

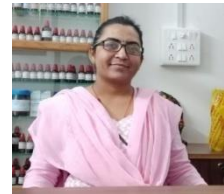


TITLE: A REVIEW ON BRONCHIAL ASTHMA

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ABSTRACT: Asthma is a chronic respiratory condition that affects numerous individuals globally and it is characterized by recurrent episodes of wheezing, breathlessness, chest tightness and coughing. Its causes are not fully understood, but it is believed to be a combination of genetic and environmental factors. Various triggers, such as allergens, pollutants and viral infections can exacerbate asthma. The symptoms of asthma can range from mild to severe and it can significantly impact an individual's quality of life and in severe cases, it can be life-threatening. In this article, we will provide an overview of asthma, including its symptoms, causes, diagnosis and homeopathic therapeutic management.

Key Words: Asthma, Homoeopath



Introduction: Asthma is a prevalent chronic respiratory disease that can affect anyone regardless of age. This disease is characterized by the narrowing of airways, inflammation and excess mucus production, making it challenging to breathe. Asthma can be triggered by various factors including allergens, pollutants and viral infections. It can significantly impact an individual's quality of life and can even be life-threatening in severe cases. The World Health Organization (WHO) reports that asthma affects approximately 235 million people worldwide and its prevalence is increasing.

Causes of Asthma:

The exact cause of asthma remains unknown, but it is believed to be a result of a combination of genetic and environmental factors. There are several genes linked to asthma and people with a family history of the disease are more susceptible to developing asthma. Environmental factors like exposure to allergens, pollutants and viral infections can trigger asthma. Common allergens such as pollen, mold spores, animal dander and dust mites are known to trigger asthma. Pollutants like smoke, fumes and chemicals can also exacerbate asthma. Viral infections such as the flu or common cold can also trigger asthma symptoms in some individuals.^[1]

Symptoms of Asthma:

The severity of asthma symptoms can differ and may be caused by various factors. The most common indications of asthma include

- wheezing, a high-pitched whistling sound
- breathlessness-shortness of breath
- chest tightness



- coughing, more found at night or in the early morning.

The severity of these symptoms can range from mild to severe, and it may vary depending on the individual and their triggers. In some cases, asthma symptoms can be life-threatening and require immediate medical attention.^[2]

Diagnosis of Asthma:

Diagnosing asthma typically involves a combination of factors such as symptoms, medical history and lung function tests. Medical history usually involves asking about the frequency and severity of asthma symptoms, family history and any other relevant medical conditions. Lung function tests are also essential in diagnosing asthma and spirometry is the most common lung function test used to diagnose asthma. Spirometry measures the amount and speed of air exhaled from the lungs. Other tests, such as a peak flow meter may be used to monitor asthma symptoms over time. Chest x-ray and some of blood investigations would also be helpful to diagnose. By combining all of these factors, doctors can diagnose and determine the severity of asthma in individuals.^[1]

Primary management of Asthma:

Managing asthma involves identifying and avoiding triggers, such as allergens and pollutants and developing an action plan to manage symptoms during an asthma attack. The primary goal of asthma management is to reduce the frequency and severity of asthma symptoms and improve the individual's quality of life. People with asthma should try to minimize exposure to allergens such as animal dander, dust mites, pollen and mold spores. They should also avoid exposure to pollutants like smoke, chemicals and fumes.

To reduce the risk of viral infections, individuals with asthma should frequently wash their hands and avoid contact with people who are sick. They should also develop an action plan



for managing symptoms during an asthma attack. An asthma action plan typically includes instructions for using medications, identifying warning signs of an asthma attack and seeking emergency medical attention if necessary. In some cases, people with severe asthma may require long-term oxygen therapy or other medical interventions.^[2]

Miasmatic concept:

As the theory and concept of miasmatic background given by Dr. Hahnemann for chronic diseases, it is needed to find out the fundamental cause which means miasmatic cause. Bronchial asthma basically found in sycotic miasm because ideally it is caused due to family inheritance. There would also found psora or syco-syphilitic according to hypersensitivity and/or syphilitic family history. Here, miasmatic remedy would help in good prognosis and better outcome.^[3]

Homeopathic therapeutic management:^{[4][5]}

1. Antimonium tart- Great rattling of mucus but very little is expectorated. difficult breathing. Better by sit up /lie on the right side. Suffocative feeling. Bronchial tubes overloaded with mucus. Cough increased after eating with pain in chest and larynx. Dyspnea better by eructation.

2. Carbo veg. -Asthma in old people. Spasmodic or whooping cough. Vomiting of mucus. Bluish face. Offensive expectoration. Asthma due to neglected pneumonia. Asthma from abdominal orientation with marked flatulence. Asthma of old or debilitated normal

3. Natrium sulph- Asthma of children. Dyspnea. Springs up in bed due to increased cough. Holds the chest with both hands. Rattling cough worse between 4 and 5 AM. Expectoration is greenish. Fresh cold brings fresh attack. Chronic asthma increased due to damp or rainy weather, living in basements or cellars.



4. Blatta orientalis-A remedy for asthma. Especially when associated with bronchitis. Indicated after arsenic when this is insufficient. Cough with dyspnea in bronchitis and phthisis. Acts best in stout and corpulent patients. Much pus-like mucus.

5. Ipecacuanha-Dyspnea; constant constriction in chest. Yearly attacks of difficult shortness of breathing. Continued sneezing; coryza; wheezing cough. Cough incessant and violent, with every breath. Chest seems full of mucous, but does not come out on coughing. Stiffness and bluish face found in child. Whooping-cough, with nosebleed, and from mouth. Nausea, feeling of constriction and rattling cough. Hemoptysis from slightest exertion. Hoarseness, especially at end of a cold. Complete aphonia.

6. Arsenicum album-Unable to lie down. Fear of suffocation. Asthma after midnight. Burning in chest. Expectoration is scanty, frothy. Wheezing respiration. Constriction of air passages present. Hemoptysis with pain between shoulders. Cough aggravates after midnight. Darting pain found at upper third of right lung.

Conclusion:

In conclusion, asthma is a chronic respiratory disease that can affect an individual's quality of life. People with asthma should work with their healthcare providers to develop a personalized asthma management plan that can help them reduce the frequency and severity of asthma symptoms and improve their overall quality of life. The development of new treatments and prevention strategies is essential for improving asthma management and reducing the incidence and impact of this disease. By identifying and avoiding triggers and following an action plan for managing symptoms, individuals with asthma can lead a healthier and more comfortable life.



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