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ARTICLE

Title: Asthma and its homoeopathic management

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ABSTRACT

Asthma is a condition in which airways become inflamed, narrowed and which makes patient difficult to breathe. In this article, Asthma along with its homoeopathic management is discussed. Homoeopathy treats the patient not the disease with the holistic approach and makes patients life healthy.

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INTRODUCTION

Asthma is a disease which is characterized by airway hyperresponsiveness usually along with by airway inflammation.

In most the cases, the airway obstacle is reversible, but in a subset of asthmatics, a part of the obstacle may become irreversible.^[1]

Asthma is more frequent in children than adults. The ratio of male to female is 2:1, and females are more prone towards it in adulthood. In few patients, asthma resolves when they enter adulthood only to recur later in life. In 2016 in united states 1.8 million people reached to hospital in emergency department.^[1]

Risk factors for the development of asthma is air pollution, obesity, infection, acute irritants, reactive airway dysfunction syndrome, and occupational exposure.^[1]

PATHOPHYSIOLOGY

When the inhaled allergen comes via the epithelium cells in the bronchioles then they activate the dendritic cells and then they engulf and kill the allergen just like macrophage. when allergen contact with columnar epithelial cells then it releases a substance which is thymic stromal lymphocytes its work is to attract t-helper 2 cells and stimulate the most cells for the release of histamine again t-helper 2 cell is stimulated also plasma cells for the production of the IgE antibody stimulation done with the help of Interlukin-13 and Interlukin-4. they both promote IgE production. Antibodies go to the mast cell to make the complex. T-helper-2 cell is also do stimulated by interleukin -5 for the promote eosinophil production in the bone marrow and this eosinophil goes to columnar epithelial cells and cause inflammation. And mast cell release, histamine, prostaglandin, and leukotriene and because of this production it causes smooth muscles airways become inflamed and cause bronchoconstriction.^[1]

CLINICAL FEATURE^[2]

1. Chest Tightness
2. Cough
3. Breathlessness
4. Fatigue
5. Recurrent episode of wheezing
6. Sinus Headache
7. Runny or Blocked nose

INVESTIGATION

1. **Complete Blood Count (CBC):** In CBC peripheral blood eosinophil level of $0.3 \times 10^9/\text{mm}^3$ or greater.^[5]
2. **Allergy Test:** IgE levels $>1000\text{IV}/\text{mL}$ should immediate consideration of allergies bronchopulmonary aspergillosis.^[1]
3. **Sputum Analysis:** Shows eosinophilic airway inflammation despite lack of peripheral eosinophils on blood analysis.^[1]

DIFFERENTIAL DIAGNOSIS^[1]

(i) **Gastroesophageal Reflux Disease:** It anticipates poor quality of life and is an independent predictor of asthma exacerbations.

(ii) **Rhinosinusitis or Nasal Polyposis:** Rhinosinusitis may be a display of the eosinophilic inflammation in the lower airway in asthma.

(iii) **Vocal Cord Dysfunction:** Its known as inducible involves unfitting narrowing of the larynx; producing resistance to airflow.

(iv) **Anxiety/Depression:** Increased rates of asthma exacerbations occur in asthmatics with anxiety, depression, or chronic stress. Few patients may be unable to differentiate anxiety from asthma.

GENERAL MANAGEMENT

Medical aid and management of asthma with the help of medicine is always manageable to treat the patient's suffering and complaints. Avoid polluted air, dust, animal danders, smoking, do yoga and chest exercise.

HOMEOPATHIC MEDICINES

1. **BRYONIA ALBA** – Cough is dry, and spasmodic with vomiting and stitches in the side of the chest. Aggravates after eating, drinking, and entering a warm room.^[4]
2. **ANTIMONIUM TARTARICUM-** Hoarseness, the great rattling of mucus very little is expelled out difficulty in breathing. Cough excited by eating, with pain in the chest and larynx.^[3]
3. **ARSENICUM ALBUM-** Suffocative catarrh. Asthma worse at midnight. Expectoration of cough is, scanty, frothy, wheezing respiration. The cough aggravates after midnight, lying on back.^[3]

4. **NATRUM SULPHURICUM** - Dyspnea during damp weather. Cough with thick ropy, greenish expectoration. Pain through the lower left chest.^[3]
5. **LYCOPODIUM CLAVATUM** - Dyspnea, tickling cough tensive, constrictive, burning pain in the chest. Expectoration gray, bloody, purulent, salty.^[3]
6. **COCCULUS INDICUS** - Shortness of breath, who tobacco and whisky in excess. Want of breath.^[4]
7. **IPECACUANHA** - Violent dyspnea with wheezing and difficulty breathing from the least exercise cough is dry, spasmodic, and constricted in asthma.^[4]
8. **CUPRUM METALLICUM** - Suffocative, spasmodic cough. Breathless, blue face, rigid, stiffness.^[4]
9. **STANNUM METALLICUM** - Great weakness in the chest, aggravated by talking, laughing, and reading aloud. The cough is deep, hollow, shattering, strangling empty sensation in the chest. Expectoration is profuse, like the white of an egg, salty, and putrid during the day.^[4]
10. **APIS MELLIFICA** - Dyspnea, hurried breathing.^[3]

CONCLUSION

Asthma is very well manageable by the homoeopathic treatment with the help of case taking of the patient and the individualization of the patient and makes life healthy.

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