

Review Article

Homoeopathic Approach in Bronchial Asthma in Children

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ABSTRACT

Asthma is a chronic inflammatory disease that Causes hyper reactivity of the airways of lungs leading to wheezing, shortness of breath, chest tightness, and coughing. Asthma is common and prevalent worldwide. There is no age bar for it, but nearly 50% of cases develop before the age of 10 years and mostly before age 30.

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INTRODUCTION:

Asthma is defined as reversible obstruction of large and small airways due to hyper responsiveness to various immunologic and non-immunologic stimuli. The disease is intermittent and characterized by recurrent episodes of cough, tightness, dyspnea and wheezing. Between 5% and 10% of all children are affected at some time with symptoms of asthma; 80-90% have the first episode by 4-5 year of age. It is the most common chronic disease in children and is a leading cause of emergency room visits, hospital admissions, and school absenteeism. For reasons not entirely clear the prevalence and mortality of asthma are increasing worldwide.

Etiology

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

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 anti-inflammatory 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.

Clinical features

The severity of asthma varies from mild to severe and it is a chronic disease. An asthma attack is actually an acute exacerbation of the disease. When an attack is not there, it does not mean that Asthma is not there. The symptoms of Asthma consist of a triad of Dyspnea, Wheezing and Cough.

Symptoms of Asthma include:

Cough: Cough can be productive or dry, and is especially seen in early morning and at night.

Breathlessness: Difficulty in breathing due to mucous plugging and airway spasm is worse by any physical activity like climbing stairs.

Chest tightness: Tightness of chest or pain in chest is present along with other symptoms of asthma.

Wheezing: Wheezing is an abnormal whistling sound due to difficult respiration. Wheezing is more commonly seen in children than adults.

Symptoms of Asthma in severe cases include:

Bluish discoloration of lips and face with nasal flaring

Severe Breathlessness

Bronchial secretions

Rapid pulse

Sweating

Decreased level of consciousness

Prominent Central cyanosis

In severe attacks, the accessory muscles (sternocleidomastoid and scalene muscles of the neck) become visibly active and in extreme situations, patient may begin a gasping type of respiratory pattern.

Less typically, a patient with asthma may complain of intermittent episodes of non-productive cough or breathlessness on exertion. Children most often experience these symptoms of Asthma and they tend to interfere in daily activities, sports and games.

Diagnosis

The diagnosis of asthma is clinical in most cases. Recurrent attacks of wheezing or spasmodic cough are highly suggestive of bronchial asthma, Chest x-ray film, Absolute Eosinophil counts, pulmonary function tests (PFT), Allergy tests

Homoeopathic management curative medicines in Treatment For Bronchial Asthma that works very well for patients of all ages. Every remedy is carefully prescribed on the basis of the patient's history and the correct homeopathic medicine can prevent spread of infection and unnecessary complications. Homeopathic Treatment For Bronchial Asthma is very subtle

and gentle and brings immense relief to the patient without causing any side-effects.

Few of our amazing remedies include:

Rumex: Nose dry, tickling in throat-pit causes cough, copious mucus discharge from nose and trachea, dry, teasing cough, preventing sleep, <by pressure, talking, and specially by inspiring cool air and at night.

Kali bichromicum: fat, chubby, light haired children; wheezing cough with retching and expectoration of tough, stringy mucus, which forces him to sit up, bent forward; sensation of choking on lying down; <undressing, after eating,

Natrum sulphuricum: hydrogenoid basis; often indicated in the catarrh of children living in damp cellars, inclined to respiratory troubles, >in wet weather.

Aralia diadema

Hydrogenoid constitution; abnormal sensitiveness to damp and cold, inability to live near fresh water, lakes, rivers, Dry cough, choking sensation, attack comes on after first sleep, worse lying down.

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