

**Homoeopathic Management of Bronchial Asthma:
A Literature Review
Dr.Smita Singh (PG Scholar)**

Introduction- Asthma ,greek meaning is “panting” or “labored breathing”.⁽¹⁾Asthma is characterised as hyper-reactive lung disorder allergic in origin ,in which person’s airways become inflamed and produces extra mucus ,that makes difficult breathing.⁽¹⁾It is generally one of the major health problem in developed and developing countries⁽²⁾.Acute attacks of asthma followed by symptom free period⁽⁸⁾.There is persistent airways inflammation due to which disease is-(a)chronic,often life long. (b)severity fluctuates and sometimes there may be prolonged remission.⁽⁵⁾

Epidemiology and prevalence-It affects people of all age group.⁽⁵⁾In India only , about 2%of adult and 5 % of children have asthma, worldwide it affects about 1%-18% people in different countries⁽³⁾.Prevalance increases by 50%in every 10 years.

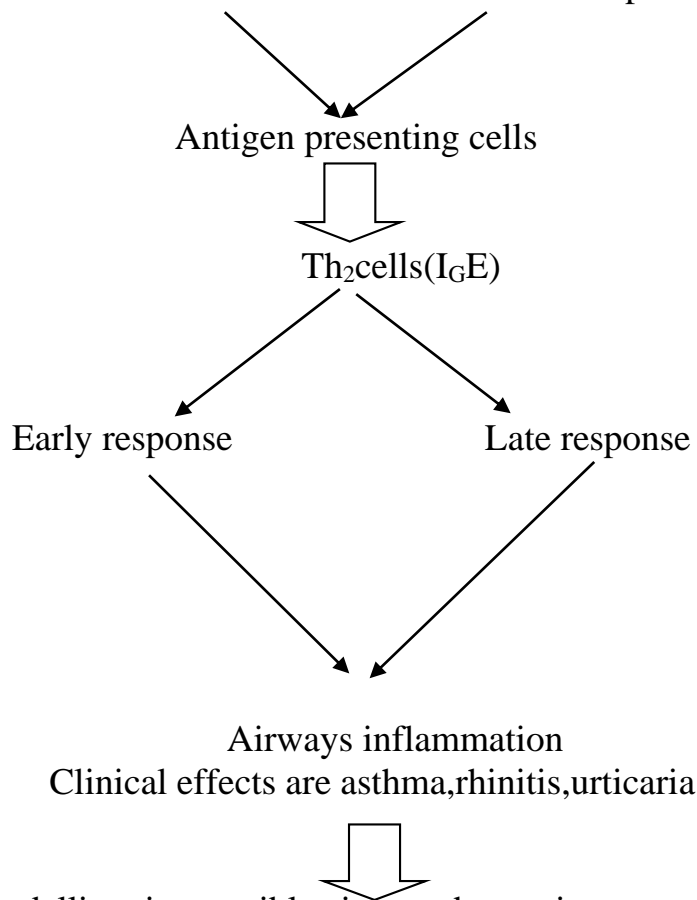
Predisposing factors-Endogenous factor such as-genetic predisposition ,atopy ,airway hypersensitivity ,ethnicity ,obesity ,early viral infections.

Exogenous factors –Indoor/outdoor allergens, occupation ,respiratory infections ,diet and drug ,air pollution ,dampness ,mould exposure⁽⁷⁾.

Clinical features-Acc to GINA ,Asthma is a heterogenous disease usually characterised by symptoms as-wheezing ,breathlessness,chest tightness ,coughing and variable expiratory airflow limitation⁽⁵⁾.

Typical physical signs are inspiratory,expiratory ronchi through chest, hyperinflation of chest and use of accessory muscles.No abnormal physical findings when asthma is in control.⁽⁷⁾During symptom free period lower airways inflammation of mucosa is persistent but bronchospasm are intermittent.⁽⁵⁾

Pathogenesis- Environmental factor + Genetic susceptibility⁽⁵⁾



- 1) Airways remodelling ,irreversible airway obstruction
- 2) Normal airway mucosa ,reversible airways obstruction⁽⁵⁾

ICD10-Asthma is listed in ICD10- J45 under diagnostic code.

Classification- Depend on severity of exacerbation asthma is classified as

- 1) Intermittent-Symptoms < once a week, nocturnal symptom < twice a month, PEF or FEV₁ > 80%
- 2) Mild Persistent-Symptoms > once a week ,sleep and activity affected, nocturnal > twice a month ,PEF or FEV₁ > 80%.
- 3) Moderate Persistent-Symptoms daily ,daily use of inhaled short acting B₂ agonist ,FEV₁ or PEF-60%-80%.
- 4) Severe Persistent-Symptoms daily, frequent exacerbation, physical activities limitation, FEV₁ or PEF < 60% predicted.⁽¹⁰⁾

Conventional Management- It includes use of inhaled short acting B₂ adrenoceptors , Inhalers , Oral corticosteroids and oxygen support in uncontrolled asthma.⁽⁴⁾

Homoeopathic management- It includes the understanding of nature of exciting cause of bronchial asthma as well as underlying fundamental cause, which is usually due to the chronic miasm. It serves as soil for disease to grow⁽¹⁾. On the basis of origin bronchial asthma has two types of miasmatic background-1) Acquired-Psoric origin (2) Genetic-Sycotic origin . In an individual acute exacerbation of latent chronic state have been brought by exciting factors or triggering factors⁽¹⁾. The susceptibility of an

individual varies according to age , sex, and other factors⁽¹²⁾ which plays an important role in disease exacerbation.^(11,13) Many homoeopathic medicines are mentioned under asthma are Ambra ,arsenic ,arsenic-iodum ,Blatta-americana ,sambucus, ammonium carb, ipecac, kali –arsenicum, kali-carbonicum, sulphur, silicea, pulsatilla, spongia, lobelia, stramonium⁽¹³⁾.

Conclusion- Research evidence in homoeopathy for bronchial asthma is limited⁽⁶⁾. In spite of management ,the prevalence of bronchial asthma increases by 50% in every 10 year⁽⁶⁾. Current guideline defines asthma control as-no limitation of activities ,no nocturnal symptoms ,no need of rescue therapy ,no exacerbation and normal lung function.⁽¹⁵⁾ Many observational studies were carried out in homoeopathic management of asthma.⁽²⁾ Homoeopathy has a great effectiveness in treating various disease individually.⁽¹²⁾ When similimum dose of medicine is given to the patient individually ,it suspends the influx(cause)and cure the disease.⁽¹²⁾

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