



BRONCHIAL ASTHMA: A GLANCE USING COMPLETE REPERTORY

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Abstract - Bronchial asthma is a chronic obstructive pulmonary condition that impacts the airways, characterized by their constriction and thereby resulting in breathing difficulty. Despite of a high incidence and prevalence no permanent solution has been discovered by modern medicine for this cumbersome illness. Homoeopathy being a holistic science acts wonderfully in all chronic ailments. A wide range of medicines are mentioned in materia medica and repertory along with their indications. This manuscript contains information on few medicines useful in bronchial asthma.

KEYWORDS: Asthma, asphyxia, breathing, dyspnoea, homoeopathy

Introduction : Bronchial asthma is a persistent inflammatory condition affecting the airways, marked by heightened sensitivity and occasional obstruction of respiratory tract. Clinically characterized by breathlessness, diagnosis relies on a thorough assessment of symptoms, physical examination and pulmonary function tests, including assessment for reversibility and airway reactivity. The primary objective in managing asthma is to effectively control its symptoms over the long term. Inhaled corticosteroids form the foundation of ongoing treatment, complemented by preventive strategies and patient education. For swift relief during acute episodes, bronchodilators like beta2 sympathomimetics are employed which have only temporary benefits. Some research studies have shown the efficacy of homoeopathy in treating the same. Here is the list of homoeopathic medicines along with their indications and corresponding rubrics which can be considered for the management and treatment of bronchial asthma.

1. ACONITE

- Respiration asphyxia death apparent
- Asthmatic bronchial catarrh, with
- Asthmatic cold, from taking
- Asthmatic eruption suppressed, after
- Asthmatic excitement, with
- Asthmatic humid

- Asthmatic nervous
- Respiration difficult evening aggravation
- Respiration difficult anxiety, from

SYMPTOMS-

Oppressed breathing on least motion. Hoarse, dry, croupy cough; loud, labored breathing. Shortness of breath. Palpitation, with anxiety, fainting. Complaints from fear and taking cold.

2. ANTIMONIUM TARTARICUM-

- Asthmatic night
- Asthmatic; children in
- Asthmatic; coryza suppressed after
- Asthmatic expectoration amel.
- Asthmatic; sitting; up amel.
- Asthmatic catarrhal
- Asthmatic; convulsive, spasmodic
- Asthmatic; humid, moist, pituitosum

SYMPTOMS-

Great rattling of mucus, but very little is expectorated. Coughing and gasping consecutively. Bronchial tubes overloaded with mucus. Oedema and impending paralysis of lungs. Dyspnoea relieved by eructation. Cough and dyspnoea better lying on right side--(opposite Badiaga).

3. SENEGA-

- Asthmatic- periodical
- Asthmatic; old people in
- Asthmatic; convulsive spasmodic
- Chest- oppression- ascending agg.
- Respiration; asthmatic; ascending; bronchial

SYMPTOMS-

Cough often ends in a sneeze. Rattling in chest. Bronchial catarrh, with sore chest walls; much mucus; sensation of oppression and weight on chest. Difficult raising of tough, profuse mucus. Old asthmatics with congestive attacks. Exudations in Pleura. Pressure on chest as though lungs were forced back to spine.

4. ARSENICUM ALBUM

- Mind- sadness; asthmatic complaints with; die, as if he would
- Nose- coryza- asthmatic complaints with
- Asthmatic; morning on waking
- Asthmatic; afternoon; 2pm
- Asthmatic night; lying down aggravation
- Asthmatic; midnight after; 1am, 2am until
- Asthmatic night; midnight after; 2 h; jump out of bed; must
- Asthmatic; bending chest forward amelioration
- Asthmatic; drinks; warm, hot; amel.

SYMPTOMS-

Unable to lie down; fears suffocation. Air-passages constricted. Asthma worse midnight and lying on back. Expectoration scanty, frothy. Darting pain through upper third of right lung.

5. CARBO VEGETABILIS-

- Asthmatic; abdominal complaints with
- Asthmatic; air cold; amel.
- Asthmatic; eructations amel.
- Asthmatic; gallbladder complaints with
- Asthmatic; hernia diaphragmatica, with
- Asthmatic; measles after

SYMPTOMS-

Hoarseness; worse, evenings, talking; evening oppression of breathing, sore and raw chest. Asthma in aged with blue skin, with abdominal complaints.

6. ARALIA RACEMOSA

- Asthmatic night; lying down aggravation
- Nose- coryza; Asthmatic complaint with
- Asthmatic; sitting up amel.

SYMPTOMS-

Dry cough coming on after first sleep, about middle of night. 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.

7. ARSENIC IODATUM-

- Nose- hay fever, annual coryza; asthmatic complaints with
- Asthmatic; night; eleven pm
- Asthmatic; night; eleven pm; two am until

SYMPTOMS-

Slight hacking cough, with dry and stopped-up nostrils. Asthma worse from 11pm to 2 am

8. LOBELIA INFLATA-

- Stomach- indigestion; asthmatic complaint with
- Stomach; weakness; pit of Stomach; asthmatic complaint in
- Asthmatic; blueness with; face of
- Asthmatic; excitement emotional agg.
- Asthmatic; food warm agg.
- Asthmatic; room warm agg.

