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Efficacy of Natrum Sulphuricum in the Management of Asthma

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ABSTRACT:

Disease is only a dynamic disorder of the vital character of the organism. Drugs, apart from their physico-chemical properties, have one more property that they can affect a healthy person by altering the healthy state of the individual by inducing artificial medical diseases. If we reduce the material contents of medicines, their specific therapeutic quality, which lies in a dormant state, is released and takes effect.

This is the seed of the theory of dynamization or potentiation. Asthma is a medical condition that is characterized by symptoms such as intermittent coughing, shortness of breath and wheezing. Asthma usually begins in childhood and persists throughout life.

BACKGROUND:

Asthma is an inflammation of the airways, increased hyperreactivity and obstructive airways disease of 5-10% worldwide health problem. "Asthma is a chronic inflammatory disorder of airway hyperresponsiveness (AHR) characterized by recurrent episodes of wheezing, shortness of breath, chest tightness and coughing, particularly at night or early in the morning. These episodes are usually associated with widespread but variable airflow obstruction in the lungs.

Asthma is the leading cause of death and the 13th leading cause of disease burden worldwide, and is expected to become the 5th leading cause by 2020. Risk factors included tobacco smoke in 80% of cases. The remaining 20% often have a combination of exposure to environmental factors such as tobacco smoke, occupational hazards and chemicals, indoor air pollution, respiratory infections, hereditary factors and allergies. The purpose of patient selection of the study group is to create a spectrum as a homeopathic medicine and management requirement.

Homeopathy is a unique system of medicine that takes the person as a whole. He therefore emphasizes that there are no local diseases, but local ailments that arise as a result of an internal disturbance of the vital force expressed externally in a local part. In this context, this study is therefore carried out to evaluate the scope and effectiveness of homeopathic medicines, especially natrum sulphuricum, in the treatment of asthma.

Keywords: Asthma, Natrum Sulph, Homoeopathic Medicines, Homeopathy, Homoeopathic Pharmacy.

Introduction :-

Asthma is a medical condition in which the airways become narrow and swollen and produce excess mucus. Asthma is one of the major public health problems faced by thousands of people in large cities, towns and rural areas.

According to current world research, 300 million individuals suffer from asthma, of which 10% are found in India. The prevalence of asthma should be roughly calculated at 3-38% in children, 2-12% in adults. According to this study, asthma is commonly found in children.

Homeopathy has been the cause of much debate in the scientific literature regarding the credibility and effectiveness of homeopathic preparations and in practice. However, many consumers, pharmacists, physicians and health care providers continue to use or practice homeopathic medicine and advocate its safety and efficacy. As medicine experts, pharmacists are expected to be able to advise their patients on how to use medicines safely and effectively, which technically includes homeopathic products. Yet many pharmacists believe that the homeopathic system of medicine is based on unscientific theories that lack supporting evidence. As consumers continue to use homeopathic products, it is necessary for pharmacists to have a basic knowledge of homeopathy and be able to advise patients on its general use, the current state of evidence and its use in conjunction with other medicines. medicines.

Asthma is a medical condition that is characterized by symptoms such as intermittent coughing, shortness of breath and wheezing. Asthma usually begins in childhood and persists throughout life.

Due to severe pollution and atmospheric changes, it causes N number of asthmatic patients, which lead to the study of how to cure asthma.

It is always allergic in origin, but there is a trigger that can be a precipitated asthma attack caused by an allergen such as pollen, smoke and certain foods.

Pollutants lead to a chronic inflammatory condition of the airways characterized by symptoms of airway hypersensitivity.

Prevalence of asthma in India as per latest updates as it is estimated that around 1.5 to 2 CRs suffer from asthma. This means that one in ten asthma patients worldwide as in India.

The increase in the prevalence of asthma can be attributed to the increase in atmospheric air pollution, which affects the quality of the air we breathe.

The determination of atmospheric air quality can be attributed to urbanization and industrialization in developing countries such as India. This has led to increased morbidity and mortality from chronic respiratory diseases, particularly asthma. Thus, there has been an increase in the economic burden, which is significant in terms of the media costs of asthma treatment and management.

