

**REVIEW ARTICLE****Role Of Homeopathy In Management Of Chronic Respiratory Disease- A Review Of Literature****Bhasker Sharma <sup>1</sup>**<sup>1</sup> M.D(Homoeopathy),Ph.D(Homoeopathy), Sharma Homoeopathy Chikitsalya And Research Center,Itwa Bazar,Dist- Siddharthnagar,U.P.

## ARTICLE INFO



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## ABSTRACT

**BACKGROUND:** The prevalence of asthma is elevating despite of the advances in its management. In some patients, asthma attacks are fatal and require prompt hospitalization. Regular control of asthma involves symptom improvement during activity, and enhancement of lung function. Homoeopathy is the second most commonly used Management protocol amongst the healthcare systems as per the World Health Organization. Cost effectiveness is another major factor subjects are moving to homeopathy in developing nations. They are safe and are less likely to lead to an adverse event. It is second most commonly accepted treatment strategy in India. The aim of the present study was to review the respiratory diseases and the role of homeopathy in the management of the same. The outcomes of management in true settings when measured along with patient satisfaction surveys have provided positive evidence in different studies.

**INTRODUCTION**

Asthma is the prime public health issue for the developed and developing nations. It has been estimated that 300 million subjects are affected by bronchial asthma around the world. In India itself, there are 15-20 million asthmatics and the prevalence vary between 10% and 15% amongst the 5-11 year old children.[1] The prevalence of asthma is elevating despite of the advances in its management[2,3] like improved understanding the inflammatory mechanism of the condition, usage of steroids along with long acting bronchodilators, devices that deliver the medications more efficiently and along with self-management education.[2,3,4] The socioeconomic burden associated with this disease is severe and the treatment costs of asthma by society could be reduced to a great extent by firm international and national accomplishment.[5] This inflammatory condition is chronic in nature and is characterized by hyper-reactivity of airways to different stimuli that are

mostly allergic in origin with reversible limitation in airflow. It generally presents as wheezing, breath shortness and cough. It greatly impacts the quality of life with effect on work and recreational activity along with physical activities and emotional behavior.[6] Regular control of asthma involves symptom improvement during activity, and enhancement of lung function.[7] Homoeopathy is the second most commonly used Management protocol amongst the healthcare systems as per the World Health Organization.[8] Surveys have illustrated that homoeopathic management for respiratory disorders was related with a significant decrease in the usage and costs of conventional drugs.[9] One of such study showed that though randomized controlled trials are needed to prove the efficiency of Homoeopathic drugs in asthma, but there is also a need for observational studies to illustrate the different modes of homoeopathic prescription and how patients react. [10] The aim of the present study was to review the

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respiratory diseases and the role of homeopathy in the management of the same.

### **ETIOLOGY**

The exact etiology of asthma is not known till now. Investigators have thought that interaction of some genetic and environmental factors is the reason behind asthma, that generally occurs early during life. These factors are: atopy which is the hereditary tendency to develop allergy, asthmatic parents, respiratory infections occurring in childhood, viral diseases occurring during infancy or early childhood or suppression of skin allergies with medicaments. If there is a family history of atopy or asthma, then even if one is exposed to the allergens the airways become more reactive towards these allergens. The causes of asthma are varied. The hygiene hypothesis theory was given in order to explain the etiology of asthma. With proper hygienic and sanitary conditions there is an improved overall living environment due to which there is reduction in the incidence of infections during the early childhood. Children nowadays are not exposed to same type of environment and infections that they were exposed to earlier. Therefore, the development of immune system is compromised, and it elevates the risk of asthma and atopy

### **SIGNS AND SYMPTOMS**

Asthma attacks can be classified as mild, moderate, severe and very severe. The most frequent and commonly associated signs and symptoms are:

**Cough:** It is worse during night and in early morning making the subjects sleep deprived.

**Wheezing:** it is a noisy sound that is produced during breathing

**Tightness of chest:** This is a characteristic squeezing feeling in the chest.

**Breath shortness:** Some subjects are unable to catch their breath. The feeling that air is not able to get out of lungs. This is also mostly seen at night or early morning.<sup>11,12</sup>

The pathophysiology associated with asthma is the tightening of the muscles around the airways that lead to the narrowing of the airways. Therefore, lesser air is able to pass through the airways. As inflammation increases, the airways narrow up more. Even the mucus production is enhanced that further affects the flow of air.<sup>13,14</sup> In severe cases, the oxygen fails to reach the lungs. Therefore, flow of oxygen in blood and to the vital organs is also greatly affected. In some patients, asthma attacks are fatal and require prompt hospitalization. This further alters the expel of carbon dioxide from the body leading to accumulation of carbon dioxide in blood and body. This accumulated carbon dioxide is poisonous.

