

The Miasmatic Approach in the Management of Bronchial Asthma in Homoeopathy

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ABSTRACT:

Bronchial asthma is a chronic obstructive disease of airways affecting bronchi, resulting in bronchoconstriction, tightening of chest and airway inflammation. Asthma remains a disease with clearly unsatisfactory therapeutics. With the mounting evidence in support of asthma being an inflammatory illness, anti-inflammatory agents have now become prerequisite for the long-term management of asthma. Along with anti-inflammatory agents, there is a need to search for other effective therapies to treat every aspect of the disease. Although asthma is a global disease, there are important differences in epidemiology, clinical spectrum and management practices in India.

Keywords: Bronchial Asthma, Assessment, Homoeopathy.

INTRODUCTION

Homoeopathy is the most modern system of treatment in the world. The founder Master Samuel Hahnemann advocated the concept of similar remedy, minimum dose and rapid cure of the patient. Homoeopathy is also very useful in managing bronchial asthma. Asthma is a condition in which This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath. For some people, asthma is a minor nuisance. Asthma can't be cured, but its symptoms can be controlled. Because asthma often changes over time, it's important that you work with your doctor to track your signs and symptoms and adjust your treatment as needed. Asthma is one of the major public health problems for developed and developing countries. Worldwide, it is estimated that 300 million people are affected with bronchial asthma. India has an estimated 15-20 million asthmatics with a prevalence of about 10% and 15% in 5 to 11 year old children. Asthma prevalence is increasing despite the recent advances in its management including understanding the inflammatory nature of the disease, use of steroids with add-on long acting bronchodilators, use of devices to deliver the medications more appropriately and appreciation of the value of self-management education. The human and economic burden associated with this condition is severe and the costs of asthma treatment to society could be reduced to a large extent through concerted international and national action. A chronic inflammatory condition characterised by airway hyperresponsiveness to a variety of stimuli largely of allergic origin with reversible airflow limitation, symptoms of asthma exhibited are wheezing, shortness of breath and cough. It is a major cause of impaired quality of life with impact on work and recreational as well as physical activities and emotions. Current (day-to-day) control of asthma includes achievement of symptom improvement in activity, and improvement in lung function.

Homoeopathy is the second most widely used CAM in healthcare systems according to the World Health Organization. Studies have shown that homoeopathic treatment for respiratory diseases was associated with a significant reduction in the use and costs of conventional drugs. It is required to prove the efficacy of Homoeopathy in asthma, there is a need for observational data to document the different methods of homoeopathic prescribing and how patients respond. Central Council for Research in Homoeopathy has conducted several studies to evaluate the therapeutic usefulness of homoeopathic medicines in the management of Asthma and has published vast literature on asthma including observational studies, case reports, theoretical compilations, literary research and personal experiences. The objective of this review is to analysis the research work done by the Council Till date in the field of asthma and the future research required to be undertaken in this less explored area .Analysis of these studies unveil the management strategy for asthma through Homoeopathy during the acute exacerbations, remission period and in patients already on anti-allergic and bronchodilators. The need at present is to conduct future research of pragmatic design to further evaluate available evidence. Homoeopathy is a system of medicine with a holistic concept based on Law of similia and treating the patient as a whole. In Homoeopathy the indicated medicine is selected after the individualization of the patient based on the totality of symptoms. Homoeopathic medicines are effective in managing chronic diseases and also can prevent the further progression of the disease in a most reliable and most harmless way.

Miasmatic Approach: Our Master Hahnemann said to treat patients not the disease and considers the patient as a whole and not the diseased part. Medicines are selected after detailed case taking on the basis of totality of symptoms. In 5 th aphorism Hahnemann describes the significance of case taking in short.(63) Among the disease classification of Hahnemann, asthma comes under true natural chronic disease caused by the chronic miasms. It is also excited by a number of precipitating and maintaining factors and influenced by genetic family history. Asthma can be considered as intermittent disease as it recurs at regular intervals in some patients. Similarly it can be regarded as alternating disease as they sometimes alternate with skin diseases. Asthma can be caused by psora, syphilis, sycosis or the combinations of these. In 80th aphorism, Hahnemann says ‘the monstrous internal chronic miasm- the psora, the real fundamental cause and producer of all other numerous diseases including asthma and ulceration of lungs etc’. Intermittent tendency of asthma is due to psora and alternating tendency may be due to psora or psora complicated with syphilis. According to all investigations only the chronic miasms are found, the diseases caused by which manifest themselves through local symptoms and from which most, in front all, the chronic diseases originate; namely first, syphilis, which I have also called the venereal chancre disease; then sycosis, or the fig wart disease, and finally the chronic disease which lies at the foundation of the eruption of itch; i.e. the psora; which I shall treat of first as the most important. That the original malady that I was looking for had to be of a miasmatic– chronic nature, was obvious to me, because it was never conquered by the force of a robust constitution, never beaten by the healthiest diet or regimen of life, never died down on its own accord, but with the passing of the years, becomes worse and shows more and more alarming symptoms, till the end of life, as in every chronic miasmatic disease”.

