

Research Article

Repertorial approach of kent repertory in the treatment of childhood asthma

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ABSTRACT

Homeopathy involves the use, in dilution, of substances which cause symptoms in their undiluted form. It is one of the most widespread forms of complementary medicines and is also used to treat asthma. Asthma is a condition in which your airways narrow, swell and produce extra mucus leading to a difficulty in breathing. It can trigger cough, wheezing and shortness of breath. Kent's Repertory is very useful in treatment of Asthma, easily search the rubric of Asthma. To diagnosis of Asthma in childhood, and analyze the Repertorial Approach of Kent's Repertory in the treatment of Asthma. This was an observational study. 30 patients beginning homeopathic treatment in OPD and IPD were evaluated over 1 year using standardized case taking format. The data recorded included and current complaints, including their severity (numeric rating scale = 0–15), medical history, consultations, homeopathic and conventional treatments, after completion of study compare the before treatment and after treatment assessment score to know the approach of Kent's treatment in childhood Asthma.

The result obtained from the study of Asthma in Childhood was found that 16.66% cases are Not Satisfactory, 10% are Satisfactory and 73.33% are improved. After entering t-table at 29 degree of freedom (n-1), we find a tabulated value of 2.05 at P= 0.05 going up to tabulated value. Our calculated t value (which is 12.72) Exceed value in t- table. So the difference in our mean is very highly significant, so we can reject the null hypothesis. Thus after the detail study I came to a conclusion that the Homoeopathic Medicines is efficacious in treating cases of Asthma in childhood with Kent's Repertory. In our observational study, patients with Asthma showed marked and long-standing improvements under homeopathic treatment.

Keywords: Asthma, Cough, Assessment, Childhood, Repertorization, Homoeopathy

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INTRODUCTION

Asthma is one of the major public health problems for the developed and developing countries. Worldwide, it is estimated that 300 million people are affected with bronchial asthma. India has an estimated 15 20 million asthmatics with a prevalence of about 10% and 15% in 5 11 year old children.

Asthma prevalence is increasing despite the recent advances in its management including understanding the inflammatory nature of the disease, use of steroids with add-on long acting bronchodilators, use of devices to deliver the medications more appropriately and appreciation of the value of self-management education. The human and economic burden associated with this condition is severe and the costs of asthma treatment to society could be reduced to a large extent through concerted international and

national action.

A chronic inflammatory condition characterized by airway hyper-responsiveness to a variety of stimuli largely of allergic origin with reversible airflow limitation, symptoms of asthma exhibited are wheezing, shortness of breath and cough. It is a major cause of impaired quality of life with impact on work and recreational as well as physical activities and emotions. Current (day-to-day) control of asthma includes achievement of symptom improvement in activity, and improvement in lung function.

Homoeopathy is the second most widely used CAM in healthcare systems according to the World Health Organization. Studies have shown that homoeopathic treatment for respiratory diseases was associated with a significant reduction in the use and costs of conventional

drugs. One study concluded with the fact that though randomized trials are required to prove the efficacy of Homoeopathy in asthma, there is a need for observational data to document the different methods of homoeopathic prescribing and how patients respond. Central Council for Research in Homoeopathy has conducted several studies to evaluate the therapeutic usefulness of homoeopathic medicines in the management of Asthma and has published vast literature on asthma including observational studies, case reports, theoretical compilations, literary research and personal experiences.

The objective of this review is to analyze the research work done by the Council till date in the field of asthma and the future research required to be undertaken in this less explored area. Analyses of these studies unveil the management strategy for asthma through Homoeopathy during the acute exacerbations, remission period and in patients already on anti-allergics and bronchodilators. The need at present is to conduct future research of pragmatic design to further evaluate available evidences.

Asthma is a chronic condition that can cause the airways in the lungs to become inflamed and narrow. This makes it hard for the person to breathe. Asthma can cause symptoms that included shortness of breath, coughing, and wheezing.

People should not use homeopathic remedies to treat asthma attacks. In this observational study, we look at the types of homeopathy people use for asthma, their effectiveness, and possible risks.

Homeopathic treatments may help manage asthma symptoms. The American Lung Association say more than 26 million people in the United States have asthma, including more than 6 million children. While there is no cure for asthma, traditional treatment is effective for managing symptoms when a person is under the care of a qualified health practitioner.

However, some people are interested in natural remedies, such as homeopathic medicine, to help manage and treat their asthma symptoms.

Homeopathy is a holistic or natural treatment that people use for a variety of diseases and conditions. Active ingredients in homeopathic remedies are usually natural substances, such as flowers, herbs, or minerals. Homeopathy uses the concept of "like cures like," which means that the remedy consists of a diluted substance that, when taken in a higher dose, can potentially cause symptoms similar to the person's condition or other symptoms.

The amount of active ingredient in a homeopathic remedy is very small. Homeopathic remedies are made by diluting the amount of active ingredient several times until it is miniscule or undetectable. Homeopathic principles state that a higher dilution makes the remedy more powerful. In homeopathic treatment for asthma, a person takes a minute amount of a substance that causes asthma-like symptoms.

Homeopathy treatment can diminish the hypersensitivity nature of the immune system of the allergy or asthma susceptible person. Thus the allergic reaction and asthmatic condition gradually cures by the proper homeopathy treatment

A constitutional homeopathy treatment basing upon the physical, mental, psychological, emotional condition can reduce the susceptibility nature of the person to get allergy and asthma frequently by modifying his/her immune system. The recurrent sneezing symptoms can be controlled effectively by the homeopathy treatment in a short interval of time.

