



**TITLE: BRONCHIAL ASTHMA AND ITS HOMEOPATHIC MEDICINES**

**Author details:**

**Dr Pushpa Kumawat**

Associate Professor, homeopathic pharmacy, Nootan Homeopathic Medical college and hospital Visnagar,

Email Id - [pushpanaga88@gmail.com](mailto:pushpanaga88@gmail.com)



**Dr Alpana Verma**

Assistant Professor, Community Medicine, Nootan Homeopathic Medical college and hospital Visnagar



**ABSTRACT:** Bronchial Asthma is a chronic inflammatory disorder characterized by episodes of breathlessness, wheezing, cough, chest tightness etc caused to bronchial hyper-responsiveness and variable air flow obstruction which is reversible spontaneously or with treatment. Many factors are often seen related to the danger of developing asthma aside from atopy and genetic predisposition.

Homoeopathy has a greater understanding of things that cause asthma and reduce the morbidity and death rate. It's given better overall outcome on comparing with the traditional treatment, in managing acute episodes also as intensity and frequency of recurrences of asthma, by the utilization of comparable homoeopathic constitutional remedies. Homoeopathy provides cost effective treatment compared to the heavy financial burden associated with the future treatment expenses of asthma in modern medicine.

❖ **KEYWORDS:** Bronchial asthma, homeopathy, homeopathic medicines



❖ **INTRODUCTION:** Asthma is the disease of the lungs in which the airways constrict, become inflamed, and are lined with excessive amounts of mucus, often in response to at least one or more triggers like exposure to an environmental stimulus (or allergen), cold air, exercise, emotional stress and symptoms of asthma exhibited are wheezing, shortness of breath and cough. Asthma is a serious global health problem. Group of all ages in the world are affected by bronchial asthma that when uncontrolled, it limits the daily routine life and sometimes causes death of persons. The prevalence of asthma is increasing in most countries; previously on the rise in developed countries has now come to the forefront even in developing nations.<sup>1</sup>

Asthma is a significant burden, not only in terms of health care costs but also of lost productivity and reduced participation in family life and greatly affecting the quality of life of patients.<sup>4</sup> Asthma accounts for roughly 50000 hospitalizations each time, with around 250000 death annually attributed to the disease. It being one of the most common habitual conditions encyclopaedically, presently affects nearly 300 million people worldwide.<sup>2</sup>

The conventional mode of treatment can distinguish the illness but often can do very little besides palliation. In conditions like these, Homoeopathy plays a very important role because of its holistic approach.<sup>3</sup>

## ❖ **DESCRIPTION-**

Asthma is a medical condition characterized by the narrowing and swelling of airways, accompanied by an overproduction of mucus. This can result in difficulties in breathing, leading to coughing, wheezing (a whistling sound while exhaling), and shortness of breath. While some individuals experience asthma as a minor inconvenience, for others, it can become a significant issue that disrupts daily life and work, and in severe cases, may even lead to life-threatening asthma attacks.

The chronic inflammation of bronchial asthma gives rise to recurrent episodes of wheezing, breathlessness, chest tightness, and coughing, particularly during night-time and early morning. These episodes are often associated with varying degrees of airflow



obstruction, which can be reversible either spontaneously or with the help of appropriate treatments. Additionally, this inflammation causes an increased sensitivity of the airways to various triggers, leading to heightened airway responsiveness.<sup>4</sup>

### ❖ AETIOLOGY AND RISK FACTORS

There is multiple risk factors of asthma like genetic factors and environmental factors (allergen , occupational, infections lifestyle disorder , obesity etc. asthma could also be develop due gene disorders. Chromosomes 5q31-33, 6p21.3, 11q13 and 12q14.3-24.1 are consistently found to be related to asthma<sup>6</sup>

Environmental factors are critically important in terms of its expression. To date, studies have explored the potential role of microbial exposure, diet, vitamins, breastfeeding, pollution and obesity, but no clear consensus has emerged. Studies shows that emotional disorders like sadness, hysteria, depression, panic attacks and anxiety cause respiratory diseases like asthma.<sup>1</sup>

Types of asthma - Bronchial asthma is classified into types

- extrinsic [atopic] asthma
- intrinsic [cryptogenic] asthma.

