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Seasonal outbreak of acute respiratory infections and role of belladonna as a “Genus homeopathic remedy”

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Abstract

There has been a significant role of Homoeopathic medicines in cases which presents with similar set of signs and symptoms as a result of seasonal out breaks infected with the same infective agent; termed as “Seasonal diseases.”

Selection of the Homoeopathic remedy is based on the Systematic Case taking, Case recording, Case analysis and formation of single characteristic totality which is a reflection of the core characteristics of the group of cases reporting during the outbreak.

Acute Respiratory Infection is one of the type of seasonal disease with high mortality in India.

Keywords: Acute respiratory infection, outbreak, seasonal, belladonna, genus remedy, aphorism

1. Introduction

A disease outbreak is the occurrence of cases of disease in excess of what would normally be expected in a defined community, geographical area or season. An outbreak may occur in a restricted geographical area, or may extend over several countries. It may last for few days. Acute Respiratory Infection is also one of the seasonal outbreaks which may occur with every change of weather in tropical countries like India.

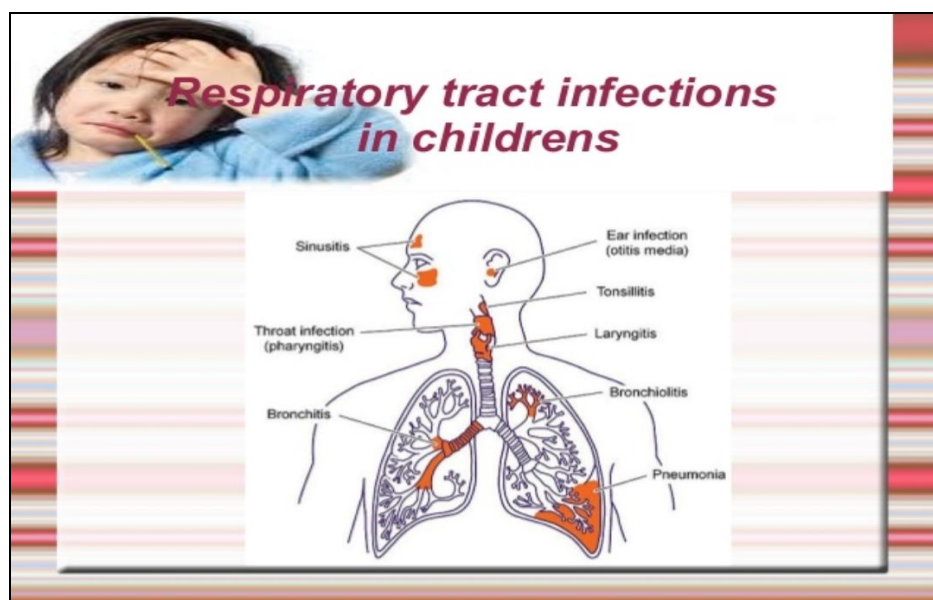


Fig 1: Respiratory tract

Acute respiratory infections (ARI): They are the most common human ailment. They are the substantial cause of morbidity and mortality in young children and adults. Every year ARI in young children is responsible for estimated 3.9 million deaths worldwide and 20-30% of admission in hospitals. About 90% of ARI deaths are due to pneumonia.

ARI are of two types

Upper Respiratory Infection- Includes common cold, pharyngitis and Otitis media. Lower Respiratory Infection- Includes Epiglottitis, Laryngitis, Laryngotracheitis, Bronchitis, Bronchiolitis and Pneumonia.

Reason for such seasonal infections are as follows

1. Climatic conditions, sudden change in atmospheric temperature.
2. Poor sanitation
3. Overcrowded dwellings
4. Poor nutrition

Homeopathic concept of seasonal diseases

It is the alteration of mass susceptibility in the group of population which compromises the host immunity leading to development of the clinical disease which shares the same characteristics of the other patients belonging to the population group.

Treatment strategy

Homeopathic Therapeutic management in such outbreaks can be done by effective observation of the cause and effect relationship. There has to be identification of causative factors like Exposure to rains, Exposure to sun, Change of weather etc. Observation of the evolution of the disease phenomenon leads to construction of the totality.

One such phenomenon was observed in our Clinical practice where there were multiple patients coming in the OPD / IPD from the month of April 2019 till October 2019.

