, danders etc.)	None
Drug hypersensitivity	None	Present (usually to aspirin)
Serum IgE levels	Elevated	Normal
Associated chronic bronchitis, nasal polyps	Absent	Present

**Aetiology:-**

**Age:-** Childhood or adult.

**Associated with** other allergic disorders, eczema, allergic rhinitis etc. Iatrogenic:-

Histamine,  $\beta$ - blockers, painkillers.

**Non specific-**Tobacco smoking, damp cold air and fumes, sudden changes in temperature, Loffler’s pneumonia is common due to migration of worms through the lung<sup>5</sup>.

**Pathophysiology<sup>3</sup>**

**1. Air Flow Obstruction:-** Usually reverses spontaneously or with treatment.

**2. Airway Hyper Reactivity:-** Exaggerated broncho constriction to a wide range of non specific stimuli eg. exercise, cold air.

**3. Airway Inflammation:-**

Eosinophils, lymphocytes, mast cells, neutrophils, associated oedema, smooth muscle hypertrophy & hyperplasia, thickening of basement membrane mucous plugging & epithelial damage.

**Clinical Features:-**

Cardinal symptoms for diagnosis of asthma are:

- Cough
- Breathlessness
- Wheezing
- Chest Tightness
- Exertional dyspnoea

**Signs**

- Rapid pulse
- Systolic elevation in blood pressure
- Patient assumes an upright

sitting posture with back elevation.

### Examination<sup>5</sup>

- Chest is held in full inspiratory position.
- Accessory muscles involved in expirations.
- Chest movement symmetrically diminished.
- Percussion note normal.
- Breath sounds vesicular with prolonged expiration.
- Vocal resonance may be normal or diminished.
- Rhonchi mainly expiratory and high pitched.

### Investigations<sup>6</sup>

- Blood examination:- Blood eosinophilia greater than 4% or 300-400  $\mu$ /L.
- Chest x-ray:- Hyperinflated lungs.
- Pulmonary function test:- FEV<sub>1</sub>  $\geq$  15% decrease after 6 min of exercise.

**Miasmatic Analysis Of Bronchial Asthma<sup>7</sup>** - It needs administration of remedy as the guidelines prescribed by Dr. Hahnemann to treat the chronic disease. Since the allergic bronchial asthma shows the genetic trait it falls mostly on sycotic miasm having psoric expressions also seen in little cases.

**Psora:-** Hypersensitivity of tracheobronchial tree to any allergen indicate psora as the basic cause.

**Sycosis:-** History of bronchial asthma in

the family both paternal and maternal side is suggestive of hereditary sycosis as the basic cause.

**Syco-Syphilis:-** History of syphilitic miasmatic state in the family with sycosis in the patient suggestive of syco-syphilis.

**Mixed Miasmatic State:-** In some cases a combination of all the above mentioned factors may be present making the state much more complicated and difficult to diagnose and also to treat.

### Lesser Known Specific Homoeopathic Medicines For Bronchial Asthma:-

1. **Asclepias Tuberosa:-** Painful respiration esp at base of lung. Breath smells like pepper. Humid asthma; < after eating; > after smoking a little. oppression and difficult breathing.
2. **Antifibrinum :-** Severe dyspnea, patient seized and clenched the hands of those around him. He felt as if the diaphragm had ceased working and he must go on breathing on his own account at any cost.
3. **Armoracia Sativa:-** Increase activity of respiratory organs. Mucous asthma, oedema of lungs. Chest painful to touch.
4. **Pecten:-** Quick, laboured breathing, can't

lie flat or on left side, constriction of chest, esp right side. Attacks preceded for

burning sensation in throat and chest; fullness of head; pulse very quick and wiry; subsequently copious expectoration of tough, stringy and frothy mucus. cough <after 6 pm. symptoms< at night.

5. **Terebinthina:-** Breath short, hurried and anxious. Choking sensation (worms). Cough as if a foreign body had entered larynx, spasmodic inspiration. Dry hacking cough-voice gone- expectoration streaked with blood-respiration impeded by congestion of lungs.
6. **Xanthoxylum:-** Shortness of breath; no appetite; bowels constipated ;urine light coloured, alkaline; fluttering in stomach pain in left side; limbs weak and bloated.had to sit up in bed and turn first one way, then another, as in a severe fit of asthma, with several spasmodic coughing spells, thought she could not get enough air into lungs, inspiration was so difficult.
7. **Chloralum:-** Asthma with wheezing respiration; inspiration through the nose and expiration blown from the lips in lying position. Extreme dyspnoea with sensation of weight and constriction of chest.
8. **Mephites:-** Asthma in drunkards. Violent hacking cough as it would die with each attack. Few

two or three days by sneezing and excessive coryza;

paroxysms in day time but many at night with vomiting after eating. asthma As from inhaling vapour of sulphur.

#### 9. **Carboneum Sulphuratum:-**

Asthma alternate with itch rash. catarrhal asthma; mucus not readily raised, breathing impeded.

10. **Grindelia:-** Abnormal accumulation of mucus, breathing stops when asleep. asthma in old persons suffering from bronchitis which causes partial paralysis of pneumogastric nerve. cheyne stokes respiration.

#### CONCLUSION

Homoeopathy takes a holistic approach to health. This implies that materia medica is crucial to homeopathic therapy as it takes into account the whole patient, not just his pathological state, in order to provide the right similimum.

A patient's symptoms will go away and their health will improve after receiving a homeopathic remedy. It stands for the infectious organism's response to the therapeutic drug's impact.

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