According to the World Health Organization, homeopathy is one of the most widely used in health systems. Studies showing homeopathic treatment of respiratory diseases have been associated with the important role of treating the disease according to the overall symptom. One study concluded that it proved the effectiveness of homeopathy in asthma completely cured. According to the symptom homeopathic management like Nat sulph is one of the most important remedies.

A study by who shows that homeopathic treatment of respiratory diseases is associated with a significant reduction in the use and thus the cost of conventional medicines.

Homeopathy plays an important role in the treatment of acute and chronic disease states. Management of acute attacks is successful with homeopathy played an important role in treatment/research outcome.

Literature review:

Definition of asthma:

"Asthma is a disease state characterized by an increased sensitivity of the tracheo-bronchial tree to various stimuli, which results in extensive spasmodic narrowing of the airways.

Asthma is also defined by a history of respiratory symptoms such as wheezing, shortness of breath, chest tightness, and cough that change in intensity over time with variable expiratory airflow limitation.

Asthma is a common condition that can range in severity from minor wheezing to life-threatening airway obstruction. It often appears in childhood and is associated with other symptoms of atopy including eczema and hay fever.

According to current world research, 300 million individuals suffer from asthma, of which 10% are found in India. The prevalence of asthma should be roughly calculated to be 3-38% in children, 2-12% in India. adult. According to this study, asthma is commonly found in children.

The word "asthma" comes from the Greek and means shortness of breath, which means that every patient with shortness of breath is an asthmatic. The term was specified in the second half of the 19th century as part of the publication of Henry Hyde Salter's treatise entitled "On Asthma and its Treatment". In this scholarly work, Salter defined asthma as "Paroxysmal dyspnoea of a peculiar character in the intervals of healthy breathing between attacks," a description that captures his concept of a disease in which the airways become narrowed due to contraction of their smooth muscles. His book contains remarkably accurate illustrations of the airways in asthma and asthma, as well as the cellular appearance of asthmatic sputum some 30 years before Paul Ehrlich described the aniline stains of eosinophils (eosin) and mast cells (toluidine blue). He also described black coffee as a remedy for asthmatic spasms, a drink high in theobromine, a derivative of theophylline, and theophylline itself. This extraordinary insight into asthma comes from Dr. Salter himself, an asthma sufferer himself.

Asthma-

Respiratory diseases are responsible for a large burden of morbidity and premature death, with conditions such as tuberculosis, pandemic influenza and pneumonia being the most important in terms of global health. The increasing prevalence of allergies, asthma, and chronic obstructive pulmonary disease (COPD) contributes to the overall burden of chronic disease in the community. The number of cigarette smokers worldwide is expected to increase to 1.5 billion by 2025, providing an increasing burden of tobacco-related respiratory diseases.

Epidemiology:

Asthma is a prevalent disease affecting approximately 15% to 20% of people in rich countries and 2% to 4% of people in less developed countries. It is much more common in children. Of India's 1.31 billion people, about 6% of children and 2% of adults have asthma. Regardless of lung function testing, up to 40% of children develop wheezing at some point or another, which, if reversible with beta-2 agonists, is also diagnosed as asthma. Asthma is associated with cigarette smoke and inhaled particles, so it is more likely in people who are exposed to these substances.

The Maharashtra State Health Management Information System (HMIS) documented 6,886 cases of asthma in children between April 2018 and March 2019, a remarkable increase of over 39% from 2017-18 when 4,185 cases were reported during the same period.

Respiratory disease covers a wide range of pathologies, including infectious, chronic inflammation is also associated with airway hyperresponsiveness (AHR), which leads to repeated episodes of wheezing, shortness of breath, chest tightness and coughing, especially at night or early in the morning. These episodes are usually associated with widespread but variable pulmonary airflow obstruction that is often reversible either spontaneously or with treatment,

neoplastic and degenerative treatment, and poverty. Worldwide, approximately 180,000 deaths can be attributed to asthma each year, although the overall death rate has declined since the 1980s.

