



Review of Natrium Sulphuricum as a Preventive Medicine for Asthma

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ABSTRACT:

Bronchial asthma impact lives of 300 million people across world and considered as major non-communicable disease. A significant contributor to affect the quality of life. A chronic inflammatory disorder defined by airway hyper-responsiveness to a variety of stimuli. The symptoms include wheezing, shortness of breath, and cough. An estimated 15-20 million people in India suffer from asthma, with a frequency 10% and 15% in children aged 5 to 11 years.

Treatment is based on the principle of individualization i.e., evaluating the patient's diathesis, temperament, and predispositions in order to eliminate any potential for the patient to become ill. Dr. Hahnemann has mentioned about the knowledge of physician in preventing disease in aphorism no. 4 and in aphorism no. 102 he has given the measures to prevent the diseases.

Homoeopathy has a well-known preventive component, and historically, it has been employed frequently to stop epidemics of diseases, this article will discuss the role of Natrum sulphuricum as a preventive in Asthmatic conditions.

Keywords: Asthma, natrium sulphuricum, miasmatic classification, Findings of retrospective study.

Asthma:

Asthma is the disease of chronic inflammation, associated with airway obstruction. An exaggerated immune response developing narrowing of airways may produce chest tightness, breathing difficulty leading to decrease in immune response of our body towards any reaction. Coughing is also a symptom of asthma due to constriction that can vary over time. A specific trigger can affect the condition making case worse over a period of time. Hyperresponsiveness of the immune system may develop production of inflammatory mediators¹.

It is a widespread illness that can range greatly in severity, from extremely mild to airway closure that can be fatal. As a result of bronchial hypersensitivity, the airways become inflamed and produce more mucus leading to a notable rise in airway resistance, which is more noticeable during expiration. As the mucus stops the inhaled drug from reaching the mucosa, asthma treatment could become more challenging and inflammation also becomes more edematous².

Wheeze, shortness of breath, and difficulty breathing are the main signs and symptoms of asthma along with a dry and productive cough (although young children hardly ever expectorate). Airway inflammation, bronchospasm, airway edema, and airway mucous gland hypertrophy all contribute to asthma symptoms³.

Miasmatic Classification of symptoms of asthma^{4,5}:

A homeopath must unquestionably comprehend the underlying root cause of asthma, typically brought on by chronic miasms⁴.

Symptoms	Psora	Syphillis	Sycosis
Rattling	+		
Wheezing	+		
Dyspnoea; exertion after	+		
Pain carrying a load from	+		
Constriction sensation in chest	+		

Treatment of asthma – Homoeopathy uses greatly potentised medicinal substances, which strengthen the healing response of body for any disease condition.

There are various medicines available that can be prescribed on basis of similia for asthma **Natrium Sulphuricum is one of them, so can it be used as a preventive measure for asthma? Let us have a look at its literature-**

- There is a great rattling and wheezing what makes chest hurt. Patient holding their chest during coughing especially in the lower left lung. Rattling persisting with expectoration, soreness with loose cough and dyspnoea. It is especially present for cases in chronic asthma. Which is aggravated from damp wet weather⁶.
- Patient having short breath and shooting in the left side of chest. Sensation of excoriation in the chest. Pressure as of a heavy load. Loose cough with expectoration. Humid asthma of children. Dyspnoea on walking, exertion or from pressure, constriction sensation in chest.⁷
- The patient's symptoms and constitutional condition deteriorate in damp weather. Patients who reside near waterways can benefit from it⁸.
- Acts effectively as a constitutional treatment for childhood asthma. prolonged recovery from pneumonia. When coughing, one springs out of bed and holds the affected side⁹.

Findings of retrospective study¹⁰:

In an observational study involving 2641 patients at 5 sites across India, homoeopathy was found to have a beneficial effect on lowering the frequency and severity of asthma attacks during the acute phase as well as on the dependency on medications.

Review's goal was to evaluate the Council's previous research on asthma and identify more studies that should be conducted in this understudied area & to better assess the evidences/ medicines by conducting more research on pragmatic design.

The homoeopathic approach that included deep-acting **constitutional medications to avoid recurrence** and acute remedies for the acute attack¹⁰.

- a) Conclusion given in the study **“Bronchial Asthma: Clinical Research Series”**: Natrum sulph was proven to be helpful in lowering the dependence on allopathic pharmaceuticals. Source: A.K. Vichitra, S.R. Sharma, Bindu Sharma, K. Raju, *et al*.
- b) **“Homoeopathy in Bronchial asthma”**: A four-year-old boy experiencing dyspnea and asthmatic episodes was found to benefit from natrum sulphur throughout the rainy season. Source: Verma L. Homoeopathy in Bronchial Asthma. Abstracts, CCRH Quarterly Bulletin 1988;10:26
- c) **“Study of 413 Cases of Bronchial asthma treated with Homoeopathic system of medicine”**: Natrum sulph relieved 18 patients out of 24. Source: Hari S, Savita K. Study of 413 cases of Bronchial asthma treated with Homoeopathic System of Medicine. CCRH Quarterly Bulletin 1992; 13:5-11

Conclusion:

This review article attempts to present data about use of Natrum sulph in cases of asthma, and hereby trying to connect the main principal of Homoeopathy that is similia similibuscuratur as a preventive prescription on basis of similarity of symptoms of Asthma and Natrum sulph. In this way we aim to decrease the individualsusceptibility predisposing him/ her towards disease (Asthma), Homoeopathic medicine (natrum sulph) may have healing and preventive effects in such cases.

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