



AUTOHEMOTHERAPY IN TREATING RESPIRATORY PROBLEMS

Medical Science

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ABSTRACT

Autohaemotherapy is giving of injection of homologous (self) whole blood in muscles of a man. This was a standard dermatologic treatment about 100 years back. In olden times the therapy was prevalent in Russia and China. The dermatologists used this therapy to treat various skin problems like chronic urticaria and eczema, ulcers, finger nail problems (infections, paronychia) and acne vulgaris etc.

But the use of Autohemotherapy was stopped by the conventional dermatologists in early 1900 due to lack of general support.

The resurgence of autohemotherapy has been there since 2000, not only by the dermatologists but also by the medical professionals in other fields.

The medical professionals on the basis of recent investigations are of the opinion that Autohemotherapy has not only immense power to treat various dermatological problems, but it can treat medical problems of other fields also.

Simultaneous to the skin problems the Autohemotherapy has been tried in different diseases like diabetes mellitus, bronchial asthma, chronic sinusitis, allergic conjunctivitis, allergic Rhinitis, GIT problems, lactose intolerance, connective tissue diseases, myasthenia gravis, fibromyalgia, gout osteoarthritis, low back pain, autoimmune diseases (ankylosing spondylitis, rheumatoid arthritis), weight loss and problems of athletes. The results are significantly positive.

The medical professionals are of the opinion that the efficacy of Autohemotherapy is based on uplifting the immunity of the patient.

One additional point in these studies is that in none of the studies no negative point has been mentioned against Autohemotherapy.

In 1985 I came to know through a book on dermatology that Autohemotherapy has immense power to treat various dermatological diseases by increasing immunity level.

I thought that when autohemotherapy can have its positive impact in cure of dermatological diseases then it should work for respiratory diseases also.

Seeing all about the uplifting the immunity through autohemotherapy I tried to make my work on severe respiratory infection & COPD (Chronic Obstructive Pulmonary Disease) patients. COPD is a very important and common problem of community and it is characterized by chronic airflow obstruction which is not fully reversible. The disease clinically manifests as persistent cough with expectoration with dyspnoea. The disease has difficulty of cure and carries high morbidity, disability and death rate. The symptoms are always progressive and cause a great difficulty in leading life. The study results were positive.

I benefitted more than 2000 patients of respiratory problem at that time.

In this context my submission is that when we know that autohemotherapy improves immunity and gives faster and positive response to treatment given then steps must be taken to utilize its efficacy in treatment of various viral, fungal and bacterial infections.

KEYWORDS

Autohemotherapy, Dermatologic, Asthma, Diabetes, COPD, Viral, Fungal, Bacterial

Introduction

- It is a fact that Autohemotherapy is useful in various types of patients and this is due to increasing of immunological status of patients.
- The Autohemotherapy is done by a simple technique with almost no cost. For this simply a 5 ml syringe is required and the physician draws 2 to 3 ml venous blood from any superficial vein of forearm and simply reinjects this whole blood immediately into any muscles of upper arm or gluteal (hip) region.
- The blood in muscles works as a foreign body in modified way and causes no harmful effect. It is because the blood is patient's own. It stimulates immune system to generate various useful immunoglobins to work for beneficial effects. As a result the neutrophils and macrophages accumulate at any pathological site and start working with more efficiently and intensity in influence of enhanced immunity. These with the help of certain cytokines are able to kill the microbes on stimulation by T-lymphocytes. Possibly the macrophages are able to kill the microbes through phagolysosomes. In this connection we should remember that macrophages (laden with tubercular bacilli) in TB infection travel through lymphatics to hilar lymph nodes in primary tubercular infection and activate the T-lymphocytes through tubercular antigen and IL-12. In response to this the T-lymphocytes transfer INF- γ to macrophages to become competent enough to produce phagolysosomes to kill even such powerful Tubercular bacilli.
- Therefore by way of stimulation of immunity we can think of the same for killing of other microbes also in the same fashion.
- The available evidences from various studies indicated that Autohemotherapy does not have any major side effect.
- With this background I conducted a study on topic of Autohemotherapy in Respiratory Problems. The study is as follows.

