

## Review Article

# Chronic Obstructive Pulmonary Disease-Cure through Homoeopathy

Prof. Dr. Rajmilind Pudale

Guru Mishri Homoeopathic Medical College and PG Institute, Shelgaon, Jalna (MS) India

### ABSTRACT

In 2015 alone, three million people died across the world for chronic obstructive pulmonary disease (COPD). In India, it is the second leading cause of death. So, what is this deadly disease and how can we deal with it? COPD is a term used to describe progressive lung diseases, including emphysema, chronic bronchitis, refractory (non-reversible) asthma, and some forms of bronchiectasis. It is characterised by breathlessness, frequent coughing (with and without sputum), wheezing and tightness in the chest. While the conditions for the disease might be prevalent from an early age, the actual symptoms usually present after the age of 40. It is often confused with asthma, as both lead to breathing difficulty. But asthma responds to steroids while COPD doesn't, making it more complicated to treat.

**Keywords:** COPD, homoeopathy, management



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### Address for Correspondence:

**Dr. Rajmilind Pudale**

MD (Hom.), MBA (HR)

Professor & HOD, Dept. of Organon

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna (MS) India

Email: [rajmilind76@gmail.com](mailto:rajmilind76@gmail.com)

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## INTRODUCTION

While genetics can play a role in the development of COPD, smoking is its biggest trigger. Around 90% of sufferers are or were smokers at some point, but all smokers don't develop COPD.

Exposure to polluted air is another serious risk factor. According to the US Environmental Protection Agency, Indoor air is likely to be two to five times more contaminated than outdoor air. Smoke from biofuels like wood, charcoal, coal, dung, or, even incense sticks contain high density of particulate matter. Anyone who spends long hours indoors using biofuels is at high risk.

### Management

The good news is that this condition can be managed successfully if detected early. Most hospitals now have spirometry or lung function tests that can diagnose and grade the severity of the disease. Once diagnosed, the condition can be managed with

bronchodilators and steroid inhalers, Noninvasive ventilators (NIV) and portable oxygen concentrators can ensure an attack free life.

Rising air pollution is a big threat, with even villages and smaller towns recording rising numbers of COPD cases. These are triggered by extensive use of biofuels and increasing air pollution. Widespread awareness coupled with concerted action to reduce air pollution will go a long way in managing the spread of this disease. But none of these can ensure an attack-free life. Actually, COPD in the subject of research for all of us. And probably Homoeopaths are the only ones who can cure it. For this, we must go through the family history, history of past illness, present complaints, aggravating and ameliorating factors, history of vaccination, mental make-up and likings and disliking of the patient. According to Dr.

Margaret Tyler, Drosera is an excellent drug for COPD if we get a family history of T.B. or its presence in the patient at past. I have seen medicines containing silicon compound (viz—Silica, Calcarea, Silicata, Natrum Sil etc.) work excellently in COPD cases. Obviously other medicines, too, help here if symptoms correspond. For this, consultation of an experienced Homoeopath is always necessary.

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