Treatment of asthma depends upon the severity of the disease. In mild to moderate cases medicines are sufficient to control it. But in severe attacks, immediate medical consultation with vigorous intervention is required. In the allopathic system of medicine there is no cure for Asthma. But Homoeopathy claims to cure it permanently. The medicines are selected according to individualization of every patient and symptoms similarity with the medicine. Following are the common homoeopathic medicines used in the

cases of asthma: Antimonium tartaricum, Arsenicum Album, Cuprum Metallicum, Ipecacuhana, Kali carb, Natrum sulphuricum, Pulsatilla Nigricans, Silicea, Thuja occidentalis.

REVIEW OF LITERATURE

Bronchial asthma: When people talk about bronchial asthma, they are really talking about asthma, a chronic inflammatory disease of the airways that causes periodic "attacks" of coughing, wheezing, shortness of breath, and chest tightness. Allergies are strongly linked to asthma and to other respiratory diseases such as chronic sinusitis, middle ear infections, and nasal polyps. Most interestingly, a recent analysis of people with asthma showed that those who had both allergies and asthma were much more likely to have nighttime awakening due to asthma, miss work because of asthma, and require more powerful medication to control their symptoms. Asthma is associated with mast cells, eosinophils, and T lymphocytes. Mast cells are the allergy-causing cells that release chemicals like histamine. Histamine is the substance that causes nasal Eosinophils, a type of white blood cell associated with allergic disease. T lymphocytes are also white blood cells associated with allergy and inflammation.

VIEWS ABOUT MIASMS: SAMUEL HAHNEMANN: Aphorism 78: The true natural chronic diseases are those that arise from a chronic Miasm, which when left to themselves, and unchecked by the employment of those remedies that are specific for them, always go on increasing and growing worse, notwithstanding the best mental and corporeal regimen, and torment the patient to the end of his life with ever aggravated sufferings. These are the most numerous and greatest scourges of the human race; for the most robust constitution, the best regulated mode of living and the vigorous energy of the vital force are insufficient for their eradication. Throughout the whole urinary tract, we find latent symptoms of all miasms. Psora and sycosis take an active part in production of disease in these organs.

PSORA Usually affects the upper respiratory tract. The natural curves of the chest remain unchanged. Respiratory complaints with a sensation of burning and band around the chest, aggravated during winter and from cold and they are ameliorated by warmth in general and appearance of natural discharges. There will be associated anxiety and apprehension.

SYCOSIS In sycosis, there will be oedematous appearance of nose, uvula, tonsils etc. with hypertrophy of nasal turbinate and dilatation of bronchi and bronchioles. Stitching and aching pains are usually relieved by pressure. Sycotic asthma is usually aggravated in humid moist weather, changes in weather and during rainy seasons with restlessness. Asthma presents with profuse expectoration aggravated in early morning compelling the patient to move about and relieved by lying on the abdomen. Prolonged and teasing cough required to raise a few amount of expectancy (yellow).

SYPHILIS Syphilitic patient experiences sensation of rawness and soreness; feels worse at night and during the morning. Hoarseness and paroxysmal cough with sticky thread/ pus like putrid expectoration. Dyspnoea before and going to bed or while lying down.

TUBERCULAR Tubercular patients are poor breathers resulting in laboured respiration. Curves and lines of the chest are imperfect (pigeon chest). Chest cannot expand fully as the expansive power of lungs is greatly diminished. Symptoms are worse at night and aggravated from cold air and from milk and relieved by open air and epistaxis. Sensation of mucus stuck in the throat with tickling. Dry, deep and prolonged coughs induce headaches or the whole body is shaken by explosive paroxysms. Dyspnoea present on ascending stairs with weakness and debility.

ACCORDING TO S.P DEY

Fundamental causes:

A) Sycosis: History of bronchial asthma in the family (paternal or maternal side) without any history or manifestation of allergy is suggestive of hereditary psychosis as the basic cause the bronchial tree is set into spasm or narrowing from slightest cold without any apparent cause. It appears as if there is a lack of coordination in the system as manifested in the action of the tracheobronchial tree.

