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A retrospective study to show the effectiveness of homoeopathic medicine in bronchitis among children

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Abstract

Bronchitis is a sudden swelling in the major airways into the lungs, called *bronchi*. It is usually caused by a virus, but it can also be caused by breathing in things that irritate the lungs, such as tobacco smoke, fumes, dust, and air pollution. Bacteria sometimes cause bronchitis.

Children are more prone to bronchitis and it accounts for about 25% of the OPD visits. Hence, this retrospective study is done to focus on the prevalence of bronchitis in children. A retrospective clinical study is done with 129 cases taken between July 2021 and December 2021 in the OPD of Sarada Krishna Homoeopathic Medical College. After a thorough study, it is evident that there is an increased prevalence of bronchitis in children and it has been treated based on totality of the symptoms.

Much about acute bronchitis in children is uncertain even its definition. This study was undertaken to help build a clinical definition to serve as a guide for further research. Charts of 129 children 0 to 18 years old were reviewed. In a child with a cough bronchitis is more likely to be diagnosed if there is a history of sputum production Rales or rhonchi on examination and a past history of lower respiratory disease. Commonly used Homoeopathic medicines to treat bronchitis in children are *Arsenicum album*, *Bryonia alba*, *Rhus toxicodendron*, *Pulsatilla*, *Antimonium tartaricum* which showed their marked improvement in improving the sufferings of the children.

Keywords: *Arsenicum album*, bronchitis, children, homoeopathy, retrospective study

Introduction

Bronchitis is an inflammation of the bronchial tubes, which convey air from the lungs to the rest of the body. Bronchitis causes thickened mucus to be coughed up, which might be discoloured. Acute bronchitis, often known as a chest cold, usually clears up in a week to ten days^[1].

The infection begins in the nose or throat and spreads to the lungs. The body swells the tubes leading to the lungs as it tries to combat the infection. This results in a dry cough, but it's more likely to be a mucus-filled cough. Less air can pass through the tubes to the lungs because the airways are enlarged. Wheezing, chest tightness, and shortness of Breath^[2].

Bronchitis is treated with homoeopathy not merely for the symptoms, but also for the underlying cause. It aids in the prevention of problems. According to studies, homoeopathic treatments boost lung capacity as well as overall health and well-being.

Homeopathic remedies are not prescribed only based on the presence of bronchitis symptoms. This is because no two children with bronchitis have the same symptoms or respond to illness in the same way. To offer an example, the right homoeopathic medicine is chosen based on the child's individual symptoms, reaction to disease, temperament, and psychological patterns. It could also be linked to the type of mucus discharge, especially in older children, and its distinct characteristics, such as scent, among other factors.

Aims and Objectives

- To know about the prevalence of bronchitis among children.
- To know about commonly used Homoeopathic medicines for the treatment of bronchitis.

Review of Literature

Bronchitis is a condition in which the lungs major breathing tubes (bronchi) become inflamed. The sickness can be acute or chronic. Acute bronchitis is characterised by rapid onset and short duration of symptoms. The majority of cases are minor^[1].

Causes

Acute bronchitis is most often caused by a viral infection. It may also be caused by bacteria or things such as dust, allergens, strong fumes, or tobacco smoke ^[2].

Risk Factors

- Chronic sinusitis
- Allergies
- Asthma
- Enlarged tonsils and adenoids
- Exposure to second hand smoke
- Other factors that are associated with an increased risk of bronchitis in infants include:
- Premature birth
- An underlying heart or lung condition
- A depressed immune system
- Exposure to tobacco smoke
- Never having been breast-fed - breast-fed babies receive immune benefits from the mother
- Contact with multiple children, such as in a child care setting
- Living in a crowded environment
- Having siblings who attend school or child care and bring home the infection ^[4].

Symptoms

- Dry or mucus-filled cough
- Vomiting or gagging
- Runny nose, often before a cough starts
- Chest congestion or pain
- An overall body discomfort or not feeling well
- Chills
- Mild fever
- Back and muscle pain
- Wheezing
- Sore throat

These symptoms often last 7 to 14 days. But the cough may continue for 3 to 4 weeks. These symptoms may look like other health problems ^[3].

Homoeopathic Management**Bryonia**

Coughing is severe and dry. Any movement makes the person feel worse, and need to hold their sides or press against the chest to keep it still ^[7]. The cough irritate the stomach, causing digestive problems. Wishes to be left alone while they are sick, without being talked to or bothered ^[6].

Aconitum Napellus

Bronchitis occurs as a result of excessive perspiration, cold exposure, draughts, or dry, cold breezes. Coryza ^[6], or frequent sneezing, is the first symptom. Chills, disturbed sleep, a full, strong pulse, and anxiety and restlessness are all common physical symptoms ^[8].

Arsenic Album

Excessive wheezing and coughing worsens at night, making it difficult to sleep. It's possible that restlessness will accompany acute weakness ^[7]. The patient is thirsty and frequently consumes little amounts of water ^[8].