On detail observation of this prospective study

There was an emerging single remedy in all the cases as discovered from the step wise case taking, processing and analysis. This single remedy is known as "Genus Remedy". Such similar term was used for Single remedy benefiting the number of cases in an epidemic disease called as Genus Epidemicus as mentioned in the Organon of medicine textbook.

Methodology: Selection all the cases coming to the OPD of Satva Homoeopathic clinic and charitable clinic, Juhu Koliwada, Santacruz west, Mumbai. and IPD of Shree Mumbadevi Homoeopathic Hospital under Dr Rakesh Gupta; Vile Parle (west), Mumbai.

Inclusion criteria: Exclusion criteria

All age group, Both sexes Pregnant woman
Acute Respiratory Infection (Viral)

Criteria for diagnosis

- Congestion
- Runny nose
- Cough
- Sore throat
- Body ache
- Fatigue
- Chills
- difficulty in breathing
- Dizziness

Table 1: Cases with symptom categorisation

Case no	A/f	Prodrome	Physical generals with modalities	Physical particulars with modalities
1			Burning Heat was present all over the body ³⁺ Weakness+++ fever during. Thirst less ³⁺ during fever loss of Appetite	Incessant sneezing (10-15 at a time) with fluent coryza- Bland, watery and very profuse. Fever high grade and continuous with chilliness. Frontal Headache ³⁺ Nausea after eating +
2		Weakness++	Thirst lessness during fever	Coryza – watery, bland and profuse. Frequently sneezing.
3				Headache < on bending forward <breathing heavily < forceful expiration <keeping head on pillow Pain in Both eyes (Right eye pains much more) Lachrymation > vicks Watery coryza > vicks
4			Desire to lie down. Thirst lessness with fever. Burning heat sensation in general during fever. Chilliness during fever.	Recurrent sneezing with coryza. Frontal and vertex Headache ³ during fever.
5			Chills with rigors ²⁺ Fever started with Heat sensation from head to toe Heat stage is continuous and constant throughout. Thirst increased+ at night only during chill stage. Appetite has decreased. Drowsy and sleepy ²⁺ during fever.	Pain in abdomen >>pressure ³⁺ . Pain in head > pressure ³⁺ . Dry cough since 2 days with difficulty in expectoration ² .
6	Getting wet in rains		Dislikes: Sweets Thirst less HOT patient	Headache, she felt feverish with chills starting from legs O: Sudden A/F- Getting wet in rains P: Increasing Sensation: As if someone is pricking pins L- temporal and forehead >Hard pressure <Empty stomach

				<p><Hot fomentation Sudden pain in B/L knee joints with headache. Pain goes downwards. Sen: Weakness in both legs Mod: Nil Since yesterday evening, she had vomited 5-6 times [Anything eaten is vomited out]. Does not get better by vomiting. ASSOCIATED COMPLAINTS: Dry cough since 2 days Occasionally scanty expectoration Headache <Cough < Sun</p>
7	Head getting wet in rains++			Got a headache from getting her head wet in rains Chills Body ache
8				Irritation in throat Must clear throat Throat pain relieved by warm drinks Body ache
9		Dizziness and weakness++	<p>Dizziness before fever Weakness++ before fever Fever starting from head going downwards. Desires fan Fever >urination >sitting >covering < warm room Thirst less+++ fever during Loss of appetite due to feeling of nausea. Head hot feet cold.</p>	<p>Burning++ heat all over the body starting from head Sore throat- Irritation during swallowing. Heat from head dissipates to pillow making it warm. Lachrymation fever during Body ache Urge to vomit but nothing comes out</p>
10		Dullness before fever	Taste Putrid, Thirst lessness fever during	low energy, warm to touch. Leg pain fever during
11			<p>1)Appetite: feels hungry but when see food doesn't feel like having food, feels hungry at 4 30 pm 2)thermals: chilly 3)stools 2 3 times unsatisfactory, feels gas is stuck in lower abdomen, burning after stools, feels hot then doesn't feel like eating bloating Agg turning sideways better by flatulence 4) before urine there is stools and flatus for passing urine must wash with water to be able to pass urine</p>	<p>nausea felt in chest sudden onset progress same duration on and off doesn't like smell of food nausea agg after passing stools 2) eructation bland agg sitting up, 3) warm flatulence: pain in abdomen agg during flatulence agg during Passing stools 4)throat dry but doesn't drink no taste of water feels vomiting 5) fever on n off heat of head and neck coldness of hands thirst less during fever retrosternal burning heat? feeling weak after talking agg pain in abdomen</p>

*In all these cases the onset was sudden and pace of disease was faster.