CONCLUSION

My study is concerned with management of Asthma in childhood by Homoeopathic Medicine using Kent's Repertory. The present study was aimed at "Reportorial approach of Kents Repertory in the Treatment Of Childhood Asthma" was under taken, during 2018-19.

Case taking forms the most important aspect in homoeopathic clinical practice. The cases taken for study were taken in detail. To get the complete picture of the patient, the search was made for knowing the life space of the patient which gives the expression of the true picture of his disposition and mental state. This understanding helps in defining the patient, mental state of the patient for the subsequent analysis and differentiation of the remedy.

All the patients were suffering from classical symptoms of Asthma. Overall effect observed in patients of Asthma with Homoeopathic Medicines on all criteria of assessment showed that the Homoeopathic Medicines is proved better statistically & symptomatologically.

Homoeopathic medicines improved quality of life in Asthma. Assessment scores differed statistically significantly every 3-month time interval with homoeopathic treatment.

In my dissertation I tried to emphasize the Reportorial approach of Kent's Repertory in the treatment of Asthma in childhood. Medicine selected as per the symptom similarity in case of Asthma. Followed by chronic constitutional

polychrest and the potencies are selected as per the patient's susceptibility, age, severity of the condition. After individualizing the case, the totality of the symptoms was taken for repertorisation by Kent's Repertory and medicines were given accordingly.

Patients with acute complaints, medicines prescribed according to acute totality, in low potency, and then polychrest remedies based on totality of symptoms. Potency was selected according to the presenting symptoms, duration of complaints, and susceptibility of the patient.

The study was confined to a randomly selected inhabitant of both sexes and religions with the all age group. Observational study is type of scientific experiment, used in this research work for testing efficacy and effectiveness of homoeopathic management of Asthma. Total 30 patients participated in the study.

At first proper case taking has been done according to case record from. Thereafter, patient had to be diagnosed clinically that he or she was suffering from Alopecia. Diagnosis is made on the bases of clinical picture of Alopecia. After diagnosis is conformed the gradation of Alopecia was done on. After that consent form had been signed by the patient. Therefore, patients were randomized through lottery method. Then, on the basis of randomization participants were prescribed Homoeopathic medicine. During follow up along with the presenting complaints physical generals like appetite, sleep and activity were interrogated to know the general well-being of the patient especially when the case is acute.

The past and family history were carefully recorded to know the miasmatic influence and for selection of the similimum. The doses were selected according to the susceptibility and miasm at the mental, physical and pathological levels.

Potency and dose had been elected according to the case. Only few investigations had been done due to unavailability and high cost of pathological investigation needed for Alopecia. Therefore in every follow-up, more stress was given on clinical symptoms and parameter according to follow-up sheet. Follow up was aimed every 15 – 20 days of period of active interference, but ultimately this follow become irregular due to patient laxity. On feedback, the cases were followed up properly and the results, assessed.

After going through the 30 different cases of both sexes and different age group of children for this work on bronchial asthma as per the

exclusion and inclusion criteria following observation were made:

- To individualize cases with similar exciting and maintaining causes yet requiring different chronic remedies depending on different fundamental causes, using Kent's repertory. The cases showed very similar exciting causes like – cold food and drinks, humid weather, night time but still required different remedies depending on the individualizing features or endogenous factors of every patient. I could arrive at the correct similimums by the use of the repertorial tools.

- To understand improvement in susceptibility after acute and chronic remedies: The above 30 cases have very well demonstrated that Homoeopathic remedies improve the patient's endogenous sensitivity to the exogenous factors.

- To understand the role of auxillary line of treatment along with homoeopathic medicine. The above 30 cases have highlighted the fact that auxillary and ancillary mode of treatment compliments the Homoeopathic remedies and helps us to attain cure in the shortest and most harmless way.

- Assessment was based on general improvement of the patient at mental and physical level and also at local level (inclusive of pathology). New signs and symptoms developed after the medicine was administered were also assessed during the follow-up. Whenever necessary, help of investigations was taken for assessment. After the medicine was given- based on the mental, physical and pathological state of the patient the result was classified as recovered and improved. Recovery is the temporary removal of symptoms, there is no recurrent episode within 6 months. Improvement is the symptoms are better, the recurrent episode is very less

- While considering the miasmatic background, those diseases which attack human beings individually are generally only a transient explosion of the latent psora which spontaneously return to its dormant condition. The exciting causes of these types of cases are excess in food or an insufficient supply of it, severe physical impressions, chill, overheating, dissipation, strains, physical irritation, mental emotions. These factors seem to lessen the body resistance to make the patient infective. The system flares up and paves the way for further progress of infection which shows the various manifestations of chronic miasms.

- As regarding to the treatment part the modern medicine has limited scope with

antibiotic, bronchodilator and steroids. That to some research says antibiotics have no role in the treatment of uncomplicated bronchial asthma. According to some research “current evidences suggest but do not prove that use of more effective but more costly first-line bronchodilator may be relatively cost effective and may minimise overall expenditure by reducing the high costs associated with treatment failure”. That means even by using the costly medicine the rate of failure is more along with the side effects.

- On the other hand Homeopathic medicines on constitutional based treatment has better results with no or rare repetition. Even comparing with the cost effectiveness homeopathy is on the upper hand. As the observation suggest the condition is mostly affecting the low and middle socioeconomic group.
- While treating this clinical condition with homeopathic remedies acute, constitutional as well as antimiasmatic drugs were necessary.
- This constitutional treatment helped children to reduce the frequency of attack and also help in improving the general health.
- Thus homoeopathy has greater advantage and scope in treating this clinical condition of acute bronchitis with effective medicines which has less side effect, cost effectiveness and avoiding the unnecessary medicaments/supplements like vitamins, iron tonics ,etc

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