Dulcamara

When a person becomes easily unwell as a result of being damp and chilly (or when the weather changes from warm and dry to wet and cool). Coughs can be tickly, hoarse, and loose, and they can get worse with physical activity. Allergies to cats, pollen, and other things can make a person more susceptible to bronchitis ^[7].

Hepar Sulphuricum

Typically, the cough is hoarse and rattling, with yellow mucus coming up. Coughing fits can be triggered by even a little draught or sticking an arm out from under the covers. Food or drink that is too cold can aggravate the situation. Feels physically and emotionally vulnerable, and may appear irritable and out of sorts ^[8].

Kali Bichromicum

A hacking, metallic cough that begins with a bothersome tickle in the upper airways and comes up strings of sticky yellow mucus. Coughing can cause pain behind the breastbone or extending to the shoulders, as well as a feeling of coolness inside the chest ^[8]. When a person sleeps, their breathing may generate a rattling sound. Early in the morning, after eating and drinking, and after exposure to open air, problems are usually worse. Getting better by resting in bed and staying warm ^[7].

Kali Carbonicum

The entire chest is achy, sensitive, and painful area. There is a severe coldness in the chest, as well as pains. A modest relief from chest pain can be obtained by bending forward ^[6].

Phosphorus

Coughing that is hard and dry. Laughter and speaking restart the cough. Coughing is frequently made worse by cold air. Another symptom to look out for is excessive heat in the chest. The patient complains of chest tightness, heaviness, and oppression, as well as chest pains, at times. Blood may be present in the mucus when it is expectorated. There will be a strong need for cold beverages, ice cream, and fruit juices ^[8].

SILICEA

Coughing requires effort and may produce yellow or greenish mucus or small granules with an unpleasant odour. When a person coughs, stitching pains may be felt in the back. During a fever, chills are felt more than heat, and the person sweats at night. Sensitive and anxious, with limited stamina, enlarged lymph nodes, and low infection resistance ^[7].

SULPHUR

The cough is unpleasant, burning, and painful, and it may generate yellow or greenish mucus. If the person gets too warm in bed, the difficulties can get worse, and breathing problems during the night can wake them up. When a person requires this cure, they may experience redness of the eyes and mucous membranes, as well as foul-smelling breath and perspiration ^[8].

SPONGIA

Cough is dry and air passages that are completely dry. Any mucous Rales in the chest are completely absent. Warm

liquids are comfortable. The patient has chest oppression, weakness, and breathing difficulties [6].

MERCURIUS

From the fauces to the middle of the chest, there is roughness and pain. Coughing is dry, harsh, and convulsive, and it's draining. Watery, saliva-like sputum or yellow and mucopurulent sputum are common. There is a fever, as well as an alternation of chills and heat, as well as a need for cold beverages, all of which increase the cough. And there's no reprieve from the pasty perspiration [7].

Materials and Methods

A retrospective clinical study is done with 129 cases taken between July 2021 and December 2021 in the Paediatric OPD of Sarada Krishna Homoeopathic Medical College. All types of bronchitis cases are included. All the other chronic conditions are excluded from this study.

Selection of samples

- Sample size – 129
- Sample technique – Purposive sampling

Inclusion criteria

- Patients of paediatric age group between 0 to 18yrs
- Children of both sex

Exclusion Criteria

- Patient not willing for Homoeopathic treatment.
- Patient's age more than 18 years

Study Design

A sample of 129 cases presenting with bronchitis were taken from the outpatient department of Sarada Krishna

Homoeopathic Medical College. Cases reported were taken for the study and thoroughly analysed. After analysing the patient based on age, gender, medicines prescribed and potencies given. Prevalence of bronchitis in paediatric age group was done