Table 2: Genus totality formation and its coverage in respective cases indicated with “+”

	1	2	3	4	5	6	7	8	9	10	11
A/F- Getting wet in rain						+	+				
A/F- getting head wet in rains							++				
Sudden onset	+	+	+	+	+	+	+	+	+	+	+
Thirst lessness during fever	+	+	+	+		+	+	+	+	+	+
Fever-Burning heat	+			+	+				+		
Extremities pain fever							+	+	+	+	+
Head ache	+		+	+++		++	+				+
Head hot and feet cold									+		
Head ache – pressure amelioration					+++						

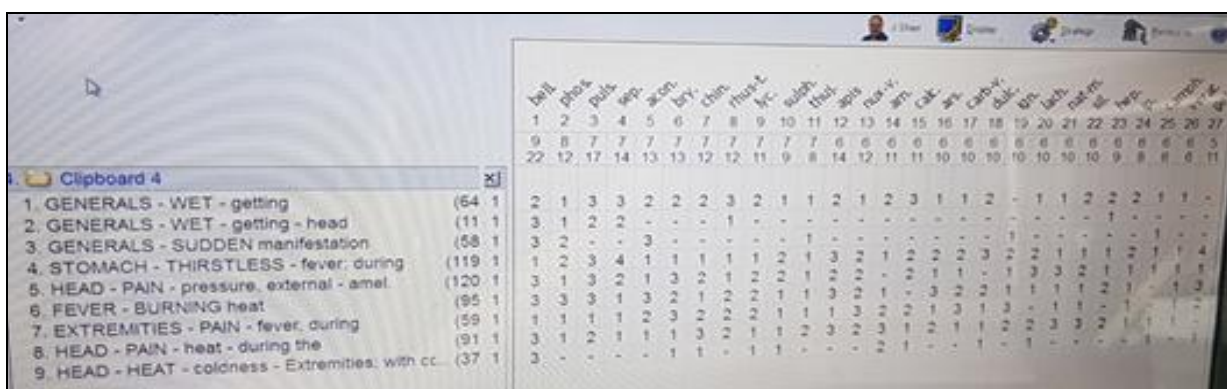


Fig 2: Reportorisation

Table 3: Remedy differentiation

Points of differentiation	Belladonna	Phosphorus	Pulsatilla	Sepia
1. Ailments From	Ill effects of hair cutting, head getting wet. Heat of Sun; if heated. - Drafts - on head; haircut; washing head. Checked Sweat.	Ill effects of anger, fear, grief; worry; exposure to drenching rains; washing clothes; tobacco; having haircut. - Iodine. - Excessive use of salt.	Ill effects of Suppressions, otorrhoea, menses, lochia, milk etc. - Eating ice-cream; pork, fats; pastry; mixed diet. -	Ill effects of anger and vexation; blows; injury; over lifting; falls; jar; getting wet; laundry work; boiled milk; fat; pork; tobacco.
2. Pace	Sudden Manifestation	Insidious onset, gradually increasing debility, ending the severe or rapid disease.	Symptoms rise to a certain pitch, then suddenly cease.	Sudden prostration.
3. Thirst	Thirst lessness	Thirst for large quantities of cold water	Thirst lessness; with nearly all complaints.	Thirst lessness
4 Headache better pressure			Better Pressure.	Better pressure
5 Burning Sensation	Burning Heat, Bright Redness and Dryness are very marked. - HOT; body, part	Burnings.	Burning sensation	Not significant.
6 Extremity pain fever during		Painless fevers.	Pain; on lying down at night.	Tension in limbs as if they were too short. - Limbs restless, twitching and jerking day and night.
7 Headache	Throbbing, hammering headache agg. temples; agg. motion; amel. letting hair down; laying the hand on head; bending head backwards.	Head; heavy; aches; over one eye; with hunger; agg. children; agg. lying on right side; amel. cold washing of face.	Aches; from overwork; suppressed sexual excitement; indigestion; starts in vertex. - Occipital ache agg. coughing. - Semi lateral headaches, pulsating, bursting; with scalding lachrymation of the affected side. - Vertigo; agg. sitting looking up; with nausea and gastric or menstrual disturbances; before, during after or suppressed menses. - Profuse sweat on scalp. - Headache of school girls at the time of puberty. - Headache amel walking in open air. Head seems heavy. Cannot hold upright, cannot raise it.	Headache; shooting, stinging pain; within out or upwards; over left eye; heavy on vertex, alternating sides of occiput; agg. lying on painful side, indoors; with nausea and vomiting. Headache in terrible shocks at menstrual time; with scanty flow; with desire for coition.
8 Head Hot with Coldness of Extremities	Hot Head, with cold limbs.	Chilly in warm room, down back. - Burning heat; local, up back.	- Chilly; yet averse to heat; in Warm Room; with pain; on lying down at night.	Easily chilled. - Chilly with air hunger. - Cold; in spots; on vertex; between scapulae; feet, in bed. - Anxious hot flushes preceded by sudden weakness. - Sweat; easy; offensive, with orgasms; on genitals, in axillae; or back between menses. - Irregular fevers. - Heat ascending or as if hot water were poured over him.