It has been suggested that 300 million people worldwide suffer from asthma and another 100 million may be diagnosed with asthma by 2015.9 About half of cases develop before the age of 10 and another third appear before the age of 40. male/female ratio predominates 2:1, but gender balances with age In India, asthma is found to be around 6% in most surveys.

The burden of asthma is enormous, with more than 300 million individuals currently suffering from asthma worldwide, about a tenth of people living in India.11,12 The prevalence of asthma is estimated to be between 3–38% in children and 2–12% in adults,13 which is the most common chronic disorder in children. A recent Indian Study on the Epidemiology of Asthma, Respiratory Symptoms and Chronic Bronchitis (INSEARCH) conducted with 85,105 men and 84,470 women from 12 urban and 11 rural locations in India estimated the prevalence of asthma in India to be 2.05% among people aged >15 years , with an estimated national burden of 18 million asthmatics.

Types of asthma:

- Atopic
- Non-atopic
- Atopic asthma:

This type usually begins at an early age and is provoked by allergens, among other triggers. Such patients usually have allergic diseases of the skin, nose and eyes. Family A family history of allergic disease is common. Such patients form IgE antibodies in contact with common allergens. This type is also known as EXTRINSIC or EARLY ONSET ASTHMA.

- Non-Atopic Asthma:

This type usually begins in adulthood. It is usually not provoked by allergens. A family history of allergic disease is not common in these patients. This type is also known as INTRINSIC or LATE ONSET ASTHMA.

Etiology:

- Etiological factors of asthma can be mainly divided into two; triggering factors and provoking factors.
- Risk/inducing factors:
- These are the factors that cause the initial development of asthma. These include genetic factors, tobacco smoke, maternal smoking during pregnancy or infancy, viral infection (rhinosyncytial virus infection) during infancy, and exposure to high concentrations of allergens during infancy.

Precipitating factors:

These are the factors that trigger an episode in predisposed individuals. It includes

- Allergies: exposure to house dust mites, pollen, mold, animal dander, cockroaches, etc.
- Medicines: beta-blockers, prostaglandins, cholinergic drugs, NSAIDs, aspirin, etc.
- Food: Eggs, milk, food dyes, preservatives, etc. are sometimes observed as asthma triggers. However, Indians are said to be more sensitive to ice and cola drinks.
- Environment: exacerbation of asthma on cold and dry days, especially when strong winds are observed. Traffic pollution and environmental tobacco smoke are also contributing factors.
- Occupation: Chemicals related to various occupations such as isocyanates, platinum, chromium, nickel, reactive dyes, pharmaceutical agents, wood dust, cotton dust etc. are some of the major triggering factors.

Types of asthma:

Signs and symptoms of asthma include:

- Shortness of breath Chest tightness or pain
- Difficulty sleeping due to shortness of breath, coughing or wheezing
- wheezing or wheezing when exhaling (wheezing is a common symptom of asthma in children)
- Coughing or wheezing attacks made worse by a respiratory virus such as a cold or flu.
- Signs and symptoms of asthma that are more frequent and bothersome

- Increasing difficulty breathing (measured by a peak flow meter, a device used to check how well your lungs are working)
- Exercise-induced asthma.
- Occupational asthma – triggered by workplace irritants such as chemical fumes, gases or dust.
- Allergy-induced asthma caused by airborne substances such as pollen, mild spores, cockroach droppings or skin particles and dried saliva released by pets (pet dander).
- Exercise: Vigorous exercise has been reported to cause bronchospasm.
- Psychological factors: Stress can rarely trigger an asthma episode.
- Infections: Viral infections are well known to commonly cause asthma attacks. Secondary bacterial infection often occurs and perpetuates inflammatory responses that lead to prolonged narrowing of the airways.
- Gastroesophageal reflux disease: reflux of stomach contents in the lower third of the esophagus can trigger asthma.
- Sinusitis: In 50% of patients with asthma, concomitant sinus disease is observed, which is an important exacerbating factor.
- Obesity: some study findings showed a statistically significant association between asthma, obesity and abnormal lipid and glucose metabolism.

