



# UTILITY OF BOGER BOENNINGHAUSEN'S CHARACTERISTICS AND REPERTORY IN THE MANAGEMENT OF BRONCHIAL ASTHMA – A CASE REPORT

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## ABSTRACT:

"Asthmatics will not die, just turn off to old age," these words were told by the famous doctor William Osler, who is considered the father of modern medicine. We live in a modern world that threatened the survival of humanity in many ways. The arrival of antibiotics and steroids has managed to be a response to a number of diseases, but is also false if they are abused. Bronchial asthma is characterized by variable respiratory obstruction, airway hyper-reaction and airway inflammation. Today, the worldwide prevalence of bronchial asthma and its morbidity and mortality is growing. Many factors such as genetics, air pollution, pollen, climate change, exposure to professional chemicals, dust, color, solvents, artificial coloring books, exercise, respiratory infections, emotional stress, etc. seem to play a major role in asthma. We have seen the urbanization catch up at a very fast pace, bringing their own proportion of various pollutants, chemicals, smoke, dust, vapors. It is therefore not surprising that with such a large air pollution, more and more cases of asthma and even more known asthmatics descending with heavy acute exacerbations are reported every day.

We can try to reduce air pollution, but cannot be completely stopped. The only option is to equip ourselves to deal with it. Allopathy has made its piece to provide various bronchodilators and steroids, all of which seem to have proved quite effective during acute exacerbations and probably even help preventing frequent attacks. The question, however, is that all that can be done for an asthmatic patient must always live in anticipation and there is no permanent solution to this vicious cycle. Fortunately, we have homeopathy to answer these questions.

Homeopathy helps in the formation of individual immune to most triggers, satisfies susceptibility, and therefore becomes less susceptible and more immune to different trigger factors. In homeopathy, we have excellent means that can be successfully used during acute exacerbations that act as controllers and prevention, constitutional remedies, it is known to reduce future attacks and also reduce the severity of other attacks.

Asthma is one of the most common respiratory diseases that occur around the world, affecting both adults and children. In India, 20-30 million people suffer from asthma and its prevalence is growing. Its prevalence has increased two folds over the last two decades.

In homeopathy, every individual suffering from asthma is considered a totalitarianism in itself. Each asthma attack is characteristic of every individual and each person suffers differently and reacts differently. This is the main therapeutic protocol used in homeopathy that helps to cure all cases of asthma rather than just palate as modern medicine.

The study adequately demonstrates the usefulness of Bogar's Boenninghausen's characteristics and repertory (BBCR) in the homeopathic control of bronchial asthma and their interpretation in homeopathic practice. The results also indicate that homeopathy plays an important role in managing bronchial asthma cases.

**KEYWORDS:** Bronchial Asthma, BBCR, Case Study, Homoeopathy, Case Taking & Repertory.

## INTRODUCTION:

For a long time, bronchial asthma was considered to be the idiosyncrasy of the human constitution and was known to Greek, Roman and other authors, the name of asthma was used by ancient doctors - Hippocrates, Galen, Celsus and others.

While Scriptures from China from 2,600 B.C.E. And the ancient Egypt mentions symptoms without breath and respiratory anxiety, asthma had no name or unique qualities until Hippocrates described it 2000 years later in Greece.

About 300 million people in the world are currently suffering from asthma. The recent increase in asthma and allergic diseases has been attributed to people's lifestyle changes. Asthma was the cause of more than 3,45,000 deaths around the world in 2010 according to a global study of disease. According to the World Health Organization, asthma cases increase by 50 percent of every decade around the world, and by 2020 asthma, along

with COPD, will become the third main cause of death. Approximately three of each 100 adults in India suffer from asthma around the world. It also represents emotional, economic and physical stress for patients in India.

In 2015, 358 million people around the world had asthma, out of 183 million in 1990. In 2015, this caused about 397,100 deaths, most of which occurred in the developing world. Rates differ between countries with prevalence between 1 and 18%. It is more common in developed countries. One sees lower rates in Asia, Eastern Europe and Africa. While asthma is twice as common in boys than girls, serious asthma occurs at the same pace. On the other hand, adult women have a higher degree of asthma than men and is more common in young people than the old ones.