SYMPTOMS-

Asthma; attacks, with weakness, felt in pit of stomach and preceded by prickling all over.

9. ASPIDOSPERMA-

- Respiration- difficult- exertion after agg.

SYMPTOMS-

The digitalis of the lungs (Hale). Removes temporary obstruction to the oxidation of the blood by stimulating respiratory centres, increasing oxidation and excretion of carbonic acid.

Uremic dyspnoea. An effective remedy in many cases of asthma. It stimulates the respiratory centers and increases the oxygen in the blood. "Want of breath" during exertion is the guiding symptom.

Cardiac asthma.

10. BLATTA ORIENTALIS-

- Asthmatic; lying agg.
- Asthmatic; old people, in
- Asthmatic; weather ; damp, wet agg.
- Asthmatic; chronic

SYMPTOMS

A remedy for asthma. Especially when associated with bronchitis. Indicated after arsenic when it is insufficient.

11. SPONGIA-

- Asthmatic; bending; head; backward amel.
- Asthmatic; cold, from taking a
- Asthmatic; goiter in
- Asthmatic; heart ailments in
- Asthmatic; moon, full, agg.
- Asthmatic; convulsive, spasmodic

SYMPTOMS-

Respiration short, panting, difficult; feeling of a plug in larynx. Cough abates after eating or drinking, especially warm drinks. Asthmatic cough, worse cold air, with profuse expectoration and suffocation; worse, lying with head low and in hot room; relieved by bending head backward.

12. SAMBUCUS-

- Asthmatic; evening; lying down;agg.
- Asthmatic ; midnight after jumps out of bed
- Asthmatic; blueness with face of
- Asthmatic; fear fright from
- Asthmatic; lying agg. head low
- Asthmatic; sleep during coming on

SYMPTOMS-

Child awakes suddenly, nearly suffocating, sits up, turns blue. Cannot expire (Meph). Millar's asthma; aggravation during sleep.

13. CALCAREA CARBONICA-

- Asthmatic; ascending agg.
- Asthmatic; children in
- Asthmatic; dust from inspiring
- Asthmatic; exercise after
- Asthmatic; sitting agg.
- Asthmatic; recurrent

SYMPTOMS-

Calcarea patient is fat, fair and flabby . Fears loss of reason, misfortune, contagious diseases. Suffocating spells; tightness, burning and soreness in chest; worse going upstairs or slightest ascent, must sit down. Sharp pains in chest from before backwards. Chest very sensitive to touch, percussion or pressure.

14. PULSATILLA-

- Asthmatic; cold from taking a
- Asthmatic; eruptions suppressed after
- Asthmatic; menses during
- Asthmatic; menses suppression of after
- Asthmatic; urticaria from

SYMPTOMS-

Female remedy, especially for mild, gentle, yielding disposition. Sad, crying readily; weeps when talking; changeable, contradictory. The patient seeks the open air; always feels better there, even though she is chilly.

Dry cough in evening and at night; must sit up in bed to get relief; and loose cough in the morning. Short breath, anxiety, and palpitation when lying on left side. Asthma from suppressed eruptions.

15. SULPHUR

- Asthmatic; alternating with eruptions
- Asthmatic; alternating with gout
- Asthmatic; bed in
- Asthmatic; eruptions suppression after
- Asthmatic; heart complaints in
- Asthmatic; miners asthma from old dust

SYMPTOMS-

Dirty, filthy people, prone to skin affections. Aversion to being washed. General offensive character of discharge and exhalations. Very red lips and face, flushing easily. Difficult respiration; wants windows open. Oppression, as of a load on chest. Dyspnoea in middle of night, relieved by sitting up. Asthma; alternating with eruptions and gout.

16. NATRIUM MURIATICUM-

- Asthmatic; midnight after 2am
- Asthmatic; midnight after 3am about
- Asthmatic; heart complaints in
- Asthmatic; damp wet weather agg.

SYMPTOMS-

Emaciation when eating well most notable in neck. Great liability to take cold. Cough from a tickling in the pit of stomach, accompanied by stitches in liver and spurting of urine. Shortness of breath, especially on going upstairs. Asthma; midnight after 2am.

17. LACHESIS

- Asthmatic; climacteric period since
- Asthmatic; midnight after
- Asthmatic; expectoration amel.
- Asthmatic; flatulence from
- Asthmatic; heart complaints in
- Asthmatic; menses during; seizures in, waking her during sleep
- Asthmatic; hysterical
- Asthmatic; constitutionally

SYMPTOMS-

Sensation of suffocation and strangulation on lying down, particularly when anything is around throat; compels patient to spring from bed and rush for open window. Spasm of glottis; feels as if something ran from neck to larynx. Feels he must take a deep breath. Cramp-like distress in precordial region. Cough; dry, suffocative fits, tickling. Little secretion and much sensitiveness; worse, pressure on larynx, after sleep, open air. Breathing almost stops on falling asleep (Grind). Larynx painful to touch. Sensation as of a plug (Anac.) which moves up and down, with a short cough.