Clinical Presentation of Asthma

A clinical diagnosis of asthma should also be considered in any patient who has dyspnea, chronic cough, or sputum production or a history of exposure to risk factors for the disease.

Consider asthma and perform spirometry if any of these indicators are present in an individual over 40 years of age. These indicators are not diagnostic by themselves, but the presence of multiple key indicators increases the likelihood of a diagnosis of asthma. Spirometry is required to diagnose asthma.

- Dyspnea: - Progressive, persistent and characteristically worse with exercise.
- Chronic cough: - May be intermittent and may be non-productive.
- Chronic sputum production: - Any type of chronic sputum production can indicate asthma.

SIGN

- Audible heavy breathing
- Extended expiration
- Tachypnea
- Tachycardia with mild systolic hypertension paradoxical pulse
- Hunched shoulders to use the auxiliary muscles of breathing
- Increased secretion from the nose, nasal polyps
- Flaring of the alae nasi during the episode
- Percussion note can be unchanged or hyper resonant
- In chronic cases, the chest may be pigeon-shaped
- Swelling of the nasal mucosa
- Covert breath sounds with added sounds such as ronchi

Prognosis:

Asthma is a serious disease that kills one in 100,000 people in some countries. Lung function is linked to mortality, which smoking increases. Age over 40 years, cigarette smoking for more than 20 pack-years (smoking a pack of cigarettes a day for 20 years or two packs a day for 10 years), blood eosinophilia, FEV1 40–70 percent of expected value, and increased reversibility are all factors influencing mortality. Asthma causes absenteeism from work and school in children, as well as numerous hospitalizations, which increase health care costs. Asthma that is not well controlled can be disabling and have a negative impact on quality of life.

Differential Diagnosis:

The main differential diagnosis is asthma, especially chronic asthma. Other potential diagnoses are usually easier to distinguish from asthma.

Investigation:

- Lung function test-PFM,
- SPIROMETER.
- Allergy test – skin prick test
- Nitric oxide test
- Arterial blood gas analysis
- Esinophil in sputum
- Chest X-ray, CT
- bronchoscopy, laryngoscopy, positron emission tomography
- Provocative testing for stress and cold induced tests

LUNG FUNCTION TEST:

- Measurement of lung function provides valuable information.
- Helps in diagnosis
- Severity of the condition
- Disease prognosis
- Regular monitoring of lung function.
- Measurement of lung size
- Measure air in and out of airways
- Lung efficiency in the process of gas exchange.

MOST FREQUENTLY INDICATED HOMOEOPATHIC THERAPEUTICS:

The therapeutic manual gives us a whole range of Materia Medica symptoms. It is a practical key to the clinical part of the Materia Medica. Because the homoeopathic similarity of symptoms is not merely numerical and mechanical, and even if it could never be achieved, only by good therapeutic work can we supplement the defects and inadequacies that must still be felt. practical application of Materia Medica, although we had the most perfect repertory. A few relevant remedies are as follows:-

AntimoniumTtartaricum: This remedy is indicated when the person has a sensation of moist mucus in the chest and breathing makes a bubbling, rattling sound. Coughing requires effort and is often not strong enough to produce mucus, although belching and spitting can help. The patient may feel drowsy or dizzy and feel better when lying on the right side or sitting.

Aconitum Napellus: The sphere of Aconite in asthma is limited to the beginning of the disease. When, from controlled perspiration, exposure to cold, drafts, or dry, cold winds, colds appear, beginning with coryza, frequent sneezing, chills, restless sleep, full, hard pulse, and characteristic state of mind, Aconite Is used only before localizing the inflammation. It corresponds to cases where every little cold causes trouble, the cough is short and dry, the lungs hurt and the breathing is somewhat subdued. This drug is useful in dealing with acute exacerbations.

Arsenicum Album:- Cough < after midnight, worse lying on back. Expectoration scanty, frothy. Sharp pain in the upper third of the right lung Wheezing. Hemoptysis with pain between shoulders; scorching heat everywhere. After drinking, dry cough, as from sulphurous fumes. He can't lie down, he's afraid of suffocation. Air passages constricted. Asthma < midnight.

