



THE REVIEW EFFICACY OF HOMOEOPATHIC MEDICINE FOR COPD

Dr. Uma Sahoo*

Assistant Professor, Department. Of Physiology, Jawaharlal nehru Homoeopathic Medical College and Research Centre, Parul University, Limda, Vadodara, Gujarat, India. *Corresponding Author

Dr. Poorav Desai

Head of institute, Jawaharlal nehru Homoeopathic Medical College and Research Centre, Parul University, Limda, Vadodara, Gujarat, India.

ABSTRACT

COPD is the chronic obstructive lungs disease (GOLD), it has to include emphysema and chronic bronchitis, mainly the narrowing the airways, loss of elasticity of the lungs parenchyma so the air in and out to become very difficult, It more commonly affected older adult and old age in between 44-65 years, people mortality rate is higher than the healthy persons, commonly those persons are affected who have history of smoking, exposure to dust and air pollution, it is very less reversible, men are mostly affected than the women. The Mortality rate is higher than the asthma. Simple Spirometry, FEV1 and FEV1/FVC ratio is used for diagnosis of COPD, if the spirometry is not possible than diagnosed by the symptoms. Review of some manuscript they have use of homoeopathy medicine on COPD patients according to symptomatology, found good result in the homoeopathic medicine. So, focus in my review further use of homeopathic medicine on COPD cases helps to prevention complication and cost benefit treatment than the conventional medicine.

KEYWORDS : COPD, FEV1, FEV1/FVC .

INTRODUCTION:

Chronic obstructive pulmonary disease (COPD) has defined Global Initiative for chronic obstructive lung disease (GOLD). COPD includes chronic bronchitis and emphysema, it very slowly progressing disease characterized by airflow limitation. Historically chronic bronchitis was defined any patients who cough or sputum at least 3 consecutive months for more than 2 successive years, (others cause of cough had been excluded)⁽¹¹⁾ and emphysema is the pathological process of a permanent destructive enlargement of the airspaces distal to the terminal bronchioles⁽⁹⁾. Chronic bronchitis without chronic airflow limitation is not included within COPD⁽⁸⁾.

The death rate of COPD >10-fold higher than asthma, smoking is the major risk factor for COPD higher prevalence rates with increasing age. But severity of patients suffering COPD has been exposed to dust and air-polluted environment. Non-smoker also affected emphysema due to alpha, antitrypsin deficiency⁽⁹⁾.

Pathophysiology:

While the inflammation of airways and hyperplasia of Goblet cell pathological finding of COPD. Decrease the number of ciliated cells which productions cough and mucous secretion⁽⁵⁾. The number of Goblet cell increase in smoker than the non-smoker⁽¹⁴⁾. The airways limitation is the condition the loss of elasticity of alveoli to the expansion and relaxation. In the patients with COPD elevated IL6 level which leads to more airways exacerbation.

COPD confirmed diagnosis by the simple test of spirometry which is helps the how fast air into and out of the lungs. Lungs function when the FEV1/FVC ratio is >80%.

Diagnosis of COPD

Severity	Spirometry	Symptoms
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Mild	FEV1 60-79% predicted	Smoker's cough + exertional breathlessness.
Moderate	FEV1 40-59% predicted	Exertional breathlessness wheeze, cough, sputum.
Severe	FEV1 <40% predicted	Breathlessness, wheeze and cough prominent; swollen legs

According to DAILY 2016, India is the leading cause of death next to the ischemic heart disease (IHD)⁽²⁾. The treatment of COPD classes of medicine like bronchodilators, antibiotic therapy, antimuscarinic drugs glucocorticoids, etc; long continue uses of these drugs produce several side effects and, complications are come⁽⁷⁾.

According to the WHO Homoeopathy is the second-best medicine in the world-wide. Homoeopathy is less expensive as compared to modern medicine. Homoeopathic treatment begins in the early stage to remove causative factors which enhance the disease. There are few studies have done to show the symptomatic relief, prevent the complication, and slow progression of the disease⁽²⁾. Homoeopathy is the cost beneficial treatment than the other conventional medicine⁽¹⁰⁾.

In this study to show the efficacy of homoeopathic medicine in the COPD cases, finding various research manuscripts.

MATERIALS AND METHODS:

Research manuscript published between the years 2009 to 2020 identified and further review. Database included in my study like Google scholar, Pub med, Medline.

A Review in this study found the research manuscript, for the progress of homoeopathic medicinal treatment on COPD patients. Assessment criteria and methodology based on the following points: 1) objectives 2) randomization 3) blinding 4) control 5) experiment 6) statistical analysis 7) results.

Table-1 Summary of clinical studies conducted several homeopathic medicines.

