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Retrospective study on effectiveness of natrum group and arsenicum group medicines in treatment of bronchitis

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Abstract

Background: Bronchitis is a respiratory disease characterized by inflammation of the bronchial tubes. Clinical features are Coughing (productive or non-productive), Mucus production (clear, yellow, green, or bloody), Wheezing, Shortness of breath (dyspnea), Chest tightness or discomfort, Fatigue, Fever. This article provides an overview of effectiveness of natrum group and arsenicum group of medicines in bronchitis.

Objectives: To know the effectiveness of different homeopathic medicines of Natrum group and Arsenicum group medicines in treatment of bronchitis.

Keywords: Bronchitis, Natrum group, Arsenicum group

Introduction

The incidence rate of bronchitis, both acute and chronic, varies. About 5% of adults experience at least one episode of acute bronchitis annually, while chronic bronchitis prevalence can range from 3.4% to 22% in the general population, potentially reaching 74.1% in COPD patients. Causes and Risk Factors are Viral infections (influenza, rhinovirus), Bacterial infections (*Mycoplasma pneumoniae*, *Chlamydia pneumoniae*), Smoking, Air pollution, Occupational exposures (Dust, chemicals), Underlying lung disease (COPD, asthma), Genetic predisposition. Pathophysiology of Bronchitis are Increased mucus production, Ciliary dysfunction, Inflammation ^[1]. Pathological Changes are Mucus hypersecretions, bronchial wall thickening, ciliary dysfunction, Mucus plugging, airflow obstruction Goblet cell hyperplasia, Squamous metaplasia, Fibrosis, gas exchange abnormalities ^[2]. Clinical features are Coughing (productive or non-productive), Mucus production (clear, yellow, green, or bloody), Wheezing, Shortness of breath (dyspnea), Chest tightness or discomfort, Fatigue, Fever (in acute cases) ^[3]. Chronic bronchitis, a type of COPD, can lead to several complications, including pneumonia, cor pulmonale, and pulmonary hypertension.

Natrum Group: Characteristic features of this group –Constitution: Natrums are lean, thin, emaciated, pale, short and anemic. Temperament is melancholic and bilious. Thermal is chilly. Diathesis is rheumatic and gouty diathesis. Miasm is Sycotic and tubercular. Sphere of action over gastrointestinal system, blood, mucus membranes, lymphatic system, connective tissue, skin, bones, nutrition. Characteristic mental symptoms are ailments from grief, persons are sensitive, pessimistic, closed, reserved kind of people, anxious, fear, emotional peoples ^[4]. Characteristic physical symptoms are all natrums show alteration of blood causes a conditions like anemia and leucocytosis. All complaints arise every summer, hot weather, electric changes in atmosphere or direct rays of sun give rise to various ailments. General debility is main feature of natrum group ^[5] physically thin, craves for salt, farinaceous food, fish. Aversion to bread and milk. Remedies in Natrum group are *Natrum muriaticum*, *Natrum arsenicum*, *Natrum phosphoricum*, *Natrum sulphuricum*, *Natrum carbonicum*, *Natrum salicylicum*, *Borax*, *Natrum nitricum*, *Natrum cacodylicum*, *Natrum choleinicum*, *Natrum hyposulphurosum*, *Natrum iodatum*, *Natrum lacticum*, *Natrum nitrosum*, *Natrum selenicum*, *Natrum silicatum*, *Natrum sulphocarboicum*, *Natrum succinicum*, *Natrum taurocholicum*, *Natrum telluricum*.

Arsenicum Group: Characteristic features of this group – Constitutions are weakness and restlessness. The patient is thin, lean, debilitated has Hippocratic face, waxy skin, chilly patients, scrofulous diathesis. Miasm is psora, syphilis and syphilis. Sphere of action over almost every part of body specially mind, head, blood, skin, respiration, nerves, liver, spleen, lungs, gastrointestinal system, skin, lymphatics, periosteum, joints. Characteristic mental symptoms are fear, insecurity, anxiety, sadness, restless, fastidiousness, prostration, impulsive, delusions. Characteristic physical symptoms are burning is main feature [6], all secretions and discharges are acrid, offensives, inflammation and gangrene conditions, hemorrhages, chilliness, cancer conditions. Remedies in Arsenicum group are Arsenicum album, Arsenicum bromatum, Arsenicum bin iodatum, Arsenicum hydrogenisatum, Arsenicum iodatum, Arsenicum metallicum, Arsenicum sulfuratum flavum.