It has been found that more than 30 to 35% of repeated patients with respiratory infection have bronchial asthma. Bronchial asthma is one of the most painful respiratory disorders. The maximum number of urban populations face problems increasing automotive and industrial pollution and therefore face many common respiratory problems. There are the number of mechanisms involved in hyper-depressiveness of the respiratory tract, which can be provoked by numerous stimuli, such as reaction caused by allergens, physical exercise, inhalation of cold air, infection, occupation, atmospheric pollution and psychological factors.

Many of patients with asthma must undergo costly allopathic treatment, bronchodilators and steroids or some DESI drugs for minor attacks, but none of the above treatment is permanently addressed.

Bronchial asthma occurs in all age categories, but mostly in early life. About half of the cases develop before age 10 years and the other occurs before age 40 years. In childhood there is 2: 1 male /female superiority, but the sex ratio is equal to 30 years. It affects all types of socio-economic people, especially those in the mines, air-conditioned chambers, remain in a dragging place, etc. or as a result of treatment.

Bronchial asthma is a common chronic respiratory disease that affects approximately

300 million people around the world. The current global initiative for asthma instructions states that asthma prevalence is estimated to be 1% to 18%.

As Dr. Hahnemann in the first aphorism, "a high and only mission of a doctor is to restore patients to health to cure, as it is called". It becomes our duty to take into account this suffering of bronchial asthma, which extremely affects our society as a serious problem.

Asthma is an inflammatory way of respiratory tract, hyper sensitivity and obstructive lung disease due to allergen, stress, suppression, professional, seasonal, hereditary as an ethiological background. It is clear from previous research that asthma still prevails and is constantly increasing. Homeopathic constitutional remedy can successfully provide rapid and effective recovery of asthma in different types. Corticosteroid inhalers have users' defects, side effects, addiction and highly costly for asthma. To avoid this and to determine homeopathic treatment in asthma, proven the lung test, which is non - invasive, in expensive and more accurate than the maximum flow meter called spirometry, which equals and more than conventional corticosteroid inhalers.

Homeopathy faced criticism around the world because of high dilution medicine and a lack of credible clinical evidence. It is important to provide data on a modern scientific parameter, and it should also maintain public confidence. In this study, she provided evidence of how homeopathy not only clinically improves the case, but also improved by a scientific parameter through a spirit in bronchial asthma control.

The repertory is an index catalog of symptoms of Medica material neatly arranged in partial form and also indicating the relative gradation of drugs and significantly facilitates the rapid selection of the indicated drug.

## REVIEW OF LITERATURE:

Homeopathy is more of "art of healing" than the art of physics (drugs). It is one of the youngest sciences of medicine.

Homeopathy is based on natural law; Similia Similibus Curantur. It differs from other paths of medicine because it is based on solid cardinal principles that will never change. Samuel Hahnemann discovered this in 1796. Now homeopathy flourishes in a medical area. Some philosopher admired homeopathy by saying, "Homeopathy is the future of medicine." Homeopathy believes that a real man is made up of a spirit (vital force, soul and dynamic energy), body and mind.

As Dr. Hahnemann in the first aphorism, "a high and the only mission of a doctor is to restore patients to health to heal, as it is called". It becomes our duty to take into account this suffering of bronchial asthma, which extremely affects our society as a serious problem.

In homeopathy we treat not only the disease or the sick part, but we treat man as a whole, which means that man is mental, general, specific symptoms together. The gathering of all symptoms that make up the completeness of symptoms give the idea of a portrait of the disease. Master Hahnemann said, "This externally reflected a picture of the inner essence of the disease, i.e. the affection of a vital force". It is therefore our soul duty to handle the vital forces that bring health.

In homeopathy, there are certain laws that lead us in treatment and in the forecast of the disease. The Act on Hearing of Treatment leads us and gives an idea of recovering the disease. Kent's 12 observations give us an idea of the activity of medicine, the patient's recovery, The second regulation, etc. Homeopathy helps the better extent in the treatment of bronchial asthma.

