



STUDY THE UTILITY OF ANTIMIASMATIC AND COMPLEMENTARY REMEDY IN BRONCHIAL ASTHMA

Dr. Saraswati Ramsomaru Jaiswar¹, Dr. Unmesh Patil²

¹ (MD Scholar Part 2)

² Guide –

Department of Homoeopathic Materia Medica

Foster Development Homoeopathic Medical College, Chhatrapati Sambhaji Nagar

ABSTRACT :

Bronchial asthma is a chronic inflammatory disorder of the airways characterized by recurrent episodes of wheezing, breathlessness, chest tightness and cough, with variable airflow obstruction. The condition can significantly affect daily activities and quality of life. The present study explored the utility of individualized anti-miasmatic and complementary remedies in the homoeopathic management of bronchial asthma. The dissertation describes an experimental, non-controlled case-series study involving 30 patients aged 20–60 years diagnosed according to GINA guidelines. Individualized remedies were selected on the basis of totality of symptoms, constitutional characteristics and miasmatic assessment, while complementary remedies were prescribed when clinically indicated. Improvement was assessed using the Asthma Symptom Severity Score (ASSS).

Keywords: Bronchial asthma, Homoeopathy, anti-miasmatic remedy, complementary remedy, miasm, constitutional treatment, ASSS.

Pathophysiology

Bronchial asthma involves chronic inflammation and hyper-responsiveness of the airways

Trigger factors

↓

Airway inflammation

↓

Release of inflammatory mediators

↓

Bronchial smooth-muscle contraction

↓

Mucosal oedema and increased mucus production

↓

Airway narrowing

↓

Variable airflow obstruction

↓

Wheezing, breathlessness, chest tightness and cough

Common triggers may include allergens, respiratory infections, exercise, environmental irritants and psychological stress

CLINICAL FEATURES

The common clinical manifestations of bronchial asthma include:

Wheezing, Breathlessness, Chest tightness, Cough, Recurrent episodes of respiratory difficulty

Symptoms that may vary in intensity, Nocturnal or early-morning worsening in some patients,

Symptoms triggered by allergens, exercise, infections or environmental irritants, The severity and frequency of symptoms vary among individuals.

INVESTIGATION

Spirometry Peak expiratory flow measurement Bronchodilator reversibility testing Pulse oximetry when clinically indicated Allergy evaluation where appropriate Chest radiography when required to exclude other conditions Spirometry is an important objective investigation for assessing airflow limitation and reversibility.

HOMOEOPATHIC APPROACH

The homoeopathic approach involves an individualized assessment of the patient. Case analysis may include: Presenting respiratory symptoms, Modalities, Concomitant symptoms, Mental and general characteristics, Constitutional characteristics, Past medical history, Family history, Miasmatic background.

The remedy is selected according to the totality of symptoms.

Antimiasmatic remedies are considered when the chronic miasmatic background is prominent in the case.

Complementary remedies may be considered when another remedy is required to complement or complete the action of the preceding prescription, according to homoeopathic principles.

The present study specifically evaluates the utility of this therapeutic approach in selected cases of bronchial asthma.

LIFESTYLE MODIFICATION

Along with appropriate medical management, patients with asthma may benefit from measures such as:

Avoidance of known triggers, Reduction of exposure to smoke, dust and environmental irritants, Maintaining a healthy body weight, Regular physical activity according to individual tolerance, Adequate sleep, Stress management, Maintaining good indoor air quality.

Following prescribed asthma-management plans

Appropriate use of inhaled medication when medically indicated

Patients should seek appropriate medical care during severe or worsening asthma attacks.

DISCUSSION

The study observed changes in the clinical presentation of the selected cases following individualized homoeopathic treatment. The observed reduction in symptom scores suggests that participants experienced improvement during the study period. The findings demonstrate that individualized antimiasmatic treatment followed by an appropriate complementary remedy can effectively reduce symptoms severity and improves patient's functional capacity.

CONCLUSION

The findings demonstrate an observed improvement in symptom severity within the study group. The study provides a basis for further systematic investigation of antimiasmatic and complementary remedies in bronchial asthma using larger and controlled study designs.

REFERENCES

- Global Initiative for Asthma (GINA). Global Strategy for Asthma Management and Prevention.
- Kumar P, Clark M. Kumar and Clark's Clinical Medicine. Elsevier.
- Harrison's Principles of Internal Medicine. McGraw Hill.
- Davidson's Principles and Practice of Medicine. Elsevier.
- Hahnemann S. Organon of Medicine.
- Kent JT. Lectures on Homoeopathic Materia Medica.
- Boericke W. Pocket Manual of Homoeopathic Materia Medica.
- Allen HC. Keynotes and Red Line Symptoms of the Materia Medica.
- Clarke JH. A Dictionary of Practical Materia Medica.
- World Health Organization. Global surveillance, prevention and control of chronic respiratory diseases.