



## Bronchial Asthma and it's Lesser Known Homoeopathic Medicines

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### Abstract

Bronchial Asthma is a disorder that expresses through symptoms like shortness of breath, dyspnea, wheezing & cough. Miasmatic analysis shows that Bronchial Asthma falls mostly on sycotic miasm having psoric expressions as acute exacerbations like wheeze, sneeze. Some of the lesser known homoeopathic remedies can be useful therapeutically to improve quality of life of the patient. Homoeopathy plays an important role in the management of bronchial asthma, if one can strictly follow Hahnemannian concept. Further knowledge of potency and doses play vital role to get complete cure in bronchial asthma.

**Key word-** Bronchial Asthma, Miasmatic analysis, Lesser known Homoeopathic medicines.

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### INTRODUCTION

Asthma originates from greek word “asthmatics” which is nothing but panting or breathing<sup>1</sup>. It is a very common disease with immense social impact. It was estimated that more than 339 million people suffers from Asthma. According to WHO estimates there were 417,918 deaths due to asthma at global level & 24.8 million DALYS attributable to asthma in 2016. In such a common clinical condition it is necessary to understand the

fundamental cause, maintaining cause, socio economic status, susceptibility to receive and to react the stimuli, the true cause is in the patient himself<sup>2</sup>.

**Definition:-** Bronchial Asthma is the chronic inflammatory disorders of the airways in which many cells and cellular elements play a role.

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The chronic inflammation associated with airway hyper-responsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness & coughing particularly at night or early in the morning<sup>3</sup>.

**Types:-** Based on stimuli initiating bronchial asthma, two broad etiologic types are described.<sup>4</sup>

Features	Extrinsic Asthma	Intrinsic Asthma
Age of onset	Childhood	Adult
Personal/Family history	Commonly present	Absent
Preceding allergic illness	Present	Absent
Allergens	Present (dust, pollens, danders etc.)	None
Drug hypersensitivity	None	Present (usually to aspirin)
Serum IgE levels	Elevated	Normal
Associated chronic bronchitis, nasal polyps	Absent	Present

**Aetiology:-**

**Age:-** Childhood or adult.

**Associated with** other allergic disorders, eczema, allergic rhinitis etc. Iatrogenic:- Histamine,  $\beta$ - blockers, painkillers.

**Non specific-**Tobacco smoking, damp cold air and fumes, sudden changes in temperature, Loffler's pneumonia is

common due to migration of worms through the lung<sup>5</sup>.

### **Pathophysiology<sup>3</sup>**

**1. Air Flow Obstruction:-** Usually reverses spontaneously or with treatment.

**2. Airway Hyper Reactivity:-** Exaggerated broncho constriction to a wide range of non specific stimuli eg. exercise, cold air.

**3. Airway Inflammation:-**Eosinophills, lymphocytes, mast cells, neutrophills, associated oedema, smooth muscle hypertrophy & hyperplasia, thickening of basement membrane mucous plugging & epithelial damage.

### **Clinical Features:-**

Cardinal symptoms for diagnosis of asthma are:

- Cough
- Breathlessness
- Wheezing
- Chest Tightness
- Exertional dyspnoea

### **Signs**

- Rapid pulse
- Systolic elevation in blood pressure
- Patient assumes an upright sitting posture with back elevation.

### **Examination<sup>5</sup>**

- Chest is held in full inspiratory position.
- Accessory muscles involved in expiration.

- Chest movement symmetrically diminished.
- Percussion note normal.
- Breath sounds vesicular with prolonged expiration.
- Vocal resonance may be normal or diminished.
- Rhonchi mainly expiratory and high pitched.

### **Investigations<sup>6</sup>**

- Blood examination:-Blood eosinophilia greater than 4% or 300-400  $\mu$ /L.
- Chest x-ray:- Hyperinflated lungs.
- Pulmonary function test:- FEV<sub>1</sub>  $\geq$  15% decrease after 6 min of exercise.

**Miasmatic Analysis Of Bronchial Asthma<sup>7</sup>** - It needs administration of remedy as the guidelines prescribed by Dr. Hahnemann to treat the chronic disease. Since the allergic bronchial asthma shows the genetic trait it falls mostly on sycotic miasm having psoric expressions also seen in little cases.

**Psora:-** Hypersensitivity of tracheobronchial tree to any allergen indicate psora as the basic cause.

**Sycosis:-** History of bronchial asthma in the family both paternal and maternal side is suggestive of hereditary sycosis as the basic cause.

**Syco-Syphilis:-** History of syphilitic miasmatic state in the family with symptom of latent syphilis and developed sycosis in the patient suggestive of syco-syphilis.

**Mixed Miasmatic State:-** In some cases a combination of all the above mentioned factors may be present making the state much more complicated and difficult to diagnose and also to treat.

### **Lesser Known Specific Homoeopathic Medicines For Bronchial Asthma:-**

- 1. Asclepias Tuberosa:-** Painful respiration esp at base of lung. Breath smells like pepper. Humid asthma; < after eating; > after smoking a little. oppression and difficult breathing.
- 2. Antifibrinum :-** Severe dyspnea, patient seized and clenched the hands of those around him. He felt as if the diaphragm had ceased working and he must go on breathing on his own account at any cost.
- 3. Armoracia Sativa:-** Increase activity of respiratory organs. Mucous asthma, oedema of lungs. Chest painful to touch.
- 4. Pecten:-** Quick, laboured breathing, can't lie flat or on left side, constriction of chest, esp right side. Attacks preceded for two or three days by sneezing and excessive coryza;

burning sensation in throat and chest; fullness of head;pulse very quick and wiry; subsequently copious expectoration of tough,stringy and frothy mucus.cough <after 6 pm.symptoms< at night.

- 5. Terebinthina:-** Breath short,hurried and anxious. Choking sensation (worms). Cough asif a foreign body had entered larynx,spasmodic inspiration.Dry hacking cough-voice gone- expectoration streaked with blood-respiration impended by congestion of lungs.
- 6. Xanthoxylum:-** Shortness of breath; no appetite; bowels constipated ;urine light coloured, alkaline; fluttering in stomach pain in left side; limbs weak and bloated.had to sit up in bed and turn first one way,then another, as in a severe fit of asthma,with several spasmodic coughing spells, thought she could not get enough air into lungs, inspiration was so difficult.
- 7. Chloralum:-** Asthma with wheezing respiration; inspiration through the nose and expiration blown from the lips in lying position. Extreme dyspnoea with sensation of weight and constriction of chest.
- 8. Mephites:-** Asthma in drunkards. Violent hacking cough as it would die with each attack. Few paroxysms in

day time but many at night with vomiting after eating.asthma As from inhaling vapour of sulphur.

- 9. Carboneum Sulphuratum:-**Asthma alternate with itch rash. catarrhal asthma; mucus not readily raised, breathing impeded.
- 10. Grindelia:-** Abnormal accumulation of mucus, breathing stops when asleep. asthma in old persons suffering from bronchitis which causes partial paralysis of pneumogastric nerve. cheyne stokes respiration.

## CONCLUSION

Homeopathy treats the person as a whole. It means that homeopathic treatment focuses on the patient as a person, as well as his pathological condition so to give him a proper similimum, the use of materia medica is essential.

When a homeopathically selected medicine is administered to a sick person, there is disappearance of symptoms and restoration of patient to health. It represents the reaction of susceptible organism to the impression of the curative remedy.

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