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The rapeutics of few uncommon homeopathic remedies for respiratory tract diseases

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Abstract

Oxygen is important for every cell to carry its normal function, which is obtained to each cell through the vital process called Gaseous exchange, carried out in the respiratory system. This system is in direct contact with the environment and its pollution is the major cause for respiratory illness, along with other numerous causes like inhalation of toxic substances, accidents, Infections, genetic factors and deleterious lifestyles such as smoking cigars, etc., became major causes for morbidity and mortality.

At present, many patients are interested in natural medicine options for treatment because of minimal side effects. Homeopathy, is one such option, offering a safe and effective treatment plan. Homeopathy has immense scope in treating and palliating respiratory illness even in advanced cases with many remedies, of which some are rarely prescribed but are valuable in treating the patient.

Homeopaths, as a routine prescribing, generally use poly crests and neglect rare remedies which do immense help to relieve the patient's distress. In the present article some important rare drugs with prominent indications, which are having great affinity on respiratory diseases are highlighted which can help to avoid casual prescriptions.

Keywords: Homoeopathy, rare remedies, respiratory diseases

Introduction

The incidence of respiratory diseases are increasing day by day. According to World Health Organisation (WHO) report, the deaths due to lung problems in India were on a leap, accounting for 11 % of the total deaths¹⁹. India is ranked first in the world in deaths due to lung diseases, due to deaths as many as 142.09 in every 1lakh²⁰.

Respiratory diseases are pathological conditions affecting the organs and tissues that are involved in gas exchange in higher organisms which includes both upper and lower respiratory tract conditions, nerves, and muscles of breathing²¹. They range from mild, self-limiting conditions like the common cold to life-threatening diseases like pulmonary embolism, bacterial pneumonia, acute asthma, and lung cancer. Homeopathy offers an exceptionally effective approach to all these set of illness, and have the perfect solutions and powers to reduce the symptoms, their intensity, and recurrence. Homeopathy is cost-effective too.

Indications of some important rare drugs for respiratory illness:

***Ailanthus glandulosa*:** It belongs to the family Simarubaceae. Fresh leaves, shoots, flowers, and bark are used for Homoeopathic preparations⁴. It has affinity over throat⁶, and should be remembered in diphtheria and severe streptococcus infection of the throat when the parts present a most septic condition⁴. The structures are edematous and of a purple-livid colour. The tongue is dirty, dry, cracked appearance, with sordes on the teeth and an excoriating discharge from the nose and mouth. The breath is offensive.

***Ambrosia artemisiaefolia*:** It belongs to the family Composite. Fresh leaves and flowers are used for Homoeopathic preparations. It is useful in hay-fever, with watery coryza or sneezings, lachrymation, and unbearable itching of the eye-lids. There may be stuffed up sensation in head and nose. There is irritation in trachea and bronchi, with asthmatic attacks with wheezy cough⁵. This remedy can be used as a prophylactic for pollen allergies at the time of the ragweed and of the golden rod or daisy blooming¹⁰.

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***Aralia racemosa*:** This drug belongs to Araliaceae. Fresh root is used for Homeopathic preparations [4]. This remedy is also useful in Hay-fever with excessive acrid watery coryza, sneezing, rawness, and burning behind the sternum < by the least current of air. Also useful in asthma, where dry cough occurs at 11 pm < after lying, and generally after taking short sleep [8]. Foreign body sensation in the throat. There is constriction and Obstruction sensation in the chest < in spring [6].

***Arundo mauritanica*:** It belongs to the family Gramineae. Fresh root sprout is used for Homeopathic preparations⁴. Useful for obstinate cases of Hay-fever, where symptoms begins with burning, itching of palate and conjunctiva. There is sneezing's with intolerable itching in nostrils, & at the upper palate of the mouth [5]. There is a loss of smell with Coryza. Annual periodicity is also seen in this remedy [18]. Useful in bronchitis having dyspnoea and cough with bluish expectoration [5].

***Asclepias tuberosa*:** It belongs to the family Asclepiadeae. Its common name is pleurisy root which itself says it is indicated in pleurisy. It has acute pleuritic pains with dry cough with hawking or may have scanty mucous expectoration. There is sensitivity to pressure at intercostal spaces near the sternum [4]. Pain is specially located at the base of the left lung, shoots downward from the left nipple which is ameliorated by bending forward. The patient is sensitive to tobacco smell. Ailments are after exposure to cold damp weather [8].

***Aspidosperma quebracho*:** also known as "Digitalis of lungs" belongs to family Apocynaceae. Bark is used for Homeopathic preparations. It removes temporary obstruction to the oxidation of blood by stimulating centres of respiration, increases oxidation and elimination of carbonic acid. "Want of breath" during exertion. It is of service in cardiac asthma, emphysema and dyspnoea of the aged, as well as in cases of bronchitis, and simple asthma when there is depression of the heart action [5].

