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## *Sambucus nigra* in asthma: A case report

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### **Abstract**

In homoeopathy there are many medicines for asthma but *Sambucus nigra* is one of the most neglected medicines in asthma. The patient approached with symptoms of difficulty in breathing when exposed to dust and he was pre-diagnosed case of asthma taking inhaler for breathlessness since six months. *Sambucus 200* was given to patient on the basis of P.Q.R.S symptoms with complete relief. It can be concluded that sometimes P.Q.R.S symptom approach in selecting the homoeopathic medicine gives wonderful results in chronic diseases.

**Keywords:** *Sambucus nigra*, asthma, homoeopathy

### **Introduction**

Asthma is chronic inflammatory disorder of the air ways that causes recurrent episodes of wheezing, breathlessness, chest tightness, cough, particularly at night and early in the morning. Atopic asthma is the most common type of asthma, usually beginning in childhood, and is classic example of type-1 hyper sensitivity reaction, while non-atopic asthma do not have evidence of cell sensitization. Respiratory infection due to viruses and inhaled air pollutants are common triggering factors in non-atopic asthma. The diagnosis of asthma is predominantly clinical and based on a characteristic history. Spirometry to measure FEV<sup>[1]</sup> and VC provides diagnosis for asthma. Asthma is a long term diseases with no cure. The goal of asthma treatment is to prevent the disease. The conventional treatment includes long term control medicine and quick relief medicine. As homoeopathy changes susceptibility of patient it can give more wonderful results.

**Patient information:** Mr. y, aged 21 years suffering from pre-diagnosed asthma since 16 months approached for homoeopathic treatment on September 2016.

**Presenting compliant:** Patient presented with shortness of breath, with suffocation and little cough.

**History of present compliant:** The patient was suffering from shortness of breath since 16 months. He cannot catch his breath. He told that one night suddenly he started feeling shortness of breath and suffocation, he rushed to nearby doctor, and allopathic physician gave him inhaler, after inhaling he felt better, next morning he went to some M.D. medicine doctor and was diagnosed as asthma and prescribed him some medicine along with inhaler and advised him for regular checkup. Patient wanted homoeopathic treatment as he has heard that homoeopathy cures the disease from root.

On further inquiry about his disease he told that attack or exacerbation is generally at midnight. When asked what u does during attack, he added he gets up and takes inhaler. But he told me that there is profuse perspiration during and after attack.

**Family history:** No major illness in family, no history of asthma.

Patient was ambi thermal with no particular desire and aversion, thirst was 7-8 glass of water per day. On auscultation wheeze was present.

**Case analysis:** As other symptoms weren't very clear. Peculiarity of attack was given importance as P.Q.R.S Approach for Selection of Remedy Is Very Important.

### **Reportorial totality** [4]

Respiration-night-midnight after

Respiration-Asthmatic-accompanied by-perspiration; profuse

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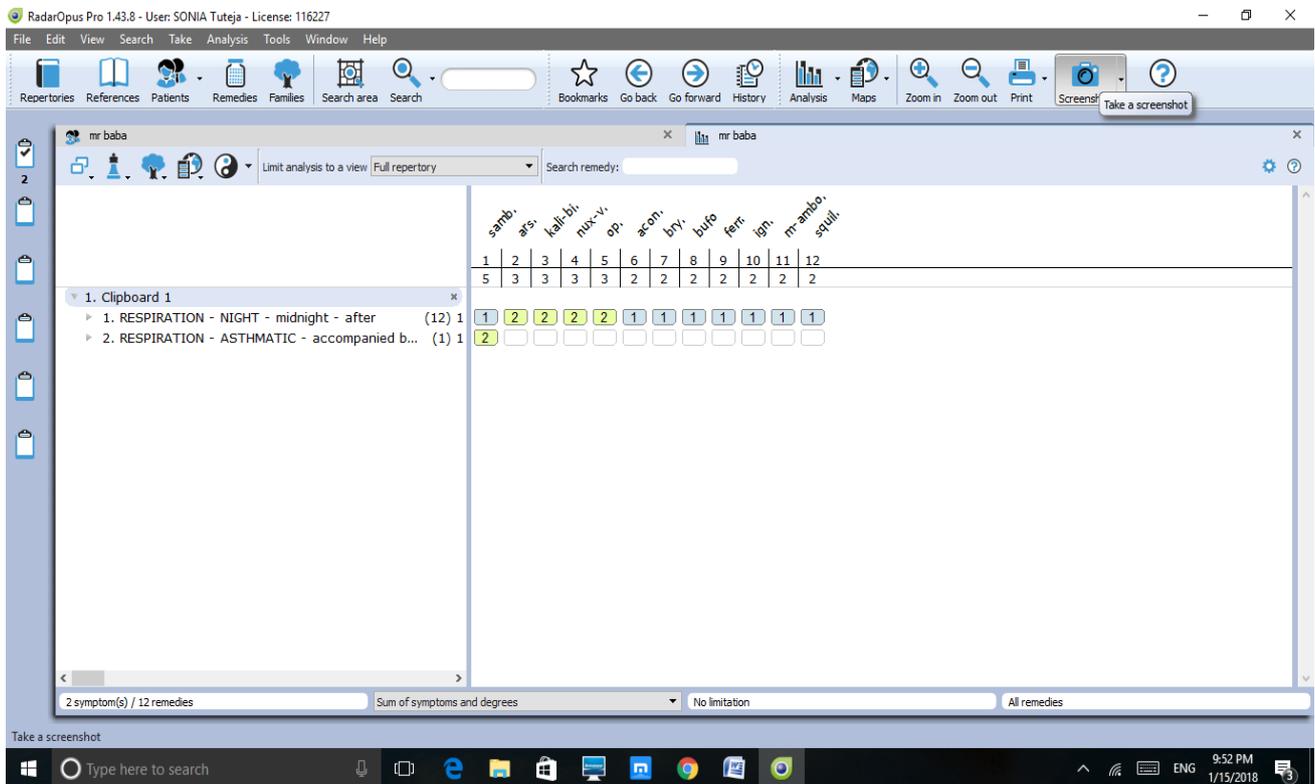


Fig 1: Fig of repertorization

Follow up of case

Table 1: Table of treatment

Date	Complaint	prescription
20/9/2016	breathlessness	Sambucus200 /OD for three days. sac lac for 10 days
1/10/2016	Amelioration	Sac lac for 10 days
20/10/ 2016	No compliant	Sac lac for 15 days
25/10/ 2016	No compliant	Sac lac for one month.
Last follow up 20/12/2018	No compliant till date	Sac lac for one month.

Discussion and Conclusion

Patient was young and duration of disease was only 16 months with 5-6 acute exacerbations, it is obvious that the prognosis of disease is proportional to the duration of disease. In the above case it can be seen that P.Q.R.S approach for selecting the medicine is so important that sometimes it can cure the whole disease. And sometimes the most neglected medicines gives wonderful results. Dr. Hahnemann [2] also told in organon of medicine (Aphorism 172) that in one sided diseases with only few symptoms, the striking, uncommon, singular and peculiar symptoms will lend individuality to the totality of the case, thus making the selection of the most similar anti-psoric remedy. Thus, it can be concluded that homoeopath should be unprejudiced with open eyes and in chronic cases with few symptoms, physician must try to find out peculiar, rare, queer and strange symptoms as instructed by master Hahnemann.

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