Observation and Result

Table 1: Distribution of Cases according to gender

Gender	No of Cases
Male children	69
Female children	60

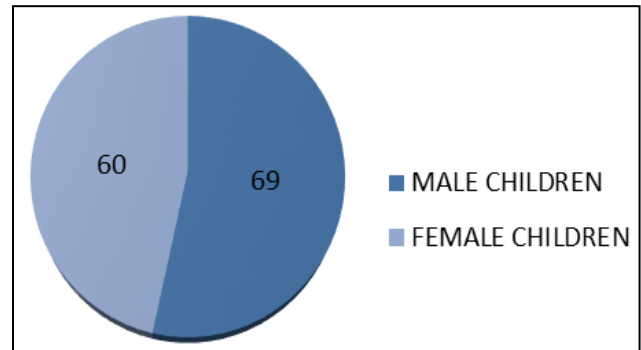


Fig 1: Distribution of cases according to gender

Table 2: Age wise distribution of cases

Age	No of cases
0-1	13
1-5	43
6-10	53
11-15	16
16-20	04

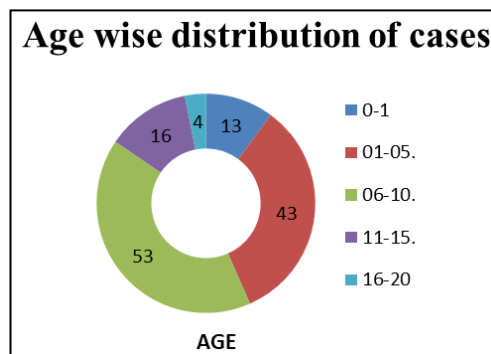


Fig 2: Distribution of Cases according to age

Table 3: Medicines prescribed

Medicines Used	No of cases
Antimonium crudum	01
<i>Antimonium tartaricum</i>	07
<i>Arsenicum album</i>	28
<i>Arsenicum iodatum</i>	01
Bacillinum	01
<i>Bryonia alba</i>	18
Calcarea carbonicum	05
Eupatorium perforatum	01
Hepar Sulph	01
Ipecac	03
Lycopodium clavatum	04
Natrum Arsenicum	01
Nux vomica	03

Phosphorus	04
<i>Pulsatilla</i>	15
Rhodendron	01
Rhustox Icotendron	17
Sac lac	13
Silicea	02
Staphysagria	01
Sulphur	01
Tuberculinum	01

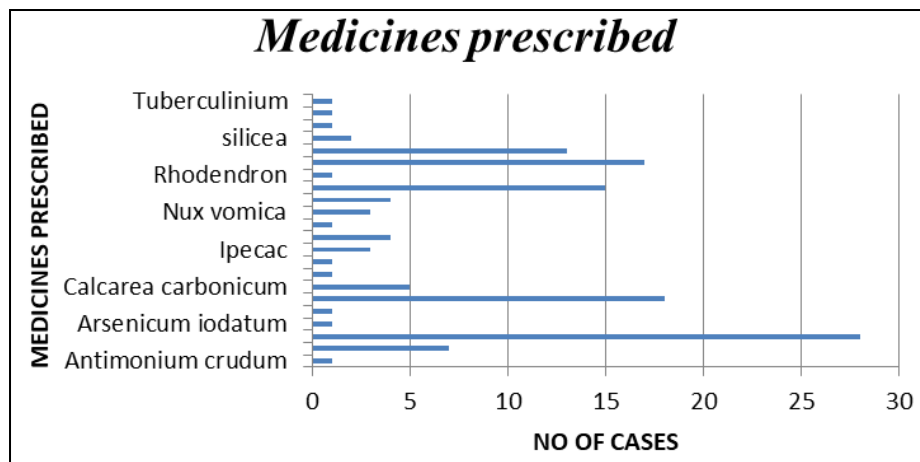


Fig 3: Distribution of Medicines prescribed

Table 4: Potencies used

Potencies used	No of cases
30	13
200	91
1M	06
0/3	04
0/6	02

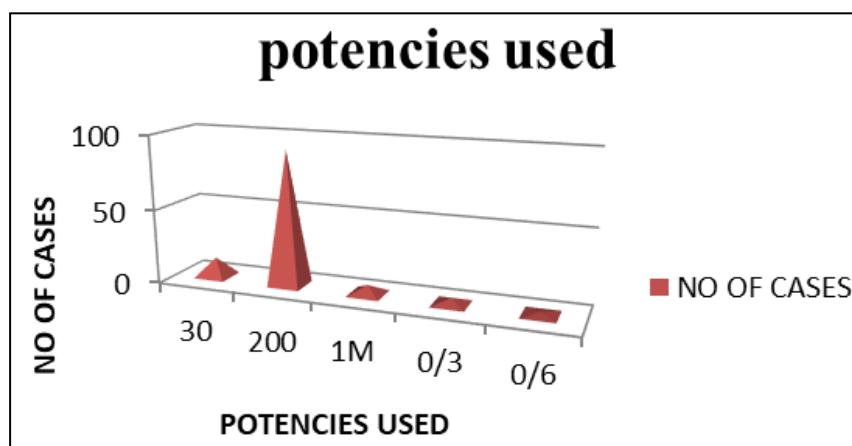


Fig 4: Distribution of Potencies Used

Discussion

From this study it is evident that bronchitis is more prevalent in children age group of 0 to 18. Both the sexes are almost equally affected with a slight predominance in male children with 69 cases (53%) and female children with 60 cases (47%), (Table and Fig No 01). Out of 129 cases 33% of cases lies between 01 to 05 years and 41% of cases lies between 06 to 10 years this shows that most commonly affected age group is between 01 to 10 years with 96 cases out of 129, (Table and Fig No 02).

After analysing the medicines prescribed, it indicates that commonly used medicines were *Arsenicum album* (22%),

Bryonia alba (14%), *Rhus toxicodendron* (13%) *Pulsatilla* (12%), *Antimonium tartaricum* (5%) and placebo (10%), (Table and Fig No 03).

Conclusion

The retrospective study on the bronchitis conclude that bronchitis is more prevalent in children between the age group of 01 to 10 years and the most commonly used medicines are *Arsenicum album*, *Bryonia Aalba*, *Rhus toxicodendron* and *Pulsatilla* which gave betterment for the suffering children and helped them to get cured completely.

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