### **DIAGNOSIS**

Asthma affects every other person differently. The best method for the diagnosis of asthma is Lung function test. Medical history of the subjects forms an important role before proceeding to the lung function tests. The frequency, severity and types of symptoms along with complete physical examination should be performed. Whether the symptoms also interfere with daily activities should also be noted. The subjects should be aware about the triggers of asthma, they can cause flare ups or increase the severity of the disease. The commonly associated triggers include allergens (dust, mold, cockroaches, pollens etc), irritants (smoke, pollution, chemicals etc), medicines (aspirin, NSAIDS etc), certain food drinks, viral infections and physical activity. Presence of other comorbidities makes the management of asthma difficult. Allergy Testing is performed to determine the type of allergen

that the person is sensitive to. There are tests to establish whether another condition with the similar symptoms like asthma like reflux disease, vocal cord dysfunction, or sleep apnea. Broncho provocation test: It is done to check the sensitivity of the airways. It is performed using spirometry and measures the lung function during normal condition and during physical activity. The person is exposed gradually to increasing intensity of chemicals and cold air. Chest X-rays or electrocardiograms that help in the detection of any foreign object of condition.

### **ROLE OF HOMEOPATHY IN ASTHMA**

Patient studies worldwide have shown a consistency in the explanations why people prefer homeopathic drugs as a form of management. Some of the reasons for reverting to homeopathy are dissatisfaction with allopathy, side effects and invasiveness of drugs. Cost effectiveness is another major factor subjects are moving to homeopathy in developing nations. They are safe and are less likely to lead to an adverse event. It is second most commonly accepted treatment strategy in India. It plays a main role in the treating asthma both acute and chronic asymptomatic types with a control of subsequent recurrence. A major part of Homeopathy treatment in an individual is the effect of the drug and the consultation in management of diseases that needs to be explored for further studies. Protracted use of homeopathic drugs has also decreased the dependence on inhalers and other bronchodilators drugs, etc. Homeopathy has gained international interest and more and more studies are now being performed on the same. As per some authors randomized controlled trials are acceptable for research. The major challenge is the attempt at measurement of outcome as results are highly individualized. The outcomes of management in true

settings when measured along with patient satisfaction surveys have provided positive evidence in different studies. Observational studies are also an important measurement tool, to establish patient satisfaction and has shown that Homeopathy improves the quality of life.<sup>15</sup> The different homeopathic medicines that have been used are:

**Arsenicum album:** It is a solution that is prepared by dilution of aqueous arsenic trioxide until there is no arsenic present in the solution. In spite of serious safety issues, arsenic is mostly used as a portion of extremely diluted homeopathic medicaments that are used for management of digestive conditions, food poisoning, sleep deprivation (insomnia), allergies, depression, and obsessive-compulsive disease.

**Bryonia:** Bryonia is also used for management of stomach and intestinal disorders, lung disorders, arthritis, and metabolic conditions; and also for prevention of infections. It is also used to enhance urination in order to relieve retention of fluid. Bryonia root has a resin that contains a strong laxative action. Resin is basically a gum-based material. It is the best homeopathic remedy for management of bronchitis with increased thirst

**Pulsatilla:** Pulsatilla has a plant-based origin. The portions of the plant that are above the ground are basically dried and used as medicament. Pulsatilla is able to manage pain, spasms, and bacterial growths. It also has calming action like a sedative. It is the best medicament for chronic bronchitis with greenish sputum.

**Antim Tart :** This medicament is prepared using a chemical which is Tartarate of antimony and potassium. It is basically used for managing asthma, lung failure and alcoholic liver problems. It is the best medicament for chronic bronchitis which has rattling in chest

Hepar Sulph – It is the best homeopathy remedy for bronchitis with increased sensitivity to cold. It is generally prescribed for colds, sore throats, earaches and asthma, emphysema.

## CONCLUSION

Homeopathy offers a great deal of management strategies for chronic conditions. Nowadays more and more subjects are reverting to homeopathy as it offers permanent and long term results with minimal side effects. Homoeopathy is the second most commonly used Management protocol amongst the healthcare systems as per the World Health Organization. The prevalence of asthma is elevating despite of the advances in its management like improved understanding the inflammatory mechanism of the condition, usage of steroids along with long acting bronchodilators, devices that deliver the medications more efficiently and along with self-management education. The outcomes of management in true settings when measured along with patient satisfaction surveys have provided positive evidence in different studies.

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