Investigations in patients selected for study

- For diagnostic purposes a detailed history of the patient was taken including details of smoking and occupational hazards.
- The investigations included X-ray chest; Routine blood examination for Hb, TLC, DLC, AEC and peripheral blood slide examination; Random blood sugar examination; Serum sodium and potassium; Serum Urea and Creatinine; SGOT/SGPT and S. Bilirubin (direct/indirect); sputum examination for AFB and sputum Culture and Sensitivity if required.

Material and methods

Study settings:

All the patients selected for study were those who attended my clinic at Bareilly as outdoor patient. The duration for the study of patients was from October 2012 to October 2019.

Aim of the study

This study has been planned on respiratory infections cases to see the impact of autohemotherapy which uplifts the general immunity and thereby gives faster response to the treatment given. It is a well-known fact that immunity has its key role in controlling various diseases.

One favoring fact is that autohemotherapy therapy is costless. Moreover in none of the previous studies no-body has pointed out its any type of reaction or side effects and therefore it will be beneficial for those who have low immunological status.

It has been seen that treating of bacterial and viral infections in those patients in whom immunity is low due to any reason then it becomes very difficult to treat such patients. In these patients the autohemotherapy can be answer for treatment purpose.

Study Pattern

Table - The study was made according to following table –

Pts. age group in year	Sex	Improvement in Group A control Pts.			Improvement in group B Pts. treated by Autohemotherapy				
		Pts. No. Group A	1 st visit 3 rd day	2 nd visit 5 th day	3 rd visit 7 th day	Pts. No. Group B	1 st visit 3 rd day	2 nd visit 5 th day	3 rd visit 7 th day
31-45	Male	21	+	++	+++	146	++	+++	++++
	Female	9	+	++	+++	63	++	+++	++++
46-60	Male	54	+	++	+++	379	++	+++	++++
	Female	12	+	++	+++	84	++	+++	++++
Above 60	Male	21	+	++	+++	147	++	+++	++++
	Female	3	+	++	+++	21	++	+++	++++
Total	Male	96	+	++	+++	672	++	+++	++++
	Female	24	+	++	+++	168	++	+++	++++
Gross		120				840			

Total Treated Patients – 960 (Period of study – October 2012 to October 2019) *The improvement assessment is shown by mark +

Analysis of table

- Study period – October 2012 to October 2019. Total respiratory problem patients studied = 960.
- The 3 age groups of patients selected were 31 to 45 yr., 46 to 60 yr. and above 60 yr.
- The patients were further divided sex wise into male and female in table.
- Control group A is of 120 patients.
- Group B is of 840 patients which were given autohemotherapy.
- Both groups given same pattern of treatment but group B patients were given additionally the Autohemotherapy.
- Autohemotherapy treated group B patients showed a better and faster response than group A control patients.

Treatment strategy

- The 960 patients of respiratory infections were treated on outdoor basis. Nobody was admitted. A detailed history of patient was taken and all essential investigations were carried out.
- All the 960 patients were divided into A and B groups.
- Both groups of patients were given similar pattern of treatment like antibiotics, bronchodilators (SABA, LABA and ICS) with mucolytics and expectorants and other symptomatic as per requirement.
- The group B 840 Patients were given additionally the Autohemotherapy treatment by 2.5 to 3 ml patient's own whole blood. The blood was drawn from superficial veins of fore arm and then **first dose** was injected to him intramuscularly immediately in upper arm or gluteal region (hip) muscles.
- The patients were kept under strict personal watch for atleast 3 hours. Then on having satisfied of wellness the patient was allowed to go to home.
- The patients were assessed on 3rd day, 5th day and 7th day.
- When the patients of autohemotherapy group came on 3rd day then a **second dose** of autohemotherapy was given. The blood was injected at other site than the previous injected site.
- Every patient showed recovery. But the recovery was much faster in patients who were given Autohemotherapy.
- No adverse effect was noted in any patient treated by Autohemotherapy.