18. THUJA OCCIDENTALIS

- Asthmatic; periodical every three weeks
- Asthmatic; vaccination after
- Asthmatic; children in

SYMPTOMS-

Asthma in children. Periodical complaints every 3 weeks. Bad effects of vaccination.

19. KALI CARBONICUM

- Head; pain headache asthmatic complaints in
- Stomach; appetite wanting asthmatic complaints with
- Rectum; diarrhoea asthma before
- Asthmatic; midnight after 2am ;4am until
- Asthmatic; eating agg.

SYMPTOMS-

Cutting pain in chest; worse lying on right side. Dry, hard cough about 3 am, with stitching pains and dryness of pharynx. Leaning forward relieves chest symptoms. Expectoration must be swallowed; cheesy taste; copious, offensive, lump. Coldness of chest. Wheezing; constant cold taking; better in warm climate. Asthma preceded by diarrhoea.

20. AMMONIUM CARBONICUM

- Asthmatic; air open amel.
- Asthmatic; heart complaints in
- Asthmatic; motion agg.
- Asthmatic; room warm agg.

SYMPTOMS-

Hoarseness. Cough every morning about three o'clock, with dyspnoea, palpitation, burning in chest; worse ascending. Chest feels tired. Much oppression in breathing; worse after any effort, and entering warm room, or ascending even a few steps. Slow labored, stertorous breathing; bubbling sound. Winter catarrh, with slimy sputum and specks of blood. Pulmonary oedema.

21. NATRIUM SULPHURICUM

- Asthmatic; morning 5am
- Asthmatic; cold from taking a
- Asthmatic; children in
- Asthmatic; concomitant
- Asthmatic; excitement emotional agg.

SYMPTOMS-

Dyspnoea, during damp weather. Must hold chest when coughing. Humid asthma; rattling in chest, at 4 and 5 am. Cough, with thick ropy, greenish expectoration; chest feels all gone. Constant desire to take deep, long breath. Asthma in children, as a constitutional remedy. Pain through lower left chest. Every fresh cold brings on attack of asthma.

22. DULCAMARA

- Asthmatic; eruptions suppressed after
- Asthmatic; pain in face with after disappearance of eczema in face
- Asthmatic; weather damp wet agg.

SYMPTOMS-

Cough worse cold, wet weather, with free expectoration, tickling in larynx. Cough, hoarse, spasmodic. Asthma with dyspnoea. Loose, rattling cough; worse wet weather. Must cough a long time to expel phlegm. Cough after physical exertion.

23. GRAPHITES

- Asthmatic; eating amel.
- Asthmatic; midnight after jumps out of bed
- Skin; eruptions urticaria nettle rash alternating with asthma

SYMPTOMS-

Constriction of chest; spasmodic asthma, suffocative attacks wakes from sleep; must eat something. Pain in middle of chest, with cough, scraping and soreness. Chronic hoarseness with skin affections. Inability to control the vocal cords; hoarseness on beginning to sing and for breaking voice.

24. TUBERCULINUM

- Asthmatic; cats from
- Asthmatic; air cold agg.
- Asthmatic; air; sea air agg.
- Asthmatic; cold, from taking a
- Asthmatic; hay asthma

SYMPTOMS-

Enlarged tonsils. Hard, dry cough during sleep. Expectoration thick, easy. Shortness of breath. Sensation of suffocation, even with plenty of fresh air. Longs for cold air. Hard, hacking cough, profuse sweating and loss of weight, rales all over chest. Deposits begin in apex of lung.

25. PSORINUM

- Asthmatic; alternating with eruptions
- Asthmatic; eruptions suppressed after
- Asthmatic; lying amel.; keeping arms spread wide apart
- Asthmatic; motion agg.; arms, of ; not when walking
- Asthmatic; standing up amel.

SYMPTOMS-

Asthma, with dyspnoea; worse, sitting up; better, lying down and keeping arms spread wide apart. Dry, hard cough, with great weakness in chest. Feeling of ulceration under sternum. Pain in chest; better, lying down. Cough returns every winter, from suppressed eruption. Hay-fever returning irregularly every year.

26. MEDORRHINUM

- Asthmatic; alternating with pain rheumatic
- Asthmatic; night 9pm; 1am until
- Asthmatic; air; sea air amel.
- Asthmatic; gonorrhoea after suppressed
- Asthmatic; inflammation of conjunctiva with
- Asthmatic; lying amel.; face on protruding tongue
- Asthmatic; recurrent

SYMPTOMS-

Much oppression of breathing. Pain and soreness through chest and mammae. Incessant, dry, night cough. Asthma. Incipient consumption. Larynx feels sore. Dyspnoea; cannot exhale (Samb). Asthma; better lying on stomach and protruding tongue.

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