

A Clinical Study Of Bronchial Asthma With Homoeopathic Management

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Abstract: A clinical study of bronchial Asthma with Homoeopathic Management is a hospital based observational study was carried out on G.D. Memorial Homoeopathic Medical College, Hospital, Patna, Bihar. The study group of 30 was selected based on purposive sampling method. This is before and after without control type of experimental study. 30 diagnosed cases were considered. Data collected were analyzed and inferred with T test used to calculate. The statistical analysis such as distribution of cases according to age, sex, occupations were calculated and interpreted. The study provides an evidence to say that there is a Homoeopathic medicines found effective in the treatment of Bronchial Asthma. Therefore constitutional homoeopathic treatment with general management is effective in their treatment of Bronchial Asthma.

I. INTRODUCTION

Bronchial Asthma is one of the major public health problems for the developed and developing countries. Worldwide, it is estimated that 300 million people are affected with bronchial asthma. India has an estimated 15-20 million asthmatics with a prevalence of about 10% and 15% in 5-11 year old children¹. Asthma prevalence is increasing despite the recent advances in its management including understanding the inflammatory nature of the disease, use of steroids with add on long acting bronchodilators, use of devices to deliver the medications more appropriately and appreciation of the value of self management education. Bronchial Asthma is the most common chronic inflammatory lung disease and affects persons of all age, and is a major health problem showing steady increase in prevalence both in developing and developed countries.⁵ The increase in atopy because of exposure of predisposed children to allergens such as house dust mite, & the use of antibiotics are among the many reasons cited for an increase in asthma & atopy.⁶ Although the cause of Bronchial asthma has not been pinpointed, contemporary research implicates interplay between genetic and environmental factors. The strong association of common childhood asthma with concomitant allergies suggests that environmental factors influence immune development toward the asthmatic phenotype in

susceptible individuals.⁷ Bronchial asthma has become more wide spread in recent decades. As the common chronic illness in children and adults, asthma causes more missed school and places more limits on activity than any other disease.⁸ Bronchial Asthma Symptoms are Weezing, cough with or without sputum (phlegm) production, shortness of breath that is aggravated by exercise, breathing that requires increased work, intercostal retractions (pulling of the skin between the ribs when breathing). Additional symptoms that may be associated with this disease: nasal flaring, chest pain, tightness in the chest, abnormal breathing pattern, in which exhalation (breathing out) takes more than twice as long as inspiration (breathing in), breathing which temporarily stops.

CLASSIFICATION: Mild asthma, Moderate asthma and severe asthma.

COMPLICATIONS: chronic cough, lack of sleep from nighttime symptoms, decreased tolerance for exercise and other activity, trouble breathing, need for emergency room visits, need for hospitalization, assisted ventilation, chronic lung disease (permanent changes in the function of the lungs), death. He is likewise a preserver of health if he knows the things that derange health and cause disease, and how to remove them from persons in health. So a detailed case taking is essential in case of bronchial asthma in order to determine the more effective therapeutic strategies. Medications is not only way to control asthma. It is also important to avoid

asthma triggers stimuli that irritate and inflame the airways. The Homoeopathic management depends upon the miasm, susceptibility and sensitivity of the patient. The goals of this therapeutic system are absence of symptoms upon exposure to allergy, normal exercise tolerance, infrequent or no Nebulisation/bronchodilator use.

II. MATERIALS AND METHODOLOGY

This study was conducted on the patients who attended the Out Patient department of G.D. Memorial Homoeopathic Medical College, Hospital, Patna, Bihar and the study was undertaken for a period of six months. Detailed case was taken, analysis and evaluation following Homoeopathic principles was done¹². The potency was selected on the basis of individual susceptibility. The outcomes were an improvement of symptoms recorded in monthly basis individual symptoms which includes any appropriate measures of weezing, cough, chest pain and tightness of chest.

