



ORIGINAL RESEARCH PAPER

Homeopathy

BROAD SPECTRUM BRONCHODIALATORS IN HOMOEOPATHY

KEY WORDS:

Prof(Dr) Rolly Mishra*

HOD in Pathology Dept at Bakson HMC & Hospital. *Corresponding Author

Asst. Prof. (Dr.) Parul

Asst. Prof. in Materia Medica Dept at Bakson HMC & Hospital, Greater Noida.

INTRODUCTION

Bronchodilators are often used to treat long-term conditions where the airways may become narrow and inflamed.

This includes:

ASTHMA – a condition of lungs caused by inflammation of the airways

Chronic Obstructive Pulmonary Disease (COPD) – A lung disease that blocks the airways.

ASTHMA

It is chronic inflammation of airway hyper-responsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing, particularly at night and in the early morning. The potential role of environmental factors indoor and outdoor allergens, microbial exposure, diet, vitamins, tobacco smoke, air pollution and obesity have been explored.

Classification:

Asthma is clinically classified according to the various symptoms depend upon forced expiratory volume in one second (FEV₁), and peak expiratory flow rate.

Asthma may be differentiated on basis of symptoms precipitated by allergen or not into atopic (extrinsic) or non-atopic (intrinsic).

Extrinsic/Early Onset Asthma

- With external precipitating factor
- Have other symptoms present like urticaria, eczema, allergic rhinitis
- Family history of asthma
- Better prognosis

Intrinsic Asthma / late onset

- Without definable relation to environmental antigen
- After 30 yrs
- normal serum IgE level
- But show high frequency of eosinophilia, aspirin sensitivity, nasal polyposis
- They usually have more severe, persistent asthma. Little is known about mechanism, but the immunopathological change in bronchial biopsies and sputum appears to be identical to that found in atopic asthma.
- Local production of IgE level is increased is shown by many recent studies.

In persistent asthma, a chronic and complex inflammatory response ensues, characterised by an influx of numerous inflammatory cells, the transformation and participation of airway structural cells, and the secretion of an array of cytokines, chemokines and growth factors.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is defined as a preventable and treatable disease characterised by persistent respiratory symptoms and airflow limitation that is due to airway and/or alveolar

abnormalities, usually caused by significant exposure to noxious particles or gases.

COPD includes chronic bronchitis and emphysema –

- Chronic bronchitis is defined as cough and sputum for at least 3 consecutive months in 2 consecutive years.
- Emphysema is abnormal permanent enlargement of the airspaces which is distal to the terminal bronchiole and it is always accompanied by destruction of their walls.

COMMON AND RARELY USED BRONCHO DILATOR IN HOMEOPATHY

1. AMMONIUM CAUSTICUM:

Difficult breathing, accumulation of mucus in incessant coughing. Uvula covered with white mucus. Spasm of the glottis with suffocation, patient gasps for breath. Pain in oesophagus on breathing deeply.

2. ARALIA RACEMOSA:

This remedy affects respiration causing asthmatic condition with coughing, worse lying down. Dry cough coming on after first sleep, about middle of night. Raw, burning feeling behind the sternum. Asthma on lying down at night with spasmodic cough, worse after first sleep with tickling in throat. Constriction of chest, feels as if a foreign body were in throat. Obstruction worse in spring. Whistling breathing. Salty expectoration feels warm in mouth. The least current of air causing sneezing with copious watery, excoriating nasal discharge of salty acrid taste.

3. ASAFOETIDA:

Asthmatic attacks at least once in a day, worse bodily exertion, sex, satisfying meals. Spasm of the glottis, alternating with contraction of finger and toes. Sensation as if peristaltic motion were reversed and oesophagus were driven from stomach to throat. Sensation as if a ball rises in throat. Globus hystericus. Everything presses towards throat. Spasm of gullet and stomach.

4. ASARIUM EUROPAEUM:

frequent cough followed by difficult breathing; cough caused by deep inspiration.

5. ASPIDOSPERMA:

As effective remedy in asthma used Q potencies by many homeopaths as a palliative. It improves oxygenation.

6. BLATTA ORIENTALIS:

asthma associated with bronchitis, suitable for fatty people, cough associated with dyspnea. Blumea odorata: barking like cough controls hoarseness due to cough.

7. BOERHAVIA DIFFUSA:

indicated for dry cough as well as cough with whitish thick expectoration.

8. EPHEDRA VULGARIS:

mother tincture is used to control asthmatic attack; in reduced doses it is also helpful in pulmonary heart disease

9. ERIODICTYON CALIFORNIA:

Asthmatic with accumulation of mucus with considerable emaciation and fever.

10. CISTUS CANADENSIS:

Asthmatic after lying down ,preceeded by formication larynx and trachea feels cool on inhaling cold air. Expectoration of quantities of glarry ,tenacious mucus , on lying down.Trachea feels narrow and breathing becomes difficult preceeded by formication. Chest feels raw after expectoration. Breath tongue throat feels cold. Soft , spongy feeling , itching in the throat. Throat, very dry and becomes sore on inhaling least cold air. Uvula and tonsils swollen. A small dry spot in throat must sip water frequently .hawking of mucus . head drawn to one side by swelling in neck. Pains when coughing. Glands swollen and suppurating.

11. COCA-COCA:

is prescribed where there is want of breath or shortness of breath. Coca is especially useful for aged sports men and alcoholics. There is hoarseness and loss of voice and dyspnea.

12. COPAIVA OFFICINALIS:

Oppression of chest and laboured breathing, pressure in sternum.

13. CURARE:

it is prescribed where there is threatened cessation of respiration on falling asleep. Other symptoms are short breath, short dry cough, very distressing dyspnea.

