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From constriction to comfort: A case report of asthma; Successful symptomatic relief with homoeopathy

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Abstract

A known case of asthma presenting with seasonal variation and aggravation of symptoms successfully treated with homoeopathic medicines. The patient was suffering from repeated seasonal aggravation of his symptoms. On the basis of totality of symptoms homoeopathic medicines were prescribed to the patient, followed by overall improvement of patient.

Keywords: Asthma, wheezing, inhaler/pump, allergic rhinitis, seasonal aggravation, homoeopathy

Introduction

Asthma is a syndrome characterized by airflow obstruction that varies markedly both spontaneous and with treatment. There are a wide range of triggers leading to excessive narrowing with consequent reduced airflow and symptomatic wheezing and dyspnea. The prevalence of asthma is worldwide, including ~10-12% adults and ~15% children. The risk factors and triggers includes-allergens, airway hyperresponsiveness, cold air, pollens, stress, irritants like household sprays, recurrent respiratory infections, some environmental factors include occupational sensitizers, passive smoking, dampness and mold exposure.

Homoeopathy works magically in respiratory conditions in a gentle way without causing any further hazard to the individual. Following case represents seasonal variation of asthma symptoms along with a picture of allergic rhinitis. The prescription is based on individualization of the patient.

Case details

Case reg. no: 6456/42

Religion: HINDU

Age/sex: 35yrs/M

Occupation: Govt. teacher

Address: Khandwa

Date: 23/5/2025

Present complaints

A 35yrs aged male patient came to OPD with complaint of runny nose with itching in ears, nasal blockage, redness in eyes, sneezing and slight breathlessness since, 2-3 days with aggravation

chiefly at night. At first the picture appeared to be as of allergic rhinitis but after further investigation to the patient made it a clear case of asthma. Patient also complained of bilateral knee and heel pain since, 1-2months.

History of present illness

Patient had similar attacks since, 6-8 months with seasonal aggravation of symptoms, aggravation from cold, cold weather, sour and cold things and an amelioration after covering up and sleeping on left side. Further the patient narrated he has a history of allergic rhinitis and he is taking asthalin pump twice a day since, 3 months. The attacks also get aggravated by strong smells.

Family history: Nothing particular regarding patient's complaint.

Personal and social history**Occupation:** Govt. teacher**Addictions:** alcohol consumption occasional, 90ml once in 4-6 months

Any medications/substance use - taking allopathic medications since the complaint started with no such relief.

Physical generals	Mental generals
Thirst- +++ 3-4L/ day	Ignores to quarrels/ argue
Thermals- towards chilly	Tries to do better
Appetite- normal	Dreams of water
Desires- spicy	Fear of drowning
Aversions- strong smells	Memory affected since, illness started

Physical examination

- **BP:** 120/70mmHg
- **Radial pulse:** 78bpm
- **Chest:** b/l A/E+, clear

- **CVS:** S1 S2 heard, no added sounds
- **P/A:** Soft/ non tender
- **Bowels:** Occasionally constipated, passes motion 2 tomes/ day, flatulence +
- **Urine:** Nothing significant

Investigations

Advised for PFT (not done by patient)

Totality of symptoms

- Avoids to quarrel
- Thirst+++
- Flatulence +
- Breathlessness
- Desires - spicy food
- Amel - lying on left side, covering up
- Agg - strong smells, weather change, cold things
- **Final diagnosis:** Asthma with acute exacerbation.

MIND			
1 MIND - SENSITIVE - quarrels; to			✕
STOMACH			
2 STOMACH - THIRST			✕
ABDOMEN			
3 ABDOMEN - FLATULENCE			✕
RESPIRATION			
4 RESPIRATION - ASTHMATIC			✕
5 RESPIRATION - DIFFICULT - odors agg.; strong			✕
SLEEP			
6 SLEEP - POSITION - side; on - left side; on			✕
GENERALS			
7 GENERALS - FOOD and DRINKS - spicy desire			✕
Remedies	ΣSym	ΣDeg	Symptoms
phos.	7	15	1, 2, 3, 4, 5, 6, 7
nat-m.	6	10	1, 2, 3, 4, 6, 7
sulph.	5	14	2, 3, 4, 6, 7
chin.	5	12	2, 3, 4, 6, 7
nux-v.	5	9	2, 3, 4, 6, 7
acon.	5	8	2, 3, 4, 6, 7
chel.	5	8	2, 3, 4, 6, 7
kali-ar.	5	8	2, 3, 4, 6, 7
lyc.	5	8	2, 3, 4, 6, 7

Prescription

Nux vomica 200 HS for two days, homoeopathic medicine was prescribed as an antidote as patient was already taking allopathic treatment since a long time.

Phosphorus 200 BD for 3 days homoeopathic medicine was prescribed as selected after repertorization with the help of synthesis software repertory and consulting materia medica.

Follow up

Date	Observation	Prescription
18/06/2025	<ul style="list-style-type: none"> Frequency of attacks decreased Took pump/inhaler 7-times this month. c/o pain in occiput while coughing/ sneezing pain in b/l knee joints 	Rx, <ul style="list-style-type: none"> Rhus tox 30 BD for 3 days
21/07/2025	<ul style="list-style-type: none"> Relief in knee pain Slight relief in respiratory complaints Using inhaler on/off O/E slight wheeze + on left side c/o constipation and flatulence < fatty, oily, fried food, if the routine changes 	Rx, <ul style="list-style-type: none"> Nux vom 200 HS for 3 days Phosphorus 200 BD for 3 days
12/08/2025	<ul style="list-style-type: none"> Much relief in all complaints Frequency of taking inhaler decreased markedly, taking once or twice in a week O/E b/l chest clear Relief in joints pain c/o flatulence 	Rx, <ul style="list-style-type: none"> Nux vom 200 HS for 5 days Phosphorus 200 BD for 3 days

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Conclusion

The patient has a significant symptomatic relief with individualized homoeopathic treatment. The patient is treated with Phosphorus 200 primarily along with Nux vomica 200 as an antidote for his prior allopathic medications. The patient was also given Rhus toxicodendron 30 for joint pain which aggravated during treatment, as rhus tox follows well after phosphorus. So, the case report shows that homoeopathic medicines work effectively in respiratory diseases if chosen on the basis of totality.

Conflicts of interests to authors/contributors

The authors declare that they don't have any competing interests.

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