



ORIGINAL RESEARCH PAPER

Homeopathy

ROLE OF ADVANCED HOMEOPATHY IN THE LONG-TERM MANAGEMENT OF BRONCHIAL ASTHMA: (A CLINICAL AND PUBLIC HEALTH PERSPECTIVE)

KEY WORDS: BRONCHIAL ASTHMA, HOMEOPATHY, CHRONIC RESPIRATORY DISEASE, CONSTITUTIONAL TREATMENT, IMMUNOMODULATION, HOLISTIC MEDICINE, AIR POLLUTION ETC.....

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ABSTRACT

Bronchial asthma is one of the most common chronic inflammatory respiratory disorders affecting millions worldwide. Increasing urban pollution, environmental allergens, occupational exposure, lifestyle changes, and genetic predisposition have contributed to the rising incidence of asthma, especially among children and young adults. Conventional treatment protocols mainly focus on symptomatic relief through bronchodilators and corticosteroids; however, recurrence and dependency on inhalers remain major concerns. This paper explores the potential role of classical homeopathy in the long-term management of bronchial asthma through individualized constitutional treatment. The study discusses the clinical observations, therapeutic principles, and public health relevance of homeopathic intervention in asthma patients treated over several years at Advanced Homeo Health Centre, Indore. The paper also highlights the importance of holistic treatment aimed at improving immunity, reducing frequency of attacks, and enhancing quality of life.

INTRODUCTION

Asthma is a chronic inflammatory disease of the airways characterized by recurrent episodes of wheezing, breathlessness, chest tightness, and coughing. According to global health estimates, asthma affects more than 300 million individuals worldwide and remains a significant public health challenge.

Rapid urbanization, increasing vehicular pollution, industrial exposure, indoor allergens, smoking, stress, and changing lifestyle patterns have contributed to the growing prevalence of asthma in India. Children living in metropolitan and industrial regions are particularly vulnerable.

Although modern medicine has significantly improved emergency asthma care, many patients continue to experience recurrent symptoms, reduced quality of life, and prolonged dependence on inhalers and steroids. This has led many patients to seek complementary and alternative systems of medicine, including homeopathy.

Classical homeopathy approaches asthma not merely as a respiratory disorder but as a systemic constitutional imbalance involving hypersensitivity, immune dysfunction, emotional factors, and hereditary tendencies.



Representative Images

Symptoms of Bronchial Asthma:

- Wheezing
- Coughing
- Shortness of Breath
- Chest Tightness:
- Reduced Lung Function

Causes and Triggers:

- Allergens
- Irritants
- Infections

- Physical Activity
- Environmental Factors

Objectives of the Study:

1. To evaluate the effectiveness of individualized homeopathic treatment in chronic bronchial asthma.
2. To study reduction in frequency and severity of asthma attacks.
3. To observe improvement in overall respiratory health and immunity.
4. To assess reduction in dependency on bronchodilators and corticosteroids.
5. To emphasize preventive and holistic approaches in asthma management.

Etiological Factors in Asthma

Several factors contribute to the development and progression of asthma:

- Air pollution
- Dust and smoke exposure
- Pollen allergy
- Occupational hazards
- Genetic predisposition
- Recurrent respiratory infections
- Emotional stress
- Smoking and passive smoking
- Dietary and lifestyle irregularities
- Climatic changes

In India, increasing urban congestion and environmental degradation have significantly aggravated respiratory diseases.

Homeopathic Concept of Asthma:

Homeopathy considers asthma as a manifestation of deep constitutional susceptibility. The disease reflects disturbance in the vital force, often influenced by hereditary and environmental factors.

The homeopathic approach includes:

- Detailed constitutional analysis
- Individualized medicine selection
- Assessment of mental and emotional state
- Evaluation of thermal reactions and sensitivities
- Consideration of family history and allergic tendencies

Unlike suppressive approaches, homeopathy aims to stimulate the body's natural healing mechanism.

Materials and Methods

Study Design

Observational clinical study.

Study Location

Advanced Homeo Health Centre, Indore, Madhya Pradesh.

Study Duration

Long-term follow-up observations over multiple years.

Sample Population

Patients of bronchial asthma of different age groups, including children, adolescents, adults, and elderly patients.

Inclusion Criteria

- Diagnosed bronchial asthma cases
- Recurrent wheezing and breathlessness
- Allergic asthma cases
- Chronic recurrent respiratory complaints

Exclusion Criteria

- Acute respiratory failure
- Severe uncontrolled cardiac disease
- Advanced pulmonary tuberculosis
- Malignancy-related respiratory compromise

Methodology

Each patient underwent:

- Detailed case taking
- Constitutional assessment
- Family and personal history analysis
- Evaluation of triggering factors
- Long-term follow-up

Individualized homeopathic medicines were prescribed according to classical homeopathic principles.

Frequently Indicated Homeopathic Medicines in Asthma

The following remedies were frequently considered according to symptom similarity:

- Arsenicum Album
- Natrum Sulphuricum
- Spongia Tosta
- Ipecacuanha
- Antimonium Tartaricum
- Sambucus Nigr
- Tuberculinum
- Pulsatilla
- Sulphur
- Calcarea Carbonica
- Lycopodium
- NuxVomica

Prescription was individualized and not disease-specific.

Clinical Observations

During long-term follow-up, many patients demonstrated:

- Reduction in frequency of asthma attacks
- Improvement in breathing capacity
- Better sleep quality
- Reduced nocturnal aggravation
- Reduced dependence on inhalers
- Improved stamina and immunity
- Better tolerance to weather changes
- Decrease in allergic susceptibility

Children receiving constitutional treatment showed comparatively better adaptation and fewer recurrent respiratory infections.

DISCUSSION

Bronchial asthma is not merely a localized airway disease but a multifactorial systemic disorder. Environmental pollution, emotional stress, and altered immunity collectively contribute to disease progression.

Homeopathy offers a patient-centred therapeutic approach. Instead of treating isolated symptoms, constitutional homeopathy aims to improve the patient's overall defence mechanism and susceptibility pattern.

Clinical observations suggest that individualized homeopathic treatment may help:

- Reduce recurrence,
- Improve patient comfort,
- Enhance quality of life,
- Lower dependence on emergency medication.

However, further multicentric randomized controlled studies with larger sample sizes are required to scientifically validate long-term outcomes.

Public Health Perspective

India is witnessing a rapid rise in respiratory illnesses due to urban pollution and lifestyle changes. Preventive healthcare strategies are urgently needed.

Public awareness regarding:

- Pollution control,
- Early diagnosis,
- Nutritional support,
- Avoidance of allergens,
- Smoking cessation,
- Respiratory hygiene is essential.

Integrative healthcare approaches combining preventive medicine with individualized holistic care may help reduce disease burden.

CONCLUSION

Bronchial asthma remains a major chronic health challenge affecting physical, emotional, and social well-being. Classical homeopathy, when practiced through individualized constitutional prescribing, may provide supportive long-term benefits in selected asthma patients.

The observations from clinical practice indicate improvement in respiratory health, reduction in recurrence, and enhancement in quality of life among many patients receiving homeopathic treatment. Further scientific research and collaborative clinical studies are encouraged to establish broader evidence regarding the role of homeopathy in chronic respiratory diseases.

Declaration

The author declares that the study is based on clinical observations and individualized homeopathic practice principles. Patient confidentiality and ethical considerations were maintained throughout clinical documentation.

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