

## Role of homeopathic medicines in management of childhood asthma

Dr. Rachana Singh, Dr. Vaishali Pandit

Department of Pediatrics, Bakson Homeopathic Medical College and Hospital, Greater Noida, Uttar Pradesh, India

### Abstract

Bronchial asthma is the most common chronic lung disease in children which strongly affects the health of growing child. A chronic inflammatory disorder of the airways in susceptible individuals' symptoms are usually associated with widespread but variable airflow obstruction and an increase in airway response to variety of stimuli. Obstruction is often reversible either spontaneously or as a result of treatment. It is defined by the history of respiratory symptoms such as wheeze, shortness of breath, chest tightness and cough.

**Keywords:** bronchial asthma, flares, intermittent, persistent, wheezing

### Introduction

Bronchial asthma is a disease characterized by increased responsiveness of the airways to various stimuli. Narrowing of the airways causes paroxysmal dyspnea, wheezing or cough. The diffuse obstruction to the airflow is reversible in the large majority of cases, either spontaneously or in response of treatment.

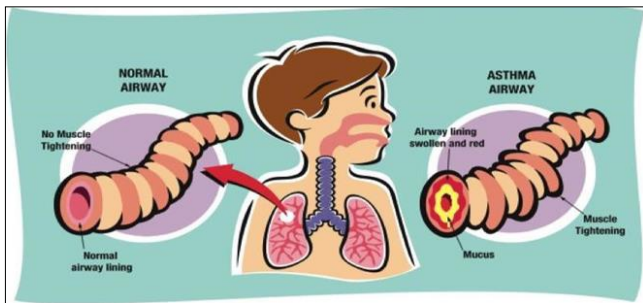


Fig 1

### Types of Asthma

- **Intermittent:** This type of asthma comes and goes so you can feel normal in between asthma flares.
- **Persistent:** Persistent asthma means you have symptoms much of the time. Symptoms can be mild, moderate or severe. Healthcare providers base asthma severity on how often you have symptoms

### Risk factor

- Allergies.
- Family history of asthma Frequent respiratory infections.
- Low birth weight.
- Exposure to tobacco smoke before and/or after birth.
- Male.
- Being African American.

### Why are more children getting asthma?

- Children are being exposed to more and more allergens such as dust, air pollution and second-hand (and even third-hand) smoke.

- Children aren't exposed to enough childhood illnesses to build up their immune systems.
- Lower rates of breastfeeding have prevented important substances of the immune system from being passed on to babies.

### Symptoms

Signs and symptoms of asthma in children include

- Frequent coughing spells, which may occur while the child is playing, laughing, or at night or right after waking. Coughing may be the only symptom.
- Less energy during play.
- Rapid breathing.
- Complaint of chest tightness or the chest "hurting."
- Whistling sound (wheezing) when the child is breathing in or out.
- Retractions (see-saw motions) in the chest from difficulty breathing.
- Shortness of breath or loss of breath. Tightened neck and chest muscles.
- Feelings of weakness or tiredness

### Diagnosis

- Pulmonary function test
- Absolute eosinophil count
- Chest x ray
- Allergy test

### Role of Homeopathic medicines in childhood Asthma

Homoeopathy is safe, the doses of homoeopathic medicines are prepared in standardized well controlled and hygienic environment. Homeopathic medicines are palatable and easy to administer. There are many of homeopathic remedies which can help in treating the childhood asthma.

### Calcarea Phosphorica

Bronchial asthma intercurrently the secretion is clear and tough. Child gets a suffocative attack on being lifted up from the cradle.

### Natrum Sulph

Important remedy for the sycotic taint Attack especially in the morning about 4 or 5 o'clock with cough. Asthmatic

breathing in children always worse from every change to damp weather.

### **Phosphorus**

Nervous coughs provoked by strong odors, entrance of a stranger, worse in presence of stranger worse lying upon left side in cold room.

### **Arsenic album**

Unable to lie down, fear suffocation air passage constricted asthma worse midnight, expectoration scanty, frothy in character, wheezing mostly the complaint start at 3 am in morning  
asthma relieved by bending forward.

### **Drosera Rot**

Asthma when talking with contraction of the throat at every word uttered, spasmodic dry cough like - whooping cough symptom get worsen by cold air, cold thin.

### **Conculsion**

In case of childhood asthma, homeopathic play dynamic role. Dynamic power of homeopathic remedies decreases the episode of the asthma in childhood age. It help in decreasing the frequency and intensity of disease and helpful in improving the quality of life in.

### **References**

1. Davidson's Principles and Practice of Medicine; 24th Edition
2. Sainani GS, Abraham, Dastur FD, Abraham P, Dastur FD, Joshi VR *et al.* A.P.I. Text Book of Medicine.
3. Boericke OE. Boericke's New Manual of Homoeopathic Materia Medica with Repertory. New Delhi: B. Jain Publisher, third revised & augmented edition, 2008.
4. Clarke JH. A Dictionary of Practical Materia Medica.