Materials and Methodology

Place of study is Saradha krishna homeopathic medical College. Cases will be taken from OP or IP of saradha krishna homeopathic medical College, Kulasekharam, Kanyakumari district. Number of cases taken is 60 cases (30 cases of Natrum group, 30 cases from Arsenicum group).cases were analysed based on age, sex, improvement, natrum group and arsenicum group of medicines and potencies.

Results

This retrospective study demonstrates the significant efficacy of efficacy of Natrum group and Arsenicum group of medicines in treatment of bronchitis. 60 cases were selected from OPD's and IPD's of the college hospital. The most commonly prescribed Homoeopathic remedy was Arsenicum album. 45% of cases treated with Arsenicum album, 20% cases treated with *Natrum sulphuricum*, 17% cases treated with Natrum muriaticum, 11% cases treated with Arsenicum iodatum, 3% cases treated with *Natrum carbonicum*, 1% cases treated with Natrum arsenicosum. In this study, 27 cases were treated with Arsenicum album, 7 cases were treated with Arsenicum iodatum, 10 cases were treated with Natrum muriaticum, 12 cases were treated with *Natrum sulphuricum*, 3 cases were treated with *Natrum carbonicum*, 1 case is treated with Natrum arsenicosum. Among 60 cases, 37 cases show good improvement, 21 cases show partial improvement and 2 cases shows poor improvement. The most commonly used potency was 200th potency. Most commonly affected age group was 1 – 10 years. 24% of population were affected in the age group between 1 to 10 years. most commonly females were affected. 57% of females were affected and 43% of male is affected. In 200th potency, 30th potency, LM potency most commonly Arsenicum group is more commonly used as compared to Natrum group of medicines. In M potency Natrum group of medicines is more commonly used as compared to Arsenicum group of medicines. The most commonly used potency is 200th potency, 33% of cases treated with 200th potency, next 23% of cases treated with 0/3 potency, 5% of cases treated with 30th potency, 11% of caes treated with M potency, 11% of caes treated with 0/1 potency, 2% of caes treated with 0/7 potency, 2% of caes treated with 0/8 potency.

Conclusion

Natrum group and Arsenicum group of medicines are effective in treatment of bronchitis. The most commonly prescribed Homoeopathic remedy was Arsenicum album. The most commonly used potency is 200th potency. Homoeopathic treatment appears to be effective in managing bronchitis.

Discussion

The study conducted at Sarada Krishna Homoeopathic Medical College and Hospital explored the benefits of Homoeopathic medicines in treating bronchitis. The study demonstrated significant improvements in patients receiving homoeopathic treatment based on totality of symptoms, with potency selection primarily based on the individual susceptibility. A particularly relevant point of comparison is the study by PS Simi DB, P R Sisir (2023) titled "A Retrospective comparative study to determine the effectiveness of Arsenicum Album 200C and 0/6 in the management Bronchitis " [7], published in the Indian Journal of psychology. A particularly relevant point of comparison is the study by Krishna s sabin (2023), titled A Newly Constructed Relationship of Remedy of *Natrum sulphuricum* through Retrospective Study Based on Therapeutic Pocket Book published in the journal of medical case studies. In this study, 150 cases were selected. The relationship of remedies of *Natrum sulphuricum* according to the division of 7th chapter, which are effective in clinical practice and identified the most commonly used effective medicine on remedy relationship of *Natrum sulphuricum* in various disease conditions. Where natrum sulph were found useful in bronchitis and asthma [8].

Conflict of Interest

Not available

Financial Support

Not available

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