Treatment outcome

- A good clinical response we define when after giving treatment the patient feels better subjectively by expressing improvement in cough, expectoration, dyspnoea, fever, anorexia and general wellbeing.
- In this study our conclusion is that the Autohemotherapy treated group of patients responded better and faster than the control group of patients. Care was taken to note any adverse effect if any patient notifies it. No patient had any adverse effect during or after treatment.

Previous year's experiences

- Let me share my previous experiences of Autohaemotherapy to

which I had in 1985 at Rampur, when I came to know about Autohaemotherapy from dermatology book.

- The book mentioned that the role of Autohemotherapy in improvement of dermatological diseases was by way of increasing immunity.
- In those days I had very good field of patients especially in chest diseases.
- I thought that the Autohemotherapy induced immunity should work in respiratory diseases also especially in difficult cases of respiratory problems.
- So I decided to use autohemotherapy for my critically ill respiratory problem cases.
- Next day during my consultation when I saw a critically ill patient of COPD, then I gave him autohemotherapy. After a close watch for 3 to 4 hours when I saw that the patient does not have any adverse effect then I allowed him to go home and called him after 2 days.
- After 2 days when the patient came then I was surprised to see him as I noticed that he was much improved symptomatically.
- Seeing this I was very much encouraged and then I benefitted every such critically ill patient regularly. Subsequently in next 15 years I benefitted about more than 2000 such patients of various respiratory problem through Autohemotherapy with successful results.
- I shared my experiences to many other professionals of my hospital.
- Meanwhile I had to go out on my transfers to other places and all these things stopped. I could not keep the record also of these patients and could not analyze my work.
- I again started my study on autohemotherapy when a Doctor of reputed hospital of India asked me to show printed document of my experience.

DISCUSSION

- Since long back autohemotherapy has been found useful in dermatological conditions. Recently it has been found that autohemotherapy can work in various other fields of medical problems also like diabetes, bronchial asthma, sinusitis, allergic conjunctivitis, allergic rhinitis, GIT problems and in connective tissue diseases. The results have been found positive.
- I have found positive results in respiratory cases to which I have studied.
- It is well known fact that immunity is a great power and if the patient has low immunity due to old age, smoking, alcohol, poor nutrition, diabetes viral infections etc., or if his immunity is weak, or if the virulency of infection is high then we have to exert much more and we treat such patients for longer period to get desired response.
- In serious state if we find that the patient is not getting desired response and if he responds positively to autohemotherapy then it can be a help to the patients.
- The conclusion of various studies is that autohemotherapy increase immunity and persons improve fastly.
- So I think that the Autohemotherapy needs much attention and lot of researches on this topic should be carried out because the therapy uplifts the immune system and person give faster response to treatment.
- First point in its favour is that it works by improving immunity of the patient.
- Second point in favour is that the autohemotherapy is costless.
- Third point in its favour is that there is no adverse effect noted against autohemotherapy.
- Fourth important point is that because the injecting blood is autologous, so it cannot cause hyperferremia or damage to any vital organ.

CONCLUSION –

- The autohemotherapy works by increasing immunity. Through this study I wanted to share benefits of my previous medical practice experiences. I want to stress in the end that a patient can be benefitted by giving Autohemotherapy in treating many of his ailments.
- But I think that there is much to work further in this therapy.

- *We can say that autohemotherapy can be used in treating many infectious diseases which may be bacterial, viral or fungus origin if proper work is done.*
- *We summarize the study with the remark that if required the autohemotherapy can be used as add-on to the any specific treatment to get better results.*

Presently a viral infection of Covid – 19 is creating a kiosk all over the world and lot of people have lost their lives .

Those who are getting improvement from Covid – 19 are improving by way of developing immunity in their body . As Autohemotherapy uplifts the immunity , then this therapy can be a answer to world wide problem of Covid – 19.

I hope that by working more we can solve the mystery of Autohemotherapy and can bring a revolutionary change in treating many diseases including present day problem of Covid – 19 .

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