Belladonna: Belladonna suits cases of asthma with violent fever, short, dry. constant, harassing cough, worse at night and lying down, where the breathing is irregular and rapid, without expectoration, or, if present, liable to hemorrhage. fullness in chest without pain, though children will cry when coughed, skin hot and liable to moisture, not dry like Aconite or VeratrumViride. There is a tendency to drowsiness, the patient does not sleep, but slumbers in semi-consciousness and often starts.

Bacillinum: Beneficial in many forms of chronic non-tuberculous disease, especially in bronchirhoea and dyspnoea. Respiratory pyorrhoea. The patient expectorates less. It is especially indicated on the lungs of old people with chronic catarrhal condition and weakened pulmonary circulation, attacks of suffocation at night with difficult cough. Catarrhal dyspnoea Wet asthma. Rules of bubbling and muco-purulent expectoration.

Carbo Vegetabilis: Asthma of old people with profuse yellow expectoration, dyspnoea, great rattling in the chest and burning requires this remedy. Wheezing and rattling of mucus in chest. Occasional bouts of prolonged coughing. Cough with burning in chest; worse evening, outside, after eating and talking.

Hepar Sulphuris Calcareum: The cough that goes with this remedy is usually hoarse and rattling. with yellow mucus. A person can be extremely sensitive to colds - even a small draft or sticking an arm out from under the covers can trigger a coughing fit. Cold food or drink can make the situation worse. A person who needs this medicine feels vulnerable both physically and emotionally and may act extremely irritable and disorganized.

Kali Bichromicum: A metallic, brassy, irritating cough that begins with an unpleasant tickling in the upper air tubes and produces strings of sticky yellow mucus may indicate this remedy. A feeling of cold may be felt inside the chest, and coughing may lead to pain behind the sternum or pain radiating to the shoulders. Breathing may make a rattling sound when the person is asleep. Problems usually worsen in early childhood, after eating and drinking, and when being in the fresh air. A person feels best when lying in bed and keeping warm.

Kali Carbonicum: - cutting pain in the chest; worse lying on right side. Dry, hard cough about 3 a.m. with stitching pains and dryness of pharynx. Asthma, whole chest very sensitive. Cough scanty and tenacious, but increases in morning and after meals; aggravated lower right chest and lying on painful side. Leaning forward relieves chest symptoms. Cough must be swallowed, taste cheesy; copious, offensive, lump Coldness in the chest. Wheezing. Cough with loose uvula. The tendency to tuberculosis takes constant colds better in warm climates.

Phosphorus:- Especially suitable for sub-acute and persistent cases in delicate, tall, slender, stocky or physical subjects. There is paroxysmal cough with pain under the sternum, suffocating pressure in the upper part of the chest with constriction of the larynx, hoarseness, mucous hoarseness, bloody and mucous sputum, or purulent, salty or sweet taste; patient better after sleep. Breathing is labored and the tendency is towards pneumonia.

Pulsatilla: Asthma with chest heaviness and coughing with suffocation and retching that produces thick yellow phlegm may respond to this remedy. The cough tends to be dry and tight at night and loose in the morning. Fever may be worse in the evening and at night. Feeling too hot or being in a stuffy room tends to make one worse, and the open air brings improvement. Thirst is usually low. A person who often needs this medicine is moody and emotional and wants attention and sympathy.

SpongiaTosta:- Great dryness of all air passages. Cough, dryness, barking, croup, larynx sensitive to touch. Breathing short, gasping, difficult; feeling of a plug in the larynx. Cough subsides after eating or drinking, especially warm drinks. Relieves dry, chronic sympathetic cough or organic heart disease. Bronchial catarrh, with wheezing, Instmatic cough, worse cold air, with copious expectoration and suffocation; worse, lying with head down and in a hot room.

Sulphur:- Sulfur responds well to intractable cases of chronic asthma and excellent results are obtained here. His catarrh of the bronchial mucous membranes is accompanied by loud gurgling, persistent, profuse, thick, phlegm-purulent expectoration and accompanied by suffocating attacks.