In such a common clinical condition it is necessary to understand the basic cause, maintaining the cause, socio -economic state, susceptibility to receiving and responding stimuli, The real cause is in the patient himself, so it is necessary to treat the individual, not the disease.

Asthma is the disease that is not cured by modern medicine, controls only attacks, but are unable to stop attacks. Asthma is therefore one of these diseases in which recurrence is more pronounced.

## ADVANTAGES OF BBGR :

- From BBGR , we can solve both acute as well as chronic cases.
- Materia medica part is helpful for study purpose and for final selection of remedy.
- Fever section- Fever section is as good as a complete repertory.
- Sensation and complaints are meritorious to BBGR.

- There is particular rubric, pathological general rubric and constitutional rubric are given which are helpful for final selection of remedy.
- Cross reference is given as sub- section which is very meritorious for mind section.

#### **Limitations of BBCR :**

- It is a post Kentian repertory, still very few / limited no. of remedies are given.
- Reduced remedy in remedy relationship which is only 125.
- Instead of 5 gradations , some different printing is observed for some rubric which is given in bracket in bold letter. e.g. calc c
- Doctrine of cause and time is one of the philosophy of Boger rep, but not given in sections.
- At some places main section and sub sections are printed in same letters (CAPITAL BOLD) , it creates confusion. e.g. NOSE-CORYZA (page no 382), ABDOMEN- EXTERNAL ABDOMEN (page no 569)
- Several remedies are in BBCR are not given in standard abbreviation .e.g.- cam (standard abbreviation is camph)
- Concomitant are not arranged in uniform pattern.
- Pathological generals are given only those which are clinically experienced by Boger.
- Sensation and complaints are given in general and skin , gland , bone is given as a main section.
- Modalities are not given in uniform pattern, somewhere agg and amel given in combined form and somewhere in separate form.

#### **Special features :**

- Boger's rep is only repertory in which materia medica part is given. (in major 3
- repertories)
- Remedy relationship is also a special feature of this repertory.
- Fever section is as good as a complete repertory.
- Doctrine of pathological generals which is described by Boger.
- It is a magnificent version of BTPB.

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### **CASE OF BRONCHIAL ASTHMA**

**Name:** Ms. LM

**Age:** 26 years

**Marital Status:** Unmarried

**Gender:** Female

**Occupation:** Service

**Date:** 06-01-2025

#### **Chief complaints:**

Breathlessness and wheezing on and off since 11 years. Started gradually, has got worse over the years. Cough non productive. Worse lying down, night. Sensation as if a band around the chest in the mid sternal region and sensation as if lungs were constricted. Loss of sleep since last 15 days as due to breathlessness, must sit all night.

**H/O presenting complaint:** Breathlessness since 15 days, started after drinking cold water. Worse on lying down, night and worse especially when she gets angry++and emotionally upset. Better by sitting up at night. Used inhalers but complaints are still the same. History of a fight in the family and she felt humiliated ++in front of all a few days prior to the onset of this attack.

**Past history:** Jaundice 5 years age, Mumps 9 to 10 year's age, Chicken pox 7 to 8 years age, Depression in class 12<sup>th</sup>, took allopathic treatment.

**Family history:** Father: skin disease. Two paternal uncles: diabetes mellitus. Mother: hypertension, gall stones, ovarian cyst.

#### **Generals:**

**Appetite:** cannot wait for food

**Thirst:** less

**Desires:** Sour+++ , chicken+++

**Bowels:** no complaints

**Urine:** no complaints

**Sleep:** good, on abdomen

**Perspiration:** Offensive

**Thermals:** Chilly

**Menstrual history:** Menarche 12 to 13 years. Regular.

**Life situation and mental characteristics:**

Love for animals, wanted to become veterinary doctor, mom revolted and told her not to. She agreed but was resentful, still has anger for mother. Works as secretary now, hates job. After 10<sup>th</sup> standard her friends changed school. Felt no one loves her, won't be able to clear her exams etc. Class 12th she had depression. Sensitive and nervous especially before exams. Reserved, prefers solitude. Listens to sad music. She feels INSULTED+++ about the fact that she is doing the job of a secretary when all her other friends are professionals. Anger is within and can't express, trembles++++ in anger. Cannot bear wrong done to others, cannot support any injustice+++.