***Balsamum peruvianum*:** It is medicine prepared from a reddish-brown fluid that exudes from the trunk of Myrospermum perineum tree after removal of the bark. It has an affinity for respiratory mucous membranes and acts as an expectorant and lessens its secretions. Indicated in Bronchitis and tuberculosis where there is a very loose cough with mucopurulent, thick, creamy expectoration associated with loud rales in the chest [4].

***Blatta orientalis*:** It is prepared from an Indian cockroach. Acts best in stout and corpulent patients. In this remedy, asthma is associated with bronchitis. Indicated after Arsenicum album, if it is insufficient, as a complement medicine. Useful for saving the life of a patient where there is suffocation due to accumulation of mucus [13]. Useful in cases of bronchitis and tuberculosis where there is much dyspnea, associated with cough with much pus-like mucus [13].

***Copaiva officinalis*:** Copaiva is the oleo-resin obtained by incision of the trunk of Copaifera. It belongs to the family Leguminosae. Boger says it has action on bronchial mucous glands. Useful in chronic bronchitis and bronchiectasis.

Burning and dryness are prominent with crusts on turbinate bones. In bronchitis, there is a Painful cough, and oppression of the chest, with profuse foul, bloody, or greenish-grey expectoration. In Bronchiectasis main indications are a burning sensation in the lungs with mucous rales all over the chest, but most specifically in the left lung. Sputum is profuse, thick yellow or greenish, and putrid tasting bloody sometimes and causing choking and vomiting [17].

***Eriodictyon californicum*:** It belongs to the family Hydrophyllaceae, Fresh leaves are used for Homeopathic preparations. It is useful in cases of chronic bronchitis, asthma, and tuberculosis. Symptoms are cough with profuse, easy expectoration which ameliorates. It relieves the cough after influenza [4].

***Eucalyptus globulus*:** This plant is native to Australia, also called gum tree, and belongs to the family Myrtaceae [4]. Fresh leaves are used for preparations. This remedy is anti-spasmodic, expectorant, and also disinfectant. Clark praises its usefulness as a prophylactic in the epidemic of influenza [9]. It is indicated in chronic nasal catarrh with purulent and fetid discharge. The nose feels stuffed up, with thin watery coryza which does not stop running, with tightness across the nasal bridge. Both Frontal & Ethmoid sinuses are involved. Also useful in bronchitis and asthma of elderly, feeble persons where there is profuse white, thick, frothy, purulent expectoration [5].

***Grindelia Robusta*:** It belongs to the composite family. Fresh plants during blooming are used for Homeopathic preparations. It is useful in asthma, where there is an abnormal secretion and accumulation of tenacious, viscid mucus in smaller bronchi. A most important peculiar feature of the drug is an aggravation of all complaints during sleep. The respiratory difficulty during sleep is due to the parietic action of the drug on the pneumogastric nerve. During sleep his respiratory movement completely ceases, has to wake up due to suffocation. So very useful in sleep apnoea.

***Ictodes foetida*:** Also called Pothos Foetida belongs to the family Araceae. The fresh root is used for the preparation of mother tincture. It is a powerful anti-spasmodic and expectorant. Useful for asthma and other respiratory troubles arising from inhalation of dust. Here the characteristic is distress is relieved by stool [13].

***Lactuca virosa*:** It belongs to the family Composite. The entire fresh plant is used for Homeopathic preparations. There is the sensation of constriction and tightness, especially in the chest region so useful in asthma, whooping cough, hydrothorax, etc. There is a most incessant and spasmodic type of cough which threatens almost to burst his chest⁸ and feels as if his chest fly into pieces. The cough is due to a tickling sensation in fauces [5]. The patient is very drowsy, a concomitant [8] worth remembering.

***Lemna minor*:** We owe this remedy, the common duckweed, the lowest form of phenogamous vegetation which forms the green scum found on stagnant ponds and dikes to Dr. Cooper [9]. It belongs to the family Lemnaceae. Mother tinctures are prepared from green scum. Useful in atrophic rhinitis and nasal block due to turbinate

hypertrophy or polypus. Indicated also in Asthma from nasal obstruction^[17]. There is a foul smell from the nose and an offensive taste in the morning after waking up. All complaints < in damp weather and especially during heavy rains^[14].