B) Syco-syphilis: History of syphilitic miasmatic state in the family with symptoms of latent syphilis and developed psychosis in the patient is suggestive of syco- syphilis.

(C) Psora: Hypersensitivity of the tracheobronchial tree to any allergen indicates psora as the basic cause. This is often associated with a family or personal history of allergic diseases. e.g. urticaria rhinitis, allergic eczema etc. This may further be confirmed by positive skin test and increased level of IgE in the serum. Chronic bronchitis resulting from simple hypersensitivity to cold also belongs to this group.

(D) Mixed miasmatic state : In some cases (though rare), a combination of all the above mentioned factors may be present making the state much more complicated and difficult to diagnose as also to treatment.

The miasmatic chronic diseases theory: In his chronic diseases book, Hahnemann expounded that the homoeopathic physician in all cases of chronic disease, has not only to fight against the disease presented before eyes and also must not view and treat it as if it were a well-defined disease but that one has always to encounter some separate fragment of a more deep-seated original diseases. And therefore, before we hope to discover one or more medicines that covers the totality, we must first find out as far as possible the whole extent of all the accidents and symptoms belonging to the unknown primitive malady which may homoeopathically cover the whole of the original disease by means of its peculiar symptoms. After twelve years of his careful investigation and observation, he discovered that the obstacle to cure of many cases which seemed very often to lie in a former eruption of itch, which was not unfrequently confessed and the beginning of all the subsequent sufferings usually dated from that time and after a careful inquiry it usually turned out that little traces of it (small pustules of itch, herpes, etc) had showed themselves with them from time to time, even if but rarely, as an indubitable sign of a former infection of this kind. Against this original malady he called by the general name of psora against the internal itch disease with or without its attendant eruption on the skin. He also stated that they must therefore all have for their origin and foundation constant chronic miasms whereby their parasitical existence in the human organism is enabled to continually rise and grow and according to all investigations, in Europe and also on other continents only three chronic miasms are found, which manifest themselves the disease through local symptoms and most if not all chronic diseases originate namely, first syphilis which is more widely spread and for three and half (now four) centuries has been the source of many other chronic ailments. In 1514, De Vigo first described characteristic hard chancre of syphilis and non-syphilitic condyloma as differentiated in 1563. Then psychosis or the fig-wart disease which spread widely during Napoleonic wars but later became rare and finally psora which lies at the foundation of the eruption of itch. According to the modern medical dictionary, the word psora derived from Hebraic origin as tsorat denotes: scabies or psoriasis, itch dyscrasia, leprosy or to great plagues. In the aphorism no. 80 of Organon of Medicine, He defined Psora as the monstrous internal chronic miasm, which is the only real fundamental cause and producer of all the other numerous form diseases (after the completion of internal infection) reveals by a peculiar cutaneous eruption sometimes with only few vesicles accompanied by intolerable voluptuous tickling, itching and peculiar odour. Sycosis (the condylomatous disease) is a chronic miasmatic diseases of a peculiar character which reveals its specific internal dyscrasia by cauliflower like growth (in syphilis by venereal chancre)

after the completion of the internal infection of the whole organism. Many physicians including Hahnemann commonly observed that new ailments with greater vigour or deep seated diseases results from suppression of prior ailments whenever a strong medicinal substance is prescribed for quick relief of disease symptoms. Gradually, he discovered an effective means of this original malady an antipsoric medicines such as Sulphur, HeparSulph., Sepia, Phosphorus, Lycopodium, Calcarea Carb., Silicea, Baryta carb., Carbo veg., Carbo animalis, Graphitis, etc in the treatment of psoric miasm. To cure sycotic miasm, he indicated the use of Thuja (if further repetition required then other potencies like viii.,vi.,v.,ii. are used most efficiently for a change of the modification of remedy will facilitate and strengthen its ability of affecting the vital force) alternating with Nitric Acid (after 15,20,30,40 days when the former dose of action has exhausted) .

HOMOEOPATHIC MEDICINE FOR ASTHMA

The leading homoeopathic medicines to treat asthma are Arsenic Album, SpongiaTosta, AntimoniumTartaricum, Natrum Sulphuricum, BlattaOrientalis, HeparSulph and Ipecac

1. ARSENIC ALBUM

The symptoms indicative of use of Arsenic Album in asthma is shortness of breath that gets worse after coughing. Other symptoms are wheezing and suffocative cough with frothy mucus. Asthma that gets worse around 12 am-1 am is also treated well with this medicine. Another important guiding feature for using Arsenic Album is asthma which alternates with skin rash or eczema. Great difficulty while breathing, with whistling and cough getting worse at midnight calls for use of Arsenic Album. If the symptoms match, it can be administered in 30C potency, which can be repeated 2 times in a day. If there is no improvement at all with low potency, then it is advisable to consult a good homoeopath before taking 200C .