14. GADUS MORRHUA:

Rapid breathing ,with flapping of alae nasi ,rush of blood to the chest , pain in the lings with cough, dry heat in palms.

15. GLYCYRRHIZA GLABRA:

used as expectorant, prevents recurrent respiratory infections.

16. IODOFORMIUM:

Cough and wheezing on going to bed ,haemoptysis. Asthmatic breathing .cough from the dryness of throat. Smothering sensation .respiration irregular , deep inspiration alternating with apnea. Aphonic disturbance of voice. Stitching in right side of throat. Dryness of throat with bitter taste , dryness with rawness swallowing.

17. IBERIS AMARA:

Dysnea and palpitation on going upstairs. Heart dysnea , shortness of breath. Constant desire to draw breath without relief. Respiration more frequent and laboured. Cough causes redness of face. Pulmonary rattle with viscous , stringy sputum. Constant hawking of thick ,stringy mucus until after a meal.

18. ICTODES FOETIDA:

Dust aggravate, after bowel movement.

19. JUSTICIA ADHATODA:

violent cough with tough expectoration and tightness of chest;great fear of suffocation ; usually cough associated with vomiting.

20. KISSINGEN:

Mucus in throat ,contraction , neck glands swollen. More hoarse than usual frequent expectoration of mucus. Tightness of chest. Pressure on chest(L). Stiches in breast(L).

21. MANGUNUM:

cannot lie on soft bed, bruised pain in upper part of chest , amel.Raising head.

22. MEPHITIS PUTORIOUS:

Asthma for drunkards.

23. NAPHTHALENE:

It is prescribed where there is dyspnea and sighing respiration. Naphthalene is useful for emphysema of the aged with asthma. There is long and continued paroxysms of coughing and tenacious expectoration.

24. POPULUS CANDICANS:

Sits band forward with dry cough. Cough of children caused by naso pharyngeal catarrh, mucus drops from posterior sinuses. Dry cough when tired.cough caused by cob webs in his throat. Suffocation. Breathing dry , asthmatic with dyspnea.Sits bend forward , worse lifting arms

25. POTHOS FOETIDUS:

a clinically useful drug in allergic rhinitis and bronchial asthma. Asthma worse from any inhalation of dust.

26. RUMEX CRISPUS:

cough usually with headache worse eating , in the evening and on lying down.

27. SINAPIS NIGRA:

Asthmatic breathing. Loud coughing spells with barking expiration. Cough is relieved by lying down. Cough mostly dry or with expectoration of lumps of mucus worse in cold air, better lying down. Expectoration from posterior sinuses , much mucus ,which felt cold, white and tenacious masses. asphyxia .pituitous asthma.

28. SAMBUCUS NIGRA:

Spasmodic croup. Asthma. Sudden suffocation or strangling on falling to sleep or waking him at mid night with violent sweat. Child awakes suddenly nearly suffocating sits up, turns blue, paroxymal , suffocative cough, coming on about mid night with crying and dyspnea. Dry coryza. Sniffles of infants, nose dry obstructed. Loose choaking cough. Cannot expire . nursing child must let go of nipple, noser blocked up, cannpn braeh.Spells of coughing, before fever. whistling breathing.

29. RUMEX CRISPUS:

Suffocative choking tickling in throat pit causes cough copious mucus discharge from nose and trachea.Dyspnea on retiring.Dry , teasing cough, preventing sleep. Worse by pressure , talking . worse by inspiring cool air and at night. Breathing, worse in wind. cough better closing the mouth or covering the head, worse lying on left side. Profuse froathy , thin expectoration. Expectoration, stringy and tough by the mouth full. Cough provoked by changing rooms, by change from cold to warm and warm to cold. Barking cough. Cough come regularly at 11 pm, 2 and 5 am, children. Cough daytime only. Cough worse during early pregnancy many causes miscarriage.

30. STROPHANTUS HISPIDUS:

Edema of lungs. Bronchial and cardiac asthma. Expectoration of bright red blood. Cough worse by lying down breathing deep , difficult , thirsty for air, feeling of dryness in the mucus membrane, aggravated by movement.

31. VALERIANA:

Choking in throat on falling asleep. Wakes as if suffocating. Spasmodic asthma , convulsive movements of the diaphragm. Obstructed respiration and anguish in chest.

32. STICTA PULMONARIA:

Bronchitis. Trachitis, facilitates expectoration. coughing is worse inspiration, towards evening and when tired. Incessant dry hacking cough prevents sleep. Dry hacking cough during night, worse inspiration. Loose cough in morning. Cough after measles.tickling high up in pharynx. Cough after influenza after whooping cough. Cough barking. worse night and morning. air passages numb.

REFERENCES:

1. Robin murphy; Lotus Materia medica, B.Jain Publishers Pvt. Ltd, Reprint

- edition:2004,2006.
2. Allen H.C.; keynotes and characteristics with comparisons of some of the leading remedies of the Materia medica with bowel nosodes, B.Jain publishers Pvt.Ltd, eighth edition.
 3. Kent J.T.; Lectures on homeopathic Materia medica , B.Jain publishers Pvt.Ltd., reprint edition;2005.
 4. Clarke J.H; A Dictionary of practical Materia medica , B. Jain publishers Pvt. Ltd.,reprint edition 2000.
 5. William Boericke; New manual of homeopathic materia medica and repertory, B.Jain Publishers Pvt.Ltd, Ninth edition.
 6. Phatak S.R.; Materia medica of homeopathic medicine, B.Jain Publishers Pvt. Ltd, Revised edition :1999.