

Review Article

Bronchial Asthma and Its Homoeopathic Approach

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ABSTRACT

Bronchial Asthma a prolonged standing disease, now days due to lots of environmental pollution and inorganic products, the number of cases is increasing day by day. Also due to fast and stressful life also contributing it as it is a clinical disorder in which homoeopathy has a large scope to cure the cases.

Keywords: Bronchial Asthma, homoeopathic approach, causes



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INTRODUCTION

Bronchial Asthma is one of the common NCDs (non-communicable diseases). World Health Organization has recognized BA as of major health importance affecting both children and adults. The worldwide prevalence of asthma as well as its mortality & morbidity is rising.

According to the World Health Organization (WHO), NCDs kill 41 million people each year & are responsible for 71% of all deaths globally and adds substantial health and economic burden to nations that are already battling communicable and infectious diseases. Out of these deaths 77% deaths are in low- and middle-income countries.

Types of asthma

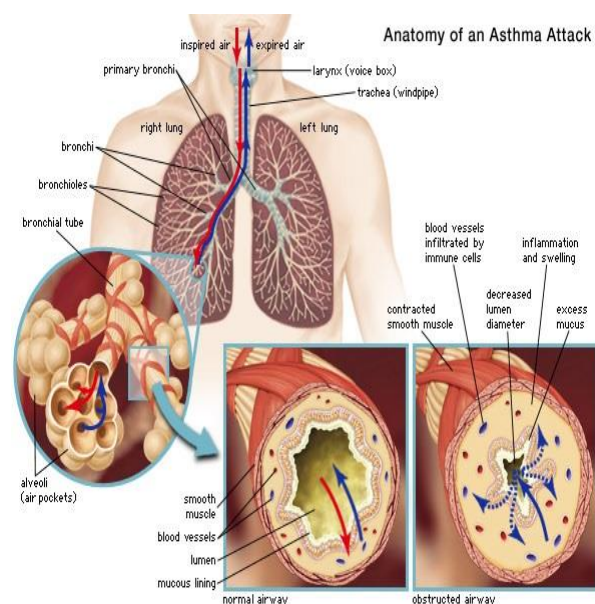
1. Atopic
2. Non atopic

Atopic asthma

This type usually starts at an early age and is provoked by allergens in addition to other triggers. Such patients usually have allergic ailments of skin, nose and eyes. Family history of allergic disease is common. Such patients form IgE antibodies when they come in contact with common allergens. This type is also known as extrinsic or early onset asthma.

Non atopic asthma

This type usually starts at adult age. It is usually not provoked by allergens. In such patients, family history of allergic disease is uncommon. This type is also known as intrinsic or late onset asthma.



Causes

Asthma is associated with mast cells, eosinophils, and T lymphocytes. Mast cells are the allergy-causing cells that release

chemicals like histamine.

Histamine is the substance that causes nasal stuffiness and dripping in a cold or hay fever, constriction of airways in asthma, and itchy areas in a skin allergy. Eosinophils are a type of white blood cell associated with allergic disease.

T lymphocytes are also white blood cells associated with allergy and inflammation.

These cells, along with other inflammatory cells, are involved in the development of airway inflammation in asthma that contributes to the airway hyperresponsiveness, airflow limitation, respiratory symptoms, and chronic disease. In certain individuals, the inflammation results in the feelings of chest tightness and breathlessness that's felt often at night (nocturnal asthma) or in the early morning hours. Others only feel symptoms when they exercise (called exercise-induced asthma)

Symptoms

Dyspnoea: shortness of breath is one of the cardinal symptoms of asthma. The patient may be restless, agitated, sweating and breathing through pursed lips with a prolonged expiration.

Wheeze: The high velocity of flow through narrowed large airways produces wheeze which is often first audible to the physician. Expiratory wheeze heard all over the chest is a diagnostic feature. Its absence should not exclude the diagnosis.

Chest Tightness: This is one of the characteristic symptoms of asthma. It is likely that this sensation reflects the excessive activity of the vagal receptors, known to be a fundamental feature of asthma.

Cough: Cough may be ineffective with only very scanty and tenacious mucoid expectoration. It may disturb sleep in some patients.

The symptoms show a characteristic pattern of diurnal variability of worsening during night and early morning specially between 3am and 4am.

Signs

Audibly harsh respiration.

Prolonged expiration.

Tachypnoea.

Tachycardia with mild systolic hypertension and paradoxical pulse

Hunched shoulders and use of accessory muscles of respiration

Nasal mucosal swelling.

Increased nasal secretions and nasal polyps

Flaring of alae nasi during an episode

Obscured breath sounds with added sounds such as ronchi.

Percussion note may be unaltered or hyper resonant.

In chronic cases the chest may be pigeon shaped.

Homoeopathic Remedies

Antimonium Tartaricum

Antimonium Tartaricum is helpful for patients who wake up in the middle of the night due to great difficulty in breathing. This medicine is suited for both aged and young children. Antimonium Tartaricum is effective when patients sense they cannot inhale enough air to breath and experience an excessive, rattling cough.

Ipecac

Ipecac is prescribed for wheezing and breathing difficulty that worsens by motion. Asthmatic cough makes the person vomit and feels better after vomiting. Ipecac is prescribed to patients with a clogged chest without expectoration.

Natrum Sulphuricum

Natrum Sulphuricum is advised to patients with thick cough and with green expectoration. The asthma worsens around 4 am and 5 am and their frequency rise during foggy weather, thus keeping this medicine around is always helpful.

Arsenic Album

It is one of the best homeopathic medicines for asthma. It relieves attacks of suffocation after lying down with cough, wheezing sounds during breathing, and breathing difficulty.

Spongia Tosta

This is an indicative Homeopathic medicine for asthma with dry cough. It is advisable for patients with a deep or barking cough. The patient complains of cough due to extreme dryness of larynx.

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