In intrinsic asthma external precipitating factors are known and are usually associated with atopic eczema etc. Family history of bronchial asthma can be observed in many cases and has raised level of IgE in serum. Extrinsic asthma has better prognosis and usually sets by the age 10-15yrs. Intrinsic asthma occurs by the age 30 and here precipitating causes and raised antibody levels are not seen, but they have tendency to eosinophilia. Although this classification is also has been challenged.<sup>5</sup>



## **PATHOPHYSIOLOGY**

- Airway hyper-reactivity (AHR)—the tendency for air pass to contract too easily and an excessive amount of mucus secret in response to triggers that have little or no effect in normal life of an individuals. Other factors are important to measure the degree of airway narrowing and influence of neurogenic mechanisms. If severity of disease is increase so fibrosis of air wall is start and results if fibrosis there is constriction of wall respiration resulting person suffering from symptoms of asthma. the connection between atopy (a propensity to supply IgE) and asthma is well established, and in many individuals there's clear relationship between sensitisation (demonstration of skin prick reactivity or elevated serum specific IgE) and allergen exposure.<sup>1</sup>
- An allergen like house dust mites, pets like cats and dogs, pests like cockroaches, and fungi (particularly *Aspergillus*: allergic bronchopulmonary aspergillosis) inhale into the airway is followed by a two-phase bronchoconstrictor response with both an early and a late-phase response. Allergic mechanisms also are implicated in some cases of occupational asthma. These inhibit the cyclo-oxygenase, which results in shunting of arachidonic acid metabolism through the lipoxigenase pathway, leading to the assembly of the cysteinyl leukotrienes. In exercise-induced asthma, hyperventilation leads to water loss from the pericellular lining fluid of the respiratory mucosa, which successively triggers mediator release. Heat loss from the respiratory mucosa can also be important.
- In persistent asthma, a chronic and sophisticated inflammatory response ensues, which is characterised by an influx of various inflammatory cells, the transformation and participation of airway structural cells, and therefore the secretion of an array of cytokines, chemokines and growth factors. Hypertrophy and hyperplasia of Smooth muscle, thickening of the basement membrane, mucous plugging and epithelial damage result.<sup>4</sup>



❖ **SYMPTOMS –**

- Typical asthmatic symptoms are followings –
- Recurrent episodes of dyspnea [sometimes at rest]
- Expiratory wheeze
- Cough or sneezing on allergen exposure.
- Chest tightness usually having an abrupt onset.
- Moderate symptoms like orthopnea, cyanosis, and hypercapnia or severe cases show greater airway obstruction, high respiratory rate, inability to talk, cyanosis, quiet chest on auscultation, pulsus paradoxus and diminished expansion of chest.<sup>1</sup>

❖ **COMPLICATIONS**

In asthma mortality rate low but it cause respiratory failure and result is death. It causes frequent upper and lower respiratory infections, pulmonary collapse by mucus collection, pneumothorax, mediastinal emphysema. It leads to cor pulmonale. It causes violent cough result in rib fracture. In children growth retardation by taking cortical steroids.<sup>1</sup>

❖ **DIAGNOSIS**

Complete blood count and sputum examination. It shows eosinophilia is increased than normal level. Total IgE level reached 100 IU are seen in allergic reaction. Chest X-ray must be done in lungs are inflated. Allergic test should be done for detect specific allergen causes asthma. Spirometry should be done for diagnosis of asthma. spirometry the obstruction of in airway by measure of FEV1, forced vital capacity (FVC) and VC. The progress of asthmatics can be followed more easily with serial recordings of simple pulmonary function tests such as FEV1 or peak expiratory flow rate (PEFR). High resolution computed tomography shoe thickening of bronchial wall, dilatation, cylindrical and mucoid impact of bronchi, opacities of central lobar present.<sup>7</sup>

❖ **MANAGEMENT**

Prevent and minimal exposure in causative factors like cold environment, allergen, and dust. In bronchial asthma anti-inflammatory drugs are mostly used. Maintain healthy



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lifestyle. Regular exercise and give some relief in symptoms. Avoid smoking. Used cortisteroids, bronchodilators.<sup>1</sup> But they give temporary relief.

### HOMOEOPATHIC AMANGEMENT OF ASTHMA

In Homeopathy concept of disease is different from other line of treatment. Homeopathy believes the disease affects the mind and body not single or two organs are causes disease but it sick person as whole. It feels by all plane like physical, mental and spiritual by symptoms . homeopathic cure everyone as different unique way for the same condition for total cure of the individual.<sup>3</sup> In homeopathy many medicines give for the treatment of bronchial asthma. Some medicines are following as.<sup>8</sup>