SR. NO	AUTHORS NAME	POTENCY	VARIABLES	RESULT	STASTICALS	REFERENCE	YEAR
1	Saritha Kunja	Kali carb, Pulsatilla, arsenicum album, Bryonia 200 potency	Symptomatic improvement	Kali carb, pulsatilla, arsenicum album, bryonia are effective in the treatment of COPD cases.	1. Paired t-test. 2. Mean 3. Standard Deviation	1	2012

2	Muhamm ad Nazhar Ayaz	Ipecacuanha 6, Spongia 6	Symptomatic relief	In clinical studies ipecac 6 and spongia 6 able to symptomatic relief of COPD patients.	Mean+ standard deviation	2	2015
3	Jaya Gupta et al.	Arsenic, Pulsatilla, Phosphorus, Stannum met.30CH	1. FEV1 and FEV1/FVC ratio. 2.Symtomatic improvement	Arsenic, lycopodium, pulsatilla, phosphorus, stannum met, calcarea carb has more effective in COPD.	Anova	3	2019
4	Nupur Kadam et al	Senega 30	1.FEV1/FVC ratio. 2. Symtomatic relief	Senega 30 has effectively symptomatic relief of Patients with COPD	Mean+ Standard error mean, student t -test	4	2020
5	Pallavi singh et al	Arsenic album and Bryonia medicine 6C	FEV1/FVC ratio Symptomatic relief	Arsenic 6C and Bryonia 6C has good response the COPD patients.	Student Paired t -test	7	2020

DISCUSSION:

Homoeopathic medicine used in this recent time treatment of COPD cases medicine was selected on symptomatology⁽⁵⁾, used different potency by various clinical studies. This review has shown the anti-inflammatory property present in the homoeopathic medicine which helps to prevent complications of COPD and enhance the quality of life. The quality of the research manuscript assessed by the following points 1) objectives 2) randomization 3) blinding 4) control 5) experiment 6) statistical analysis 7) results.

In 2015, Muhammad Nazhar Ayaz, ipecacuanha 6 and spongia 6 were prescribed on COPD patients. He had taken ten COPD patients for studies, diagnosed by the spirometry FEV1, FEV1/FVC ratio, and chest X-ray. Ipecacuanha has alkaloids emetine and tannin which helps liquefy the mucous and easily expel out and relieve the congestion of the chest. Spongia contains 'avarol' which inhibits the inflammatory responses; it helps the dilatation of the bronchus which is symptomatic relief of COPD patients. Study was done for 60 days given ipecac 6 and spongia 6 was given thrice in a day in a little amount of water, after complete the study mucous was reduced 60 % and patient's night cough decrease 60%⁽¹⁾.

Another study has done Nupur Kadam et al effect of senega 30 chronic smoker in COPD cases, She has taken 30 COPD cases, senega 30 was given for five months before given senega pulmonary function test with FEV1 and after study FEV1 have done, 40% patients has symptomatic relief, so senega has use to the treatment of COPD patients⁽³⁾.

Pallavi Singh et al studied 2020 right ventricular dysfunction on COPD patients 100 patients are selected for the study 30 homoeopathic medicine were prescribed according to the symptoms of the patients for one year 6 CH potency given two times a day sometimes given four times a day depends on symptoms of the patients. Arsenic and Bryonia was given 1st prescription and patients were improved symptomatically as well as spirometry test before and after study⁽⁶⁾.

Another study has done Jaya Gupta et al 2019 effect of homoeopathic medicine on simple and mucopurulent chronic bronchitis patients. They have selected 597 chronic bronchitis patients for study periods 2 years, given 14 selected homoeopathic medicine basis of repertorization and pathological symptom of SMCB (simple and mucopurulent chronic bronchitis). Outcome assessment done by mean ANOVA, CBSS (chronic bronchitis symptoms scale) and FEV1/FVC ratio was reduced before and after treatment. Mostly effective homoeopathic remedy in this case 86% prescription had Lycopodium, Pulsatilla, Arsenicum Album, Phosphorus, stannum met, Bryonia Alba, and Silicea. The medicine was given 30CH potency 4 pills 30 no globules given in OD, but potency will be change 200CH and 1M potency depends on symptoms of patients. So, this study showed the beneficial effect of homoeopathic medicine on COPD patients⁽²⁾.

In 2012 Saritha Kunja had showing the role of homoeopathy on the COPD patients.30 cases were selected for study homoeopathic medicine was given on the base of pathological symptoms, constitutional symptoms, and miasmatic symptoms

of the patients. Arsenic album, Bryonia Album, Antim tart, Kali Mur was given acutely and getting good results, after study statistical analysis has done concluded homoeopathic medicine effective in the treatment of COPD patients.

Homoeopathy is a completely rational system of medicine with its holistic, individualistic, and dynamistic approach to the life, HEALTH, DISEASE, REMEDY, and CURE. The medicinal concept purely coming from drugs proving on healthy human being, found the drug affected the mind emotions and the body expressed through symptoms and modalities. The Kent philosophy says organs are not the man, man is the will understanding and the house which he lives in is his body⁽⁵⁾. So, if the person has disturbed mentally and physically immunity is low and easily affected the infection. So, my review in this study highlights some homoeopathic medicine has an active component that prevents the pathological changes in the lungs and helps the dilatation of the bronchioles in the COPD cases, also given medicine constitutional which helps the improvement health as a whole. More studies needed administration of homoeopathic medicine in COPD for management and prevention complications.

CONCLUSIONS:

The outcome of this study Homoeopathic medicine Arsenicum Album, Bryonia Alba, Phosphorus, Kali Carb, Stannum Metallicum, Senega, Ipecac, Spongia has a therapeutic effect on COPD, these medicine we will prescribe according to symptoms similarity, path-physiological changes and constitutionally of the COPD patients and potency and doses also depends on the severity of the disease. We can use this medicine along with adjuvant treatment for quick remission and improve the quality of life also prevention of the disease.

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