2. SPONGIA TOSTA

SpongiaTosta works well for asthma with short and tough respiration, and panting. Along with difficult respiration, whistling from the chest on inhalation is noted. The cough is attended with extreme dryness of all the air passages. The cough, in this case, is deep, dry, barking, hacking type. In most cases, warm drinks bring relief from cough. Breathing is troublesome, difficult and panting along with suffocative (dry) cough are the explanatory indications for this remedy. It is best to start in 30C potency, and can be taken once or twice in a day. It can also be taken in high (200C) potency. But one should clearly observe the symptoms before taking in high potency.

3. ANTIMONIUMTARTARICUM – For Asthma With Shortness Of Breath And Rattling Cough AntimoniumTartaricum is an excellent remedy for asthma with rapid, short and difficult breathing as if gasping for air. The suffocation worsens on lying down, with a need to sit up. The cough is loose, there is excessive rattling and the lungs feel full of mucus. Mucus from the lungs comes out with much difficulty. Sometimes there is dizziness present along with cough. It gets better by lying on the right side and worse from cold and damp weather.

4. NATRUM SULPHURICUM

Natrum Sulphuricum is the most helpful medicine for difficult breathing in damp weather. The cough with thick, ropy, green phlegm is present. Natrum Sulphuricum also works well in humid conditions and when asthma worsens around 4 am and 5 am. Natrum Sulphuricum is also among the top-grade remedies for treating asthma in children. It is helpful in cases with shortness of breath, tickling in the throat with greenish expectoration. It is commonly used in biochemic form in ‘6X potency’ and is taken in tablet form. The frequency and number of tablets depend on the severity of symptoms. Unless recommended, it can be taken

3-4 times a day. It is advisable to contact your homoeopathic doctor if there is no noticeable improvement after taking medicine. It is also well indicated where there is a strong family history of asthma cases.

5. Blatta Orientalis remedy is for asthma triggered by dust.

Blatta Orientalis is prescribed for shortness of breath, suffocative cough with difficult respiration and yellow, pus-like mucus. It can also be given for asthma triggered in rainy weather. It is the perfect remedy for those whose asthma is accompanied by laboured breathing with obstructive cough. Mother tincture is best to start with, which can be repeated 1-2 times a day. But can be taken in 30C and 200C if there are not many changes. Usually, 1M potency is not recommended, until prescribed by an experienced physician.

6. HEPAR SULPHURICUM

Hepar sulphur acts wonderfully in asthma attacks, difficult respiration, whistling, wheezing, and preventing sleep at night with copious mucus expectoration. Yellow or whitish dirty mucus can also be present. Ailments get worse by cold air or slight draught of air and gets better from covering up and heat/warmth. The main characteristic symptoms are difficulty in breathing with deep, wheezing along with choking cough. Potency and dosage depend on age, causative factors and symptoms of the patient. In the majority of cases, it can be administered in 30C potency 3-4 times in a day. 200C can be taken once or twice in a day. 1M is used in very rare conditions.

7. IPECACUANHA

Ipecac is used to treat repeated attacks of asthma with difficult shortness of breath and gasping for air. There is wheezing cough with mucus which is not easy to expel, though the chest seems to be full with an inclination to vomit. It can be assisted in cases where wheezing type of cough is present. This remedy is particularly helpful in gagging coughs tough to bring up and expelled only by vomiting. Chiefly, it works well in low potency i.e. 30C; normally repetition of dosage is limited to once to twice a day. Higher potencies are not recommended until discussed with a physician.

CONCLUSION

Bronchial asthma is a term that is used interchangeably with asthma. Bronchial asthma is an unstable disease and the changeableness of exacerbations which causes the main problem for patients. Asthma exacerbations have been of clinical and economic importance. All types of asthma affect the tubes that bring air in and out of your lungs (bronchioles). In all types of asthma, an allergen, irritant, or other condition causes these bronchioles to swell and limits air movement. Children and Young people were more affected by this disease. Incidence of family history was more. Modern system of medicine only offers a palliative mode of treatment to the patients suffering from. Homoeopathy being a distinct mode of therapeutics offers curative treatment. The Homoeopathic medicines for bronchial asthma have to be specific to every individual person. That is the reason a detailed history is required to customise the treatment for bronchial asthma. The Homoeopathic treatment for bronchial asthma before and a detailed analysis and review of past treatments for asthma and medicines for asthma taken by patients.

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