



Homoeopathic Management of Obstructive Sleep Apnea

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Obstructive sleep apnea is becoming very common. This article looks at obstructive sleep apnea and how homeopathy can help overcome this condition.

Obstructive sleep apnea (OSA) is a disorder caused by repeated collapse of the upper airway during sleep. It is the most common sleep-related breathing disorder.

OSA occurs when the muscles that support the soft tissues in the throat, such as the tongue and soft palate, become loose. This causes your airways to narrow or even close, momentarily stopping your breathing.

OSA is most common in older men, but it can affect anyone, including children. The incidence rises after menopause, so the incidence is similar in postmenopausal men and women. Snoring is often associated with OSA, especially if the snoring is interrupted by periods of silence. Snoring is caused by the compression of the airflow through a narrowed space in the airways. It's important to remember that snoring doesn't necessarily mean something potentially serious, and not everyone who snores has OSA.

Below are some conditions associated with OSA:

Obesity hypoventilation syndrome, breathing disorder in people with obesity endocrine conditions such as hypothyroidism, acromegaly, and polycystic ovary syndrome that can affect your breathing while you sleep chronic lung disease such as asthma, chronic obstructive pulmonary disease (COPD) and pulmonary fibrosis neuromuscular conditions, such as stroke, which can interfere with brain signals to your chest muscles and airways heart or kidney failure, which can cause fluid to build up in the throat and block the upper airways pregnancy.

Risk factors

Predisposing factors for sleep apnea include those that directly or indirectly contribute to airway narrowing (eg, obesity, craniofacial morphology, enlarged tonsils or adenoids), comorbidities such as neuromuscular disease, and habits such as smoking, alcohol, and drug use . A factor is central obesity, which is reflected in BMI (the best online BMI calculator), neck circumference (>17 inches for men, >15 inches for women), and waist-to-hip ratio. [Obesity directly contributes to narrowing of the upper airway by increased fat deposits in the pharynx, under the mandible and tongue, soft palate or uvula, while excess lean muscle tissue increases the size of many upper airway structures and compresses the lateral airway walls. Obesity contributes indirectly to the upper

Obesity (more pronounced in adults than in children).

Aging (up to 65 years).

Male gender.

Menopause 20.

(The increased risk in African Americans appears to be independent of the effects of obesity or respiratory problems. 28)

Abnormal craniofacial morphology (eg receding chin or mandible or narrow or receding maxilla).

Large tonsils or adenoids (especially in children).

Problems of the upper and lower respiratory tract in children and adolescents. 28

Allergy²⁹ in children (Allergy is often present in pediatric patients with habitual snoring; the presence of allergy is associated with an increased risk of OSA in this population.)

Neuromuscular disorders that affect the muscles in the airways.

Smoking³⁰ (Cigarette smoking causes increased inflammation of the upper respiratory tract; exposure to secondhand smoke is also associated with habitual snoring).

Alcohol consumption³⁰ (Alcohol consumption before bedtime has been shown to increase upper airway collapse and accelerate obstructive sleep apnea and hypopnea.)

Taking drugs, such as sedatives, sleeping pills, opioids, or heart medications.

Heart failure and stroke.

Family history of sleep apnea. (Genetic factors associated with craniofacial structure, body fat distribution, and neural control of upper airway muscles interact to produce the OSA phenotype.³¹)

Miasmatic analysis

Sleep apnea and its comorbidities need to be taken into account. Tuberculosis miasma causes weakness of the respiratory system and an allergic disposition. adenoids, which subsequently cause airway obstruction leading to snoring, sleep-disordered breathing or, in severe cases, apnoeic episodes (i.e. sleep apnea). Chronic allergies cause rhinitis and sinusitis and hypertrophy of the tonsils and tonsils.

RUBRIC for symptoms of sleep apnea

Rubrics for causality will be considered after more general sleep rubrics appropriate for patients with sleep apnea. These are organized by Mentals, Generals and Particulates. Obviously, each case will be different, and each homeopath will have to select the most characteristic signs and symptoms of his patient, find the rubrics that most and most accurately correspond to them, and repertorize them. according to.

MENTAL

MIND - DELUSE - suffocation; as if - sleep; go to

MIND - FEAR - suffocation, z

MIND - FEAR - suffocation, - closing eyes

MIND - FEAR- suffocation, z - lying, while

MIND - FEAR - suffocation, from - night

MIND - FEAR - suffocation, from - sleep, during

MIND - STARTING - sleep - from - suffocating breathing, from

IN GENERAL

GENERAL - CHEYNE-STOKES respiration

GENERAL- OBESITY - accompanied by - breathing - difficult

GENERAL - OBESITY - accompanied by - breathing - wheezing

DETAILS

BREATHING- LOADED

RESPIRATION- Asphyxia

BREATHING- TUNING - sleep; during

BREATHING-HYPERVENTILATION

BREATHING- RESTRICTED, obstructed.

HOMOEOPATHIC MANAGEMENT FOR WASPS

The goal of homeopathic treatment is not only the treatment of sleep apnea, but also the solution to its underlying cause and individual susceptibility. When it comes to therapeutic medication, there are several proven medications available for the treatment of sleep apnea that can be selected based on the cause, sensation, and modalities of the problem.

Arsenicum Album: Homeopathic Remedies Arsenicum album for sleep apnea is often prescribed to individuals who have trouble breathing at night and is considered to have a fearful, tense, and agitated reaction to the disease.

Lachesis: Lachesis is a homeopathic sleep apnea remedy prescribed for conditions that worsen at night. This homeopathic remedy is intended for people who are typically fearful and anxious, but also prone to jealousy and excessive talking.

Sulphur: Rumor has it that sulfur is a commonly prescribed homeopathic remedy, especially for night sweats and constipation. Homeopathic sulfur combats wheezing and congestion, both of which are sleep apnea sufferers.

Spongia Tosta: This homeopathic remedy for semolina can help people with obstructive sleep apnea by treating respiratory symptoms that worsen when lying down.

Sambucus: For trouble breathing at night. This remedy is best suited for individuals who may have nasal congestion or asthma and actually jump out of bed feeling suffocated.

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