Mentha piperita: It belongs to Labiatae. It is our well-known peppermint. Whole plants are used for Homoeopathic preparations. It has marked action over the respiratory organs and is remarkably helpful in dry cough caused by irritation of the respiratory passage. The inhalation of the smallest quantity of smoke at once induces the most distressing paroxysm of cough^[8]. The least breath of air and the slightest attempt at singing or speaking aggravate the trouble. It relieves even the cough of consumptives, cough after influenza^[9].

Mephitis putorius: It is a Sarcocolla prepared from the secretion obtained from the anal glands of polecat. The peculiarity lies in the strange constitution of the patient, who seems to have the power of enduring extreme cold. Washing or bathing in ice water relieves all their suffering. Indicated in asthma of spasmodic nature and whooping cough, where attacks are so violent and spasmodic that each spell would seem to terminate life. The cough is < at night and after lying down and is attended with a suffocative feeling. To exhale is very difficult^[8].

Naphthalinum: It is a hydro-carbon obtained by distillation from coal-tar. People suffer from hay fever who work at naphthaline factories, thus becomes an important remedy for coryza which is fluent and excoriating associated with sneezing. Useful also in whooping cough^[8]. The patient is unable to take his breath. Respiration becomes difficult due to the quick succession of paroxysms of cough. During the attack, face becomes purple with perspiration and there is thick, tenacious mucus expectoration. Useful in pulmonary emphysema, from playing wind instruments^[14]. The patient complained of dyspnoea with sighing inspiration.

Phellandrium aquaticum: It belong to the family Umbelliferae. Fresh seeds are used for Homoeopathic preparations. It is indicated for persons having a feeble, weak constitution and defective in reaction. Useful in chronic bronchitis progressed to Emphysema with right heart hypertrophy. In the cold season, every year the cough returns and abates only with the return of warm weather. There are coarse rales, and the respiration is short, with offensive expectoration^[4].

Silphium laciniatum: Belongs to family Composite. Fresh herb is used for Homoeopathic preparations. Useful in asthma and chronic bronchitis, where there is constriction and tightness of the lungs; with a constant disposition to expectorate. Expectoration is stringy, profuse, exhausting, associated with sick, faint feelings and a gone sensation in the epigastrium^[15].

Senega: It belongs to the family Polygalaceae. Dried root is used for Homoeopathic preparations. This agent is a stimulating expectorant. Old man's remedy. Useful in chronic bronchitis complicated with emphysema and bronchiectasis. There is a loose, rattling cough, with tough little expectoration. The burning sensation is present in the

chest along with soreness^[4].

Trifolium pratense: This remedy belongs to the Leguminosae family. Tincture is prepared from flower heads. Useful in whooping cough, cough of measles and tuberculosis⁹ where there is hoarseness, choking, with chills at night. Cough aggravated on coming into the open air and at night, with profuse salivation. Cough is followed by hiccough^[9] is a notable characteristic. There is a peculiar sensation in their lungs as if he is inhaling hot air, which is full of impurities.

Thymus serpyllum: Belongs to the Mint family that is Labiatae. Indicated in children for respiratory infections, dry nervous asthma, and whooping cough, where there are intense spasmodic paroxysms with little or no sputum^[17].

Vulpes pulmo: This is a Sarcocolla prepared from the fox's lungs. Useful in edema of lungs. Breathing short; strong sonorous bubbling, rattling, whistling sounds over the whole chest, heard at a distance; also perceptible to the hand laid on the chest; cough, inability to expectorate. Can only live sitting up bent forward; constant livid face, lips and limbs; dropsy of legs^[14].

Wyethia helenioides: It belongs to family Composite. The fresh root is used for Homoeopathic preparations. Useful in diseases like allergic rhinitis, and follicular pharyngitis, when there is a constant hawking to clear the throat which does not ameliorates⁴. The patient may complain of severe itching in eyes, ear, nose, posterior nares, and palate with an inclination to rub it with the tongue¹⁶. There is a frequent inclination for swallowing, parts feel dry and swollen^[4].

Zingiber Officinale: Zingiber is our common ginger that belongs to the family Zingiberaceae. It is indicated in humid asthma. The patient feels the great difficulty of respiration. He sits up all night but the peculiarity lies in the absence of all anxiety. Even in threatening suffocation conditions. He seems to be quite cool and collected is characteristic. Farrington says it is useful for Asthma of gastric origin^[8].

Discussion and Conclusion

Respiratory tract diseases are common conditions where most patients seek health care providers for which Homeopathy offers a safe and effective alternative option to help patients to recover in a quick and effective manner. Even when the illness of a patient becomes incurable with irreversible pathological changes, Homoeopathy offers immense scope in palliating the diseases in a better way. The above-mentioned rarely prescribed drugs should be widely re-introduced and to be used by the Homoeopathy fraternity to treat patients with respiratory tract diseases for better treatment results.

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