Syphilinum:- Chronic asthma, in summer. esp. when the weather was warm and humid: most often in the evening, at dawn. Attacks of spasmodic asthma for 25 years. Violent attacks of dyspnoea, wheezing and rattling of mucus from 1 to 4 a.m.

Tuberculinum: - Harsh dry cough during sleep. Abundant Bronchorrhoca. Stuffiness. Feeling of suffocation even with plenty of fresh air. He craves cold air. Profuse sweating and loss of weight, crackling throughout the chest.

Natrum Sulph is one of the most important medicines in the treatment of asthma.

Respiratory problems and asthma Resp - asthmatic-Natrum ars, Natrum carb, Natrum phos, Natrum sulph Resp - difficult-Natrum ars, Natrum carb, Natrum mur, Natrum phos, Natrum sulph Natrum sulph-constant deep shortness of breath with breath. The slightest exertion causes shortness of breath. Breathing difficulties are most noticeable on a humid or cloudy day. Profuse green expectoration offensive breath and harsh asthmatic breathing au (liable even at some distance. Asthma is associated with loosening of the bowels. Damp asthma of children at every change of damp weather. Asthma with every fresh cold damp rainy weather. Sycotic pneumonia affecting the lower lobe of the left lungs Great soreness in chest When coughing must sit on bed and hold chest with both hands Hydrogenoid constitution Catches cold easily Asthma worsens in 4-5 hours Cough with profuse expectoration Each cough produces mouthfuls of sputum, associated with diarrhea and flatulence.

Discussion:

Bronchial asthma is one of the most common diseases, which is manifested by inflammatory reactions of the airways, characterized by shortness of breath, wheezing, minimal coughing and expectoration. It is true that allopathic treatment can stop the disease but it cannot completely cure it. Other treatment modalities are available for the treatment of bronchial asthma, but the problem with current treatment regimens is that they are either toxic with long-term use or expensive. That is why we used this study to assess the role of homeopathy and dosage in the treatment of bronchial asthma.

This study was conducted on a patient attending College OPD & IPD suffering from bronchial asthma. According to the inclusion criteria, patients in the age group of 18 to 40 years and both genders belonging to different socio-economic groups were included. A total of 30 cases were selected. The minimum duration of the study was 6 months. The statistical analysis performed here is based on data obtained from 30 cases.

The cases taken for study were analyzed in detail. In order to obtain a complete picture of the patient, knowledge of the patient's living space was sought, which gives an idea of a true picture of his disposition and mental state. This understanding helps to define the patient, the psychological state of the patient, i.e. the individual constitution of the patients. It also helps to know the susceptibility of the patient, the nature and location of the disease so that the dosage aspect of the medicine can be easily decided.

The cases were carefully recorded together with a detailed personal history to recognize the miasmatic influence and obtain a complete whole, which further facilitates the selection of similimum.

Cases were repertory using computerized repertory software. Doses were chosen according to receptivity and miasma on the mental, physical and pathological levels. Furthermore, the nature of the disease, its stage, seat, etc., were finally considered when choosing the potency, repeating the dose, etc.

Treatment was administered strictly according to homeopathic doctrines by a constitutional approach.

Conclusion:

I conclude the following findings from a study aimed at understanding the role of the physiological action of sodium sulfate in the treatment of asthma.

- The prevalence of asthma in this study occurs more in the 18 to 25 age group.
- The gender study shows that the majority of cases were women.
- The occupational study shows that the majority of cases were students and adults with a sedentary job style.
- The most common problems in cases of bronchial asthma are shortness of breath with wheezing.
- Associated complaints in cases of asthma are itchy eyes, palpitations, general weakness, etc.
- Exposure to dust and cold weather was found to be the most common trigger in the study.
- A family history of asthma increases the chances of developing asthma in the next generation.
- Maximum presented cases have a chronic presentation of the disease.
- Sycotic miasmatic presentation occurs most often in cases of asthma.
- Indicated corrective measures …….are the most frequently indicated corrective measures in most cases.
- The result of the study shows that most of the cases showed significant improvement and recovery at the end of the study.

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