**On examination:** Pulse- 80/min, RR – 16/min, R.S- prolonged expiration, mild end inspiratory rhonchi in LUZ.

**Investigations:** CBC HB-13 g%, WBC- 6700, ESR-14, Chest Xray PA view- clear, PEFR- 250L/min.

**Diagnosis:** Bronchial Asthma

**Differential Diagnosis:** Chronic Bronchitis, bronchial asthma.

**Hahnemannian Diagnosis:** Chronic Miasmatic disease with fully developed symptoms.

**Miasm:** Sycotic

- Long standing illness
- Pathology involves hypertrophy of smooth muscles and constriction
- Mental symptoms like company desires.

**Susceptibility:** High.

- Characteristic symptoms are more at the level of mind.
- More of characteristic as compared to common symptoms.
- No past history of major illness or suppression.

**Totality of symptoms:**

- Ailments from humiliation
- Anger with trembling
- Respiration difficult after anger
- Injustice cannot support

**Rubrics:**

- Ailments from mortification, humiliation, chagrin
- Anger trembling with
- Injustice cannot support
- Respiration, Difficult anger, after

**Repertorial Totality (Complete Repertory):**

	Staph	Cham	Ign	Merc	Nux-v	Phos	Ran-b	Sep
<b>Weighted</b>	8	7	6	3	4	3	3	4
<b>Rubrics covered</b>	4	3	3	3	3	3	3	3
<b>Rubric grades</b>	8	7	6	3	4	3	3	4
<b>AILMENTS from mortification, humiliation, chagrin</b>	3	3	3	1	2	1	1	2
<b>ANGER, trembling, with</b>	2	1		1	1	1	1	1
<b>INJUSTICE, cannot support</b>	2		1	1	1	1		1
<b>DIFFICULT anger, after</b>	1	3	2				1	

**Differential remedies:** Staphysagria (8/4), Ignatia (6/3), Chamomilla (7/3), Merc (3/3). Anger of Staphysagria is very characteristically associated with trembling and differentiates it from the other remedies. Chamomilla shows more temper tantrums, Ignatia goes into hysteric manifestations and Merc shows more violence with anger.

**Posology:** Staphysagria 1M

- High susceptibility
- Extreme symptom similarity
- Acute exacerbation of disease

**Prescription:** Staphysagria 1M 1 dose, SL-2dr- 2 weeks.

**Auxillary management:**

- Breathing exercises
- Avoid cold drinks, cold food
- Avoid overexertion during acute attacks

**Follow up criteria:**

- Breathlessness – intensity and frequency,
- Wheezing
- Physical generals
- Mind.

**Follow ups:**

DATE	COMPLAINTS	TREATMENT
20-01-2025	Felt much better after the medication. Slept well at night. R.S. clear, PEFR- 400L/min.	S.L-4dr- 2 weeks
05-02-2025	One episode of breathlessness at night, intensity was much less and she was comfortable. R.S – clear	S.L-4dr- 2 weeks
20-03-2025	Breathless since two days, unable to lie down. R.S – wheeze, pulse- 80/min.	Staph 1M (1), S.L-2dr- 2 weeks
03-04-2025	Last episode of breathlessness subsided after the medication, since then she is keeping well. R.S – clear	S.L-4dr- 2 weeks
18-04-2025	Did not have any episode of breathlessness, she is keeping well and symptom free.	S.L-4dr-2 weeks

**Result: Improved****CONCLUSION :**

Ms LM was suffering from asthma since 11 years; Staph was prescribed to her on the basis of her constitution. She responded very well to Staph and required just one repetition during an acute attack. She continues to follow up and has not developed any further acute attacks so far. Staph has thus acted on a constitutional level and she did not require any acute remedy during treatment.

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