Fig 3: Photograph of Belladonna Flowers.

Belladonna as “Remedy Reference

Belladonna

Common name- Deadly Nightshade

Active principles- Atropine, hyoscyamine and scopolamine
Atropa belladonna is a perennial bushy herb taxonomically classified in the family- Solanaceae. The berries of these plants consumed by animals who disperse the seeds in their faeces.

Fatal- 10 berries digestion in adult, 2-3 berries digestion in a child

In certain culture it was used by women to dilate their pupils to look beautiful (hence the name Belladonna means Beautiful lady)

In modern medicine Belladonna can't be used due to its poisonous and Anti- cholinergic properties. The same plant is potentised its inert properties gets activated. Its dynamic

powers can be seen, which are anti- inflammatory and anti- pyretic.

Belladonna is a drug with the potential to treatment ailments resulting due to environmental or climatic influences like getting wet in rain especially head or exposure to sun.



Fig 4: Belladonna Berries

References from source book

Belladonna as the therapeutic in infectious epidemic diseases like scarlet fever.

Clark J.H – “When there is an epidemic of scarlet fever is about to occur, anyone who is exposed to infection may

obtain almost certain immunity by taking Belladonna two or three times a day”

“It is a chilly remedy; sensitive to changes from warm to cold, to draught of air, to damp weather, to damp weather, to chilling from having the head uncovered, or having the hair cut; better from being wrapped up warmly in a room.

Under this remedy there is remarkable quickness of sensation, or of motion. The pains comes and goes suddenly no matter how long they may last.

Heat, redness and burning are three great characteristics notes of Belladonna; and are constantly cropping out pathogenesis.”

Selection of the final remedy for the study

Belladonna

Posology: 200

Dilution: First dilution every 15 to 30 minutes in all the cases followed by reduction of the repetition after improvement starts (15 to 30 mins → one hourly → Two hourly → four hourly and stop when significantly better)

Organon of medicine

Footnote 72 to Aphorism 73: In this footnote it is written that in 1801 when the Western region was attacked by Scarlet fever the prophylactic and curative remedy found was Belladonna. There was also similar disease like scarlatina for which the totality indicated was Aconite.

