

## Review Article

# Bronchial Asthma and Its Homoeopathic Management

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### ABSTRACT

Bronchial Asthma is common and prevalent worldwide. There is no specific age bar for it, but nearly more than 50% of cases develop before the age of 10 years and mostly before age 30. In day to day practice homeopaths see bronchial asthma commonly in high population area or in polluted area. According to the World Health Organization(WHO), it is currently affecting 235 million people approximately worldwide

**Keywords:** Bronchial asthma , homoeopathic management



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## INTRODUCTION

Bronchial Asthma is a chronic inflammatory disease that Causes hyperreactivity of the airways of lungs leading to wheezing, shortness of breath, chest tightness, and coughing.

It is believed that Asthma occurs through a combination of genetic factors and environmental exposure to allergens and irritants.

There are many factors in asthma including -

**Genetics:** Family history of the condition is one of the most important causes of Asthma. It is generally seen that children of asthmatic parents have a much higher chance of being asthmatic.

Chances of Asthma are also high when there is family history of allergic diseases such as Rhinitis, Urticaria and Eczema.

**Environmental factors:** Substances such as dust, mites, feathers, pollen, molds, pet dander, etc. are leading causes of Asthma. They are known as "triggers" and "allergens" since they kick start the allergic reaction in Asthma.

**Seasonal:** Exposure to dry wind, cold air, or sudden changes in weather can exacerbate an

asthmatic episode, especially in children.

**Aspirin and other related substances:** Ingestion of aspirin or non-steroidal antiinflammatory agents can worsen Asthma.  
**Air pollutants:** Some people show symptoms when exposed to environmental conditions containing increased concentration of airborne pollutants like smoke, strong fumes or odors like household sprays, paint, and gasoline.

**Occupational Asthma:** Air pollution due to industries from various sources like coal mining, gold mining, cotton textile industries, fumes from welding, gases, etc. is among the rising causes of Asthma.

**Infections:** The most common stimuli that evoke acute exacerbations of asthma are respiratory infections brought on by different viruses. Infections are major causes of Asthma.

**Exercise:** Physical exertion can evoke or worsen asthma attacks. Inhalation of cold air during physical exertion adds on to the asthmatic response.

**Food preservatives:** Causes of Asthma also include sulfites and preservatives added to

some types of foods and beverages.

**Emotional stress:** Severe psychological factors like mental stress, fear or anxiety can worsen the disease progress.

Some homeopathic remedies -

**Antimonium Tartaricum:**

There is will be sub crepitates rales all through the chest, marked wheezing when the patient breathes the cough sounds loose and yet the patient cannot raise it.

**Aralia racemose:**

Dry cough coming on after first sleep, about middle of night. Asthma on lying down at night with spasmodic cough; worse after first sleep, with tickling in throat. Constriction of chest; feels as if a foreign body were in throat.

**Arsenicum album**

It is useful for asthma with restlessness and anxiety. Asthmatic attacks after mid night. During the attack, the patient cannot lie down but has to sit with head bend forwards. Attack subsides after 3-4am

**Carbo vegetabilis**

Patient sits up and gasps for breath. He wants to be fanned – patient appears to be hungry for air – Remedy often used for asthmatic attacks after long spasmodic coughing spells worse after eating or talking and in evening.

**Dulcamara**

Acute asthma from cold loose ratting cough with copious sputum < during wet weather < night.

**Grindelia robusta**

Asthma, with profuse tenacious expectoration, which relieves. Stops breathing when falling asleep; wake with a start, and gasps for breath. Must sit up to breathe. Cannot breathe when lying down.

**Ipecacuanha**

There is constant constriction in chest, asthma, early attacks of difficult breathing, continued sneezing, coryza with wheezing, the cough is incessant and violent with every breathe. There is constant nausea, which is a characteristic symptom of Ipecac

**Kali carbonicum**

Has sensation of no air in the chest, and the worse time in 2 to 3 am, is better sitting upright, slightly

forward, bending over the table or knees relieved by rocking. Lying down is impossible, worse by drinking and motion.

**Natrum sulphuricum**

Tendency to develop chest catarrh and any increase in dampness in the weaker can cause severe chest congestion with difficulty to breath. Aggravation time is 4 to 5 a.m. Cough with thick ropy greenish expectoration.

**Nux Vomica**

Tearing cough and pharyngeal scraping. Gastric cases or from alcoholic excess. Neurotic, irritable subjects with distention of the stomach, acidity and constipation.

**Pulsatilla**

Pulsatilla is indicated if wheezing starts after a person eats rich food or gets too warm. Tightness in the chest tends to become worse during the evening and at night, and is relieved by fresh, cool air, coughing brings up yellow colored mucous.

**Spongia tosta**

Spongia tosta is strongly indicated by a barking cough during an asthma attack. Labored breathing has a sawing sound and little mucous is produced. The person may feel best when leaning forward or when sitting up and tilting the head back. There is aggravation from cold drinks.

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