

Research Article

Clinical Study of Cases from Halogen Group with Special Emphasis On Bromium In Upper Respiratory Tract Disorders

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ABSTRACT

Homoeopathic system known for its holistic cure in medical world. Upper respiratory tract disorders are increasing day by day due to pollution in atmosphere. Along with external environmental pollution internal susceptibility of person is also responsible for producing sickness. Causative factors responsible for producing upper respiratory tract infections will provide a good data related to management of cases clinically. This study explores role of Halogen group in Treatment of Upper respiratory disorders along with practical hints to manage upper respiratory tract disorders.

Keywords: Homoeopathy, Bromium , Upper Respiratory Tract Infection



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INTRODUCTION

The halogens act the larynx bronchial tubes and well on the glands. They act on the mucous membranes Glottis, sinuses and on the cardio vascular system. The Halogen covers sycotic and tubercular constitutions. They are lean, thin and emaciated with cachexic look. Activity is main feature of Halogen drugs. They are late in reactions. Debility and relaxation are basic features of Halogens.

All the Halogens are highly irritant to the mucous membranes. They cause irritation of the same and produce violent inflammations, rawness and excoriations. Acridity leading to burning and bleeding is important features of Halogens. Formation of psedomembrane is characteristics. They lead to suppuration and mainly affect sinuses. They are violent and destructive in nature. They destroy the fibrin, leading to haemorrhage.

BROMIUM, IODIUM, FLUROINE AND CHLORINE are the important remedies of halogen group. Bromium probably unfold important action in Molecular non

dissociation from in the organism.

Respiratory disorders are the most common cause of presentation in day-to-day practice and contribute the major share. The primary respiratory diseases are responsible for a major burden of morbidity and untimely deaths. Further the respiratory organs, especially the lungs are often affected in multi system diseases.

Homoeopathy is a scientific system of medicine based on universal law of similar. Homoeopathy is a complete system of medicine based upon philosophy of individualization and emphasis is laid mainly on totality of the case. Homoeopathy is devoid of any side effects and free from problems of drug resistance or drug dependency. Thus, it is the right time to study its efficacy in treating the respiratory disorders.

Aims and objectives

Aim: To study the halogen group of drugs in detail

Objectives:

Primary: to study role of bromium in various upper respiratory tract disorders

Secondary: to study different etiological features responsible for causing the various respiratory disorders

Materials and methods

This study comprising of 30 subjects in the age group of 5 years to 50 years will be conducted at radhadevi clinic Indore. Subjects were chosen on the non-probability judgemental sampling procedure. The cases with atleast nine follow ups were taken for study.

Subjects with complaints of cough, coryza, sore throat, difficulty in breathing, both acute and recurrent were consider for study.

Inclusion criteria

Subjects conforming to the diagnostic criteria having age from 5-50 were taken. Both female and male patients were included in study.

Exclusion criteria

cases with age more than 50 and less than 5. Cases with congenital abnormalities.

Improvement criteria

It is based on thoroughly study of follow ups of case and following were criterias;

Recovered:cases with feeling of mental and physical well-being with disappearance of the symptoms and signs without relapses based on the individual case background.

Cured: cases where all the symptoms and signs have cleared and generals are totally restored to normalcy, in other words where susceptibility has been restored to normalcy.

Relieved: cases where there was partial improvement but the susceptibility still reflects the tendency for the disease.

Observation and results

1. Age incidence; 30 cases studied, the age distribution for them is shown in table no. 1.

Sr. No.	Years [age group]	Total	Percentage
1	5-10	6	19.98
2	11-15	3	9.99
3	16-20	3	9.99
4	21-25	2	6.66

5	26-30	2	6.66
6	31-35	4	13.33
7	36-40	4	13.33
8	41-45	3	9.99
9	46-50	3	9.99

As seen from the table no. 1 the maximum number of patients of respiratory disorders are from 5-10 years of age group.

1. Sex incidence:

The sex incidence of patients among 30 patients is shown in table no. 2

Gender	No. Of patients	Percentage
Male	15	50
Female	15	50
Total	30	100

As seen from table no. 2 the sex incidence of male and female were equal.