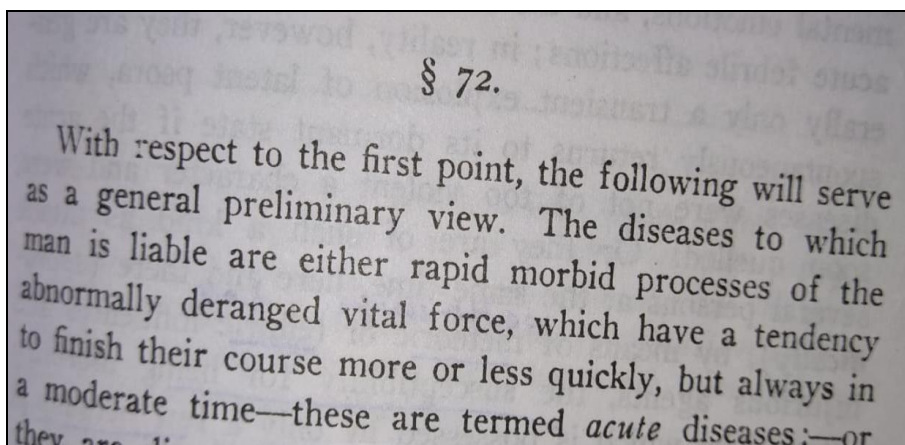


Fig 5: Photograph of the textbook of Organon of Medicine

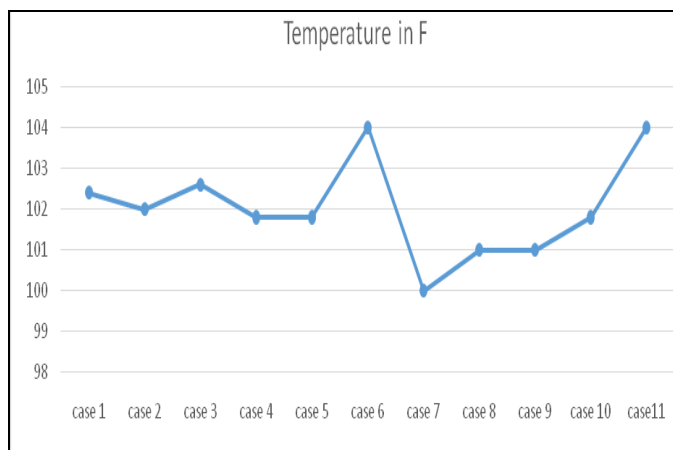


Fig 6: Temperature graph at the time of reporting to the hospital

Table 4: Type of cases temperature

Cases	Temperature in F
Case 1	102.4
Case 2	102
Case 3	102.6
Case 4	101.8
Case 5	101.8
Case 6	104
Case 7	100
Case 8	101
Case 9	101
Case 10	101.8
Case 11	104

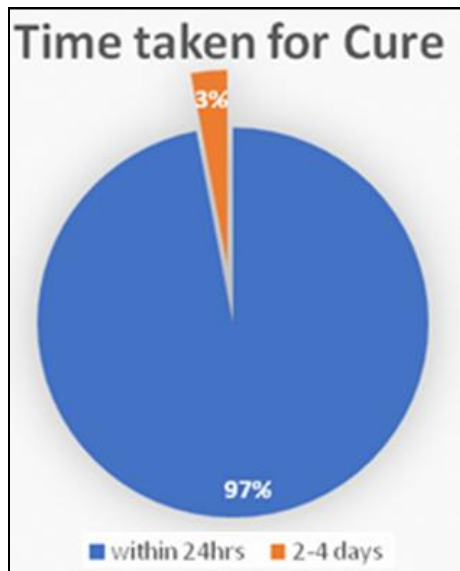


Fig 7: Time taken for the cure to be completed.

Application and Utility of the above case study

Step 1: After the consecutive 11 cases getting cured by Belladonna

Step 2: Further 10 more cases presented with similar symptoms.

Belladonna was administered to these 10 patients and the patients got better in the initial stage of the disease even before full blown disease developed.

Total 21 cases were taken up in the study and all 21 cases got cured with single selected remedy "Belladonna".

This helps us to abort the disease phenomenon right in time and clinical disease is terminated and chances of disease spread through droplet mode of transmission is avoided. After the administration of medicine, the disease symptoms disappeared in the average duration of 2 days.

Limitations

1. The study requires a larger sample size.
2. The detection of the specific virus causing Acute respiratory infections by the help of suitable markers or swabs.

Conclusion

1. The Concept of Genus Remedy is verified when large number of cases with similar seasonal causations is available for the treatment.
2. Homoeopathic utility enhances after careful scrutiny of the available symptomatology from the pool of cases and the genus characteristic totality.
3. Remedy selection based on the genus characteristic totality and its confirmation by the results it produces on these cases helps us to term it as 'Genus Remedy'
4. Genus remedy when prescribed to the patients who are in the evolving or the prodromal stage of the similar kind of disease, it abolishes the developing disease leading to cure.
5. Role of Homoeopathic system of medicine is demonstrable or reconfirmed from this study.
6. Homoeopathy can be effective in Seasonal outbreaks or Epidemic diseases as part of National Health Programmes as one of the Important Therapeutic Science.

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