

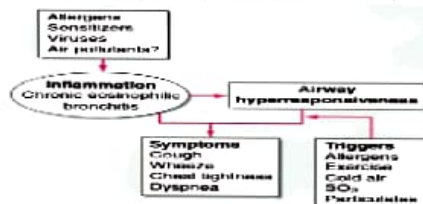
# BRONCHIAL ASTHMA: AN OVERLOOK AND ITS HOMOEOPATHIC MANAGEMENT

Asthma is a chronic inflammatory disorder of the airways associated with airway hyper-responsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing, particularly at night and in the early morning. These episodes are usually associated with widespread but variable airflow obstruction within the lung that is often reversible, either spontaneously or with treatment.<sup>1</sup>

## Risk factors and Triggers involved in Asthma:<sup>2</sup>

Endogenous Factors	Environmental Factors
Genetic predisposition	Indoor allergens
Atopy	Outdoor allergens
Airway hyperresponsiveness	Occupational sensitizers
Gender	Passive smoking
Ethnicity	Respiratory infections
Obesity	Chest
Early viral infections	Acetaminophen (paracetamol)
Triggers	
Allergens	
Upper respiratory tract viral infections	
Nasal and hyperinflation	
Cold air	
Sulfur dioxide and irritant gases	
Drugs (β blockers, aspirin)	
Stress	
Irritants (household sprays, paint fumes)	

Inflammation in the airways of asthmatic patients leads to airway hyperresponsiveness and symptoms:<sup>3</sup>



## How to make a diagnosis of Asthma:<sup>2</sup>

1. **Lung Function tests**- Simple spirometry confirms airflow limitation with a reduced FEV1, FEV1/FVC ratio, and PEF. (FEV1 – Forced Expiratory Volume in 1 second, FVC – Forced Vital Capacity, PEF – Peak Expiratory Flow).

2. **Imaging**- Chest X-Rays is usually normal but in more severe patients may show hyperinflated lungs.

## How to manage a case of Asthma:

1. **Medical management**: Bronchodilator (Salbutamol), Steroids, Antibiotics and Mucolytic Agents.

2. **General management**: Avoid allergen, treat the cause, chest physiotherapy

## 3. Homoeopathic management:

1) **line homoeopathic medicines with their indications:**

I) **Amylenum Nitrosum**: Dyspnoea and asthmatic feelings. Great oppression and fullness of chest; spasmodic, suffocative cough.<sup>3</sup> Craves *fresh air*; opens clothing, removes bed covering and opens windows in the coldest weather.<sup>4</sup>

II) **Hepar Sulphur**: Cough when any part of the body is uncovered; croupy, choking, strangling; from exposure to dry west wind, the land wind. Asthma: breathing, anxious, wheezing, rattling; short, deep breathing, threatens suffocation; must bend head back and sit up; after suppressed eruption.<sup>4</sup>

III) **Arsenic Album**: Breathing: asthmatic; must sit or bend forward; springs out of bed at night, especially after twelve o'clock; unable to lie down for fear of

suffocation; attacks like croup instead of the usual urticaria.<sup>4</sup>

IV) **Kali Sulphuricum**: Bronchial asthma, with yellow expectoration. Cough; worse in evening and in hot atmosphere. Coarse rales. Rattling of mucus in chest. Post-grippal cough, especially in children.<sup>4</sup>

V) **Nux vomica**: Asthma, with fullness in stomach, morning or after eating. Cough, with sensation as if something were torn loose in chest. Shallow respiration. Oppressed breathing. Tight, dry hacking cough; at times with bloody expectoration. Cough brings on bursting headache and bruised pain in epigastric region. Spasmodic constriction.<sup>3</sup>

## References:

1. Walker Brian R, Colledge Nicki R, Ralston Stuart H, Penman Ian D. Davidson's Principles and Practice of Medicine. 22<sup>nd</sup> Edition. China: Elsevier, 2014.
2. Kasper Dennis L, Hauser Stephen L, Jameson J Larry, Fauci Anthony S, Longo Dan L, Loscalzo Joseph. Harrison's Principles of Internal Medicine. 19th edition. New York: Mac Graw Hill Education, 2015.
3. Boericke W. Boericke's New Manual of Homoeopathic Materia Medica with Repertory. 3rd Revised and Augmented Edition Based on 9th ed. New Delhi :B.Jain Publishers(P) Ltd.; 2014.
4. Allen H.C. Allens's Keynotes Rearranged and Classified with Leading Remedies of the Materia Medica and Bowel Nosodes. Tenth Edition 28<sup>th</sup> Impression. New Delhi :B.Jain Publishers(P) Ltd.; 2014.

Authors:

1. Dr Ashok Yadav HOD, Practice of Medicine, Homoeopathy University, Jaipur
2. Dr A.P.S. Chhabra MD (PGR, Practice of Medicine, Homoeopathy University, Jaipur)
3. Dr Prem Choudhary BHMS