1. Presenting complaints:

The presenting complaints of patients were summarised in table no. 3

Sr. No.	Presenting complaints	Total
1	Sore throat	10
2	Cold and Coryza	05
3	Tonsillar enlargement	03
4	Cough	06
5	Painful swallowing	04
6	Change of voice	02

Out of 30 patients examined where most of cases were of sore throat. While only 2 cases of change of voice were there.

1. Incidence of past history:

The incidence of past history is shown in

table no. 4

Sr no.	Past history	Total
1	Typhoid	4
2	Pneumonia	5
3	Middle ear infection	9
4	Malaria	3
5	Urticaria	5
6	Nutritional deficiencies	4

1. Incidence of family history:

The incidence of family history in patients is shown in table no. 5

Sr no.	Family history disease	Total
1	Hypertension	5
2	Diabetes mellitus	7
3	Bronchial asthma	6
4	Skin diseases	10

2. Results of treatment:

The results of treatment are given in table no. 6

Sr. No.	Observation	Total
1	Recovered	21
2	Improved	07
3	Not improved	02

Discussion

Recurrent respiratory disorders are the commonest encountered diseases that we come across in day-to-day practice. Recent times have seen rise in their incidence due to various factors to which the present civilization is exposed. Though these environmental effects contribute as triggering factors, the hereditary and constitutional dispositions remain the soil. This study was aimed at studying the treatment of respiratory disorders with homoeopathic medicines. The total approach

followed in accordance with the principles laid down by our masters.

This study tries to rationalize the prescriptive stand of the remedies with their criteria, whether acute, constitutional, or intermittent, there by clearly indicating the role of bromium at various phases of diseases. It also helps in analysing their role as curative remedy in respiratory disorders and as preventive in complications of the same.

The present approach of modern school in the treatment of respiratory disorders is most materialistic. But now it is realising slowly but surely the futility of using antibiotics. The old slogan of 'kill the bacteria and cure the disease' is also fading. The modern medicine professionals have started realizing the fact that there is something more than just killing the bacteria as the knowledge of genetics is growing among medical professionals.

Hahnemann explained to the world how even a weak exogenous factor when confronted by the endogenous hypersensitive disposition may be conducive to illness.

Many of findings from this study substantiate and agree with the existing knowledge both from medicine and homoeopathic literatures dealing with respiratory disorders. This has been explained here along with the statistical data that has been arrived upon while studying 30 cases. While studying these cases, one can find that many cases were hospitalized previously for the similar respiratory complaints and were treated with higher antibiotics; expectorants and even with the steroids repeatedly. Naturally most of the patients were interested to have some permanent solution for the recurrent problem and opted the homoeopathic treatment.

Age incidence: incidence is higher in children.

Sex incidence: both sex shows equal incidence rate which suggest there is no much influence of sex on recurrent respiratory disorders.

Presenting complaints and their incidence;

Most of the cases shows presenting complaints as sore throat while hoarseness of voice is not common.

Summary and conclusion

In the study it was observed that more number of children was affected. Deficiency related problem and persistent exposure to external agents with low immunity may be suggestive factors during this age group. Sex had no influence on occurrence and recurrence of complaints. Cases for the study immunized with number of vaccines, yielding to vaccinosis. Apart from these suppressions were observed in many patients in past. When these manifestations were suppressed, they ended up in recurrence of symptoms with mixed miasmatic expressions. The changing pattern may be attributed to prevalence due to compulsory vaccinations, mass immunizations in early years of childhood that could be creating a strong miasmatic taint in the delicate, delicate, innocent constitution of patients.

The bromium when advocated proved to be very effective in controlling frequency and intensity of attacks. The criteria put down for the treatment covered both pathology and individual characteristics of the patient.

Therefore we may conclude that the respiratory disorders which is expression of internal sickness of man has to be treated holistically with appropriate antimiasmatic homoeopathic drugs. Bromium was not only stop progression of pathology affected respiratory organs but definitely prevent various complex diseases and complications that could involve important vital organs of the body like heart, kidneys, lungs etc.

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