

Role of Homeopathy in Asthma

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What is Asthma?

Asthma is a disease wherein the person finds difficulty in breathing. This is a persistent disease of the airway, which includes the windpipe (trachea), the left and right bronchi, and the lungs.

In Asthma the patient faces attacks of involuntary muscle cramps in the bronchi of the lungs, which makes the airways inflame and become narrow, causing difficulty in breathing.

Asthma is generally connected to certain forms of hypertension or allergic reactions and also triggers symptoms like heavy breathing with a whistling, chest pain, and coughing.

Even though Asthma affects all age groups of people but it often starts in childhood. It is a disease for which the common characteristics are chronic attacks of breathlessness and wheezing, which vary in severity and frequency from person to person. In an individual, asthma attacks may occur from hour to hour and day to day.

In this condition, the airways become easily irritated due to inflammation and an increase in the sensitivity of the nerve endings in the air passages. In an asthma attack, the lining of the passages swells which causes the airways to narrow, thus reducing the flow of air in and out of the lungs.

The most common triggers of asthma are allergens, such as pollen, dust mites, smoke, perfumes, chemicals, and even weather conditions.

Homeopathy:

Homeopathy believes that if a substance given to healthy people causes symptoms of a disease, would cure similar symptoms in sick people; this doctrine is called "similia similibus curentur", or "like cures like". Homeopathic medicines are remedies that are made using the process of the homeopathic dilution. This is a process in which the selected substance is repeatedly diluted until the final product is chemically indistinguishable from the solvent, such preparations, upon oral intake, can treat or cure diseases.

Homeopaths generally ask the patient to describe that does the symptoms change depending on the weather and other external factors. They also gather information based on the patient's mood, one's likes and dislikes, their physical, emotional and mental states, life circumstances, personality, and physical or emotional illnesses. Then the gathered information is matched is compared to the "drug picture" in

the materia medica or repertory and is used to determine the appropriate homeopathic remedies.

Homeopathy in its preparation uses mineral, plant, animal, and synthetic substances. Sugars, typically lactose, are used to make homeopathic pills, on which a drop of liquid homeopathic medicine is coated and is left to evaporate.

In homeopathic medicine, the goal is to treat asthma with a minimal dose that may lead to symptoms kind of like asthma. This triggers the body's system.

Homeopathic Treatment for Asthma:

Homeopathic treatments for asthma include:

- Aconitum napellus for shortness of breath
- Adrenalinum for congestion
- Aralia racemosa for tightness of chest
- Bromium for spasmodic cough
- Eriodictyon californicum for asthmatic wheezing
- Eucalyptus globulus for mucus congestion
- Phosphorus for chest spasms
- Trifolium pratense for irritation

Homeopathic remedies or plant extracts:

- Arsenicum album
- Tuberculinum
- Natrum sulphuricum
- Sulfur
- Pulsatilla
- Phosphorus
- Nux vomica
- Lycopodium
- Kali carbonicum

The major issue with asthma is that it's incurable; one can only manage the symptoms. In traditional treatment, inhalers are provided to the patient, which is to be taken after you get a respiratory illness. But since homeopathy uses natural products to treat a disease, it is quite effective in treating asthma.

Some important homeopathy medicines for asthma are:

Aconite

Aconite is best for suppressing acute asthmatic condition triggered because of seasonal changes. This medicine helps to supply relief from cough and wheezing sound together with the tightness of the chest.

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Bacillinum

It is recommended to people having hypersensitive towards cold. It gives relief from cough and wheezing, which gets severe during nightfall.

Sambucusnigra

It is prescribed to treat the industrial asthmatic disorder, especially to children having a sense of suffocation due to blockage of the nose.

Ipecacuanha

Ipecacuanha is acquired from dried roots of a creeping shrub. It is prescribed when asthma symptoms are nausea and vomiting.

Medorrhinum

Medorrhinum is very effective in treating asthma in children, especially when one is affected by asthma as well as eczema.

Natrum sulphuricum

Natrum sulphuricum is one of all the foremost important homeopathy medicine and is beneficial for asthma in both children and adults. It's utilized in treating asthma if it's hereditary. These medicines have proved to be highly effective for giving relief from asthma aggravated by humid weather and dampness.