- **AMBRA GRISEA:** Asthmatic breathing with eructation of gas, Nervous. *spasmodic cough*, with hoarseness and eructation, on waking in morning; worse in presence of people. Gets out of breath when coughing. *Hollow, spasmodic, barking cough, coming from deep in chest*. Choking when hawking up phlegm.
- **AMMONIUM CARBONICUM:** Hoarseness Cough every morning about three o'clock, with dyspnoea, palpitation, burning in chest; worse ascending. Chest feels tired. Much oppression in breathing; worse after any effort and entering *warm room*.
- **ANTIMONIUM TARTARICUM:** Hoarseness, great rattling of mucus, but very little is come out. cough excited by eating, with pain in chest and larynx. Cough and dyspnoea better by lying on right side.
- **ARSENICUM 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.
- **CUPRUM METALLICUM:** Cough as a gurgling sound, better by drinking cold water. Suffocative attacks, worse 3 A.M. Spasm and constriction of chest; spasmodic asthma, alternating with spasmodic vomiting. Ipecacuanha: Dyspnoea; constant constriction in chest. Asthma. Yearly attacks of difficult shortness of breathing. wheezing cough. Cough





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incessant and violent, with every breath. Chest seems full of phlegm, but does not yield to coughing. Bubbling rales. Suffocative cough.

- **BROMIUM:** Dry cough, with hoarseness and burning pain behind sternum. Spasmodic cough, with rattling of mucus in the larynx; suffocative. Hoarseness. Difficult and painful breathing. Violent cramping of chest. Chest pains run upward. Every inspiration provokes cough. Spasmodic constriction. Asthma; difficulty in getting air into lung.
- **KALIUM CARBONICUM:** Dry, hard cough about 3 A.M., with stitching pains. Expectoration scanty and tenacious but increasing in morning and after eating; aggravated right lower chest and lying on painful side.
- **LOBELIA INFLATA:** Dyspnoea from constriction of chest; worse, any exertion. Sensation of pressure or weight in chest; better by rapid walking. Asthma: attacks, with weakness, felt in pit of stomach and preceded by prickling all over.
- **PULSATILLA:** Dry cough in evening and at night; must sit up in bed to get relief; and loose cough in the morning, with copious mucous expectoration. Expectoration bland, thick, bitter, greenish. Short breath, anxiety, and palpitation when lying on left side. Sambucus nigra: Paroxysmal, suffocative cough, coming on about midnight, with crying and dyspnoea. Child awakes suddenly, nearly suffocating, sits up, turns blue. Cannot expire.
- **SPONGIA TOSTA:** Asthmatic cough, worse cold air, with profuse expectoration and suffocation; worse, lying with head low and in hot room. Sulphur: Oppression and burning sensation in chest. Difficult respiration; wants windows open, Dyspnoea in middle of night, relieved by sitting up. Much rattling of mucus.
- **BLATTA ORIENTALIS:** A remedy for asthma. Especially when associated with bronchitis. Indicated after arsenic when this is insufficient. Much puslike mucus.): Wheezing; asthma, with coryza and mucous secretions. Dull pain in right lung. Burning in fauces. Asthma relieved by expectoration.
- **AILANTHEUS GLANDULOSA** - Deep dry and hacking cough, with asthmatic expansion of lungs; cough with headache and congestion of face.



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- **SENEGA** – Hoarseness. Hurts to talk. cough often ends a sneeze. Old asthmatic with congestive attacks. There is excessive dyspnoea and sharp contractive pains in the muscles of chest. worse in waking in open air, during rest, better by sweating.
- **ASAFOTEDIA**: Asthmatic feeling in trachea, dry cough, spasmodic dyspnoea, as though lungs could not be expanded,
- **BOERHAVIA DIFFUSA**: Indicated for dry cough as well as cough with thick whitish expectoration.
- **COCA COCA**: Asthma, spasmodic variety. Hawking of small, transparent pieces of mucus. Hoarseness; worse after talking. Want of breath, short breath, especially in aged athletes, and alcoholic users.
- **CURARE**: Short dry cough; provokes vomiting, followed by fainting. Chest sore to pressure. Very distressing dyspnoea. Worse in dampness, cold weather, cold wind.
- **COPAIVA OFFICINALIS**: Oppression of chest and laboured breathing, pressure in sternum.
- **GRANDELIA**: Acts on pulmonary circulation. asthma with profuse tenacious expectoration, which relieve. stop breathing when falling sleep; awakes with a start, and gasp for a breath. Must sit up to breath. cannot breathe when lying down
  
- ❖ **CONCLUSION**: Homeopathy is a science based on laws of similar, which means it treats the disease with medicines producing similar symptoms when given in healthy individuals. In homeopathy every person and disease condition is different kind and presentation of there is also different in different plane like physical plane, mental plane and spiritual also. so, it required to different medicine on basis of homeopathic law and philosophy.
  
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