

Review Article

Homoeopathic Management of Childhood Asthma

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ABSTRACT

Homeopathy is frequently used to treat asthma in children. In the common classical form of homeopathy, prescriptions are individualized for each patient. There has been no rigorous investigation into this form of treatment for asthma. Allopathic asthma management is aimed at reducing airways inflammation by minimizing pro inflammatory environmental exposures, using daily controller anti-inflammatory medications and corticosteroids which has side effects to great extent. Asthma symptoms can be triggered by numerous common events or exposures, physical exertion and hyper ventilation (laughing) cold and dry air, and airways irritants. In the study of childhood asthma, it has been seen that removing of main and exciting causes are so important for curing asthma, because it almost a chronic in nature and worsen by environmental factors which can't be controlled.

Keywords: Childhood asthma, Homoeopathy, management



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INTRODUCTION

Homoeopathic treatment involves selecting a treatment according to the precise symptoms of each individual patient. Homeopathic remedies are prepared by serial dilution, often to the extent that none of the original substance remains. Suggested mechanisms include the notion that the activity of the remedy is held by the “memory” of water. Childhood asthma is a chronic inflammatory condition of lung airways resulting in episodic airflow obstruction.

Types:

There are 2 main types of childhood asthma.

1. Recurrent wheezing: - in early childhood, primarily triggered by common viral infection of Respiratory tract.
2. Chronic asthma: - Associated with allergy that persists in to later childhood and often adulthood.
3. 3rd type of childhood asthma typically emerges in females who experience obesity and early onset puberty.

Aetiology:

Although the cause of childhood asthma has not been determined, contemporary research implicates a combination of environmental biological & genetic risk factors are there.

Environmental:

Allergens

Infection

Microbes

Pollutants

Stress

Passive Tobacco smoke exposure.

Possible use of acemaninophen (paracetamol)

Exposure to chlorinated swimming pool

Biological:

Male gender

Low birth weight

Genetic Risks:

Pro-allergic, pro-inflammatory genes (Interleukin [IL-4])

ADAM-33 (Member of metalloproteinase

family)

Gene for proteinoid PP Receptor.

Gene located on chromosome 5q 31 (IL-12)

Pathogenesis:

Airflow obstruction in asthma is a result of numerous pathologic processes In small airways; airflow is regulated by smooth muscle encircling the airways lumens; bronchi-constriction of these bronchiolar muscular bands blocks airflow. A cellular inflammatory infiltrate and exudates distinguished by eosinophills but also including other inflammatory cell types. The airways and induce epithelial damage and desquamation in to the airway lumen Helper T-Lymphocytes Hypersensitivity or susceptibilty to a trigger can lead to airways inflammation, AHR edema, basement membrane, thickening, sub-epithelial collagen deposition, smooth muscle hypertrophy and mucus hyper-secretion.

Signs and Symptoms

Symptoms:

Breathlessness

Intermittent dry coughing

Expiratory wheezing

Shortness of breath Chest Tightness

Younger children are more prone to intermittent, non - focal chest pain limitation of physical activity, general fatigue

Signs:

Respiratory Rate increased.

Pulse rate increased

Prolonged expiratory phase

Expiratory wheezing.

Decreased breath sound crackles rhonchi can sometime here on auscultation.

Poor air entry

Nasal flaring

Accessory respiratory muscle use.

Differential diagnosis

Gastro-oesophageal reflux (GER)

Rhino-sinusitis.

pneumonitis.

Complications

Intubation, ICU admission

Respiratory failure.

Respiratory Arrest

Case Study

Case of 7yr/male, named, Sagar sufferred from asthma childhood since he was 4-year-

old come with parents, with suffocation even to draft of air, need for nebulization his parent mention that they felt extremely sad, whenever they saw their son struggling to breath each time he laughed. They had taken conventional and other treatment but nothing worked. Intermittent episodes of asthma became sever and persistent.

Patient was also allergic to rice and chicken.

Family History-father had ashtma

Past History-Not significant.

Physical symptoms- Fair chubby, with an associated “Vision error” since birth.

Mental symptoms-

He perspired easily mischivious and restless.

He was look after by housemaide,thats why predictably over pampered & over protected

He seems to be distrust the toys and other things and damage his staff easily. He was sensitive and the sentimental. He wept easily

when someone raised their voice. On the basis of symptoms similarity and personality

and temperament. Prescribe him calc. carb 200C. Sagar’s Breathless reduced to a great extent within a month. He can laugh without getting an asthma attack. He does not need nebulisation, and other allopathic medicines

were tapered gradually. He was monitered for 4 months didn’t show any major sign for recurrence of his asthma.

It can be revealed that correctly chosen homeopathic medicine can do miracle, mentally patient is changed and he is happy.

also, some lifestyle intervention and habits such as healthy diet, avoid of allergens like smoking in the public places, dust etc. can prevent childhood asthma.

The presented case of homeopathic medicine has shown ray of hope. Further study is required with a greater number of patients and long term follow up to come to a definite conclusion.

Homoeopathic remedies

Sambucus Nigra is one of the best homeopathic medicines for asthma in children. It is a natural homeopathic medicine prepared from a plant named Common Elder. The plant belongs to the family of Caprifoliaceae. Fresh leaves and flowers of this plant are used to prepare the medicine. It tends to bring remarkable recovery in cases of childhood asthma.

Nightly suffocative attacks of asthma in children are the key indicators to use this medicine. The child suddenly gets up at night, feeling suffocated. Along with suffocation, the child is restless and cranky. A cough with excessive difficulty in breathing, the expulsion of a small amount of tough mucus, nasal obstruction are the typical symptoms.

Arsenic Album is an important homeopathic medicine frequently used to treat asthma in children. Asthma with extreme difficulty in breathing is treated well with this medicine. The child cannot breathe comfortably due to constricted air passages. Cough is attended with a difficult expulsion of mucus and wheezing in the chest. Homeopathic medicine Arsenic Album is mostly used to treat asthma that worsens upon going to bed, or during midnight.

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