III. RESULT

Among 30 Bronchial Asthma patients with mean \pm SD, maximum cases were observed in age group of 0 – 5 years in 6 (20%) cases, 5 – 10 years in 16 (53.33%) cases, 10 – 15 years of age group had 8 (26.66%) cases. Patients were in the male 13 (43.33%) and 17 (56.66%) patients were females. Out of 30 cases 17 (56.66%) were females and 13 (43.33%) were males. In the age group 0 – 5 years 2 cases (6.66%) males, and 4 cases (13.33%) females. In the group 5 – 10 years, 8 cases (26.66%) males, 8 cases (26.66%) females and in the age group 10 – 15 there were 3 cases (10%) males, and cases (16.66%). Out of randomly selected cases 14 (46.66%) cases suffering for 0 to 1 year, 6(20%) cases suffering for 1 to 2 years. 7 (23.33%) cases were suffering for 2 to 3 years, 3 (10%) cases suffering for 3 to 4 years. In the research of Homoeopathic medicines in the treatment of Bronchial Asthma age group 10 medicines were prescribed to the patients according to the symptoms similarity and the following observations were made. Arsenic Album is the most effective medicine out of the total ten Homoeopathic medicines chosen for the study. Arsenic Album cured 3 patients and 3 got improvement hence it can be concluded that Arsenic Album is more effective. During the study it was found that the next effective medicine for the treatment of Bronchial Asthma is Ipecacuanha 1 cases got cured, 3 cases got improved, 1 patients not improved. Antimomium Tart 1 case got cured, 3 cases improved, Natruim Sulphurica 2 cases cured, 1 case improved. Pulsatilla Pratensis 1 case cured, 1 case improved and 1 case not improved. Belladonna 1 case cured, 2 cases improved. Sulphur 2 cases improved. Lycopodium Clavatum 1 case cured and 1 case improved. Nux vomica 1 case cured. Natrium Muriaticum 1 case cured. The overall response of the treatment with the help of 10 homoeopathic medicines, it was observed that out of 30 patients, 18 patients were cured, 10 patients had improvement, 2 patients showed no response. In 30 patients, 60% patients

were cured, 33% patients improved, 7% patients showed no response.

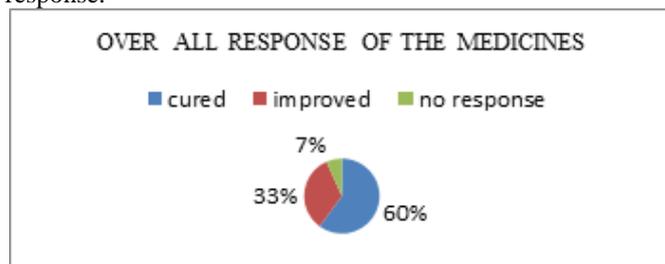


Figure 1: Over All Response Of The Medicines

IV. DISCUSSION

Bronchial Asthma is the most common chronic inflammatory lung disease and affects persons of all age, and is a major health problem showing steady increase in prevalence both in developing and developed countries. The increase in atopy because of exposure of predisposed children to allergens such as house dust mite & the use of antibiotics are among the many reasons cited for an increase in asthma & atopy. The presenting complains may vary from systemic symptoms like weezing, cough, chest pain and tightness of chest. As the age progresses the symptoms and severity decrease. The study was conducted on the patients who attended the Out Patient department at G.D. Memorial Homoeopathic Medical college, Patna, Bihar. The patients, children of age 1 – 13 years were selected for the study. Both sexes were included and who belong to different socio economic group were taken as per inclusion criteria. A total of 30 cases were selected. The statistical analysis made here is based on the data obtained from 30 cases.

V. CONCLUSION

The research shows that Homoeopathic medicines play an important role in the treatment of Bronchial Asthma in all age group. The study depicts that 60% of patients got relief from the Homoeopathy medicines and this is not a small number. The most effective remedies during the study were Arsenic Album, Ipecacuanha, Antimomium Tart, Natruim Sulphurica, Pulsatilla Pratensis, Belladonna, sulphur, Lycopodium Clavatum, Nux vomica, Natrium Muriaticum. There were no side effective during the treatment and it can be concluded that homoeopathic medicines can be help the patients to take a new lease on life. During the study it was observed that in almost all the cases the homoeopathic medicines responded well and the patient not only got rid of the main complaints of Bronchial Asthma but also got rid of the associated complaints with restoration of health. With the help of use of homoeopathic medicines severe complication was avoided. Thus we can conclude that Homoeopathic medicines used with holistic approach are very effective in treating the cases of Bronchial Asthma.

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