

Review Article

Common Cold and Its Homoeopathic Management with Magnesium Carb.

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ABSTRACT

The bacterial infection is very common in children but no specific antibiotic or vaccine is available for common cold. An average child below 5 year of age suffers about 5 episodes of acute respiratory tract infection per year. Treatment to childrens with homoeopathic management with specific drug Magnesium carb it helps to cure depressed child suffering from common cold.

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INTRODUCTION:

Common cold is an acute self limiting viral infection of the upper respiratory tract involving nose, sinuses, pharynx and larynx. Common cold are defined as upper respiratory tract infection that affects predominantly nasal part of respiratory mucosa. The common cold is one of the most frequent minor illnesses in the world caused by 200 identified types of viruses the common cold is primarily associated with rhinoviruses.

The virus is spread by hand contact with secretions from an infected person (direct or indirect) or aerosol of the secretions and virus.

Epidemiology

On average adults get 4 to 6 colds per year while children get 6 to 8 of them. Colds cause about 500 clinical visits per 1000 patients per year. Colds account for 40% of all time lost from jobs and 30% of all absenteeism from school. Upper respiratory tract infections, nasal congestion, throat complaints and cough are responsible for 11% of general practice consultations.

Approximately 10% of population suffers from chronic and recurrent nasal symptoms. The prevalence of non allergic or vasomotor rhinitis is about 40%.

It is estimated that Bangladesh, India, Indonesia and Nepal together account for 40% of the global acute respiratory tract infection mortality.

Aetiology

Rhinovirus, influenza virus and adenovirus

Secondary infection by bacteria like streptococcus haemolyticus, Pneumococcus, haemophilus influenza and micrococcus catarrhalis. Common cold is caused by viruses the infection is usually contacted through airborne droplets.

Clinical features

There are 4 stages of common cold:

A. Ischemic Stage

Burning in nasopharynx may be the first symptom.

Irritation and dryness in the nose soon follows.

Sneezing occurs paroxysmal.

Shivering and malaise.

B. Hyperemic Stage

Rhinorrhoea become profuse.

Blocking of the nose occurs.

The mucosa is hyperemic.

Ansomnia may be present.

Fever and headache may be present.

C. Stage of secondary infection

Discharges become yellowish or greenish and thickened.

D. Stage of resolution

It occurs in 5 to 10 days where all symptoms reverse.

Pathophysiology:

The rich blood supply of nasal mucosa is similar to the erectile tissue that has venous sinusoids of

larks surrounded by smooth muscle fibres. These smooth muscles fibres act as sphincter and control the filling and emptying of sinusoids. Sympathetic stimulation causes vasoconstriction while parasympathetic stimulation causes not only excessive secretions from nasal glands (rhinorrhoea) but also vasodilation and engorgement.

Differential diagnosis

The sign and symptoms of common cold overlap with those of other conditions like

Allergic rhinitis

Sinusitis

Influenza rhinitis

Complications

Secondary infection may spread and result in sinusitis, acute otitis media, pharyngitis, laryngitis, bronchitis and pneumonia.

General management

Use of lukewarm water with salt for gargles. Boiled juice of ginger, tulsi, black paper. Steam inhalation etc. may fasten the recovery and help in prevention of common cold.

Homoeopathic management

Magnesium personality is characterized by activity out of bounds. Magnesium may be called the most violent, ill tempered, erratic but also fearful and depressed remedy of our Materia Medica.

The patients are excessively oversensitive, hysterical, irritable and subject to the extremist forms of emotional tensions. It definitely would deserve a trial as a most promising drug in manic depressive as well as schizophrenic patients whenever the symptoms agree.

Child sensitive to quarrels, peacemakers making peace is the projected attempt to pacify their own underlying violence. May be indicated in orphans or neglected children or in adults with such a childhood or in adults who as a child witnessed a lot of quarrels between their parents. Dreams of getting lost in a forest or at home Magnesium carb is great unloved the illegitimate child, the droopy yet tense orphanage kid. Anxious, silent, insecure child with twitching face and fingers, reproachable eyes and sunken neck and temples always nibbling for comfort. The main feeling of Magnesium is of tremendous internal anxiety and insecurity but this feeling is usually repressed. Lack of recognition reflects outburst of emotions or pacifism to be accepted to be loved leads outburst of mental emotions.

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