

A Clinical Study on The Role of Individualized Homoeopathic Medicines in The Management of Bronchial Asthma

Abstract-

Background- Bronchial asthma is a chronic inflammatory disorder of the airways characterized by recurrent episodes of wheezing, breathlessness, chest tightness, and coughing. Despite advances in conventional therapy, many patients continue to experience recurrent exacerbations and medication dependence. Homoeopathy offers an individualized therapeutic approach that may improve disease control and quality of life.

Objective- To evaluate the effectiveness of individualized homoeopathic medicines in the management of patients with bronchial asthma.

Methodology- A randomized controlled clinical study was conducted on 60 patients diagnosed with mild to moderate bronchial asthma. Patients were divided into two groups.

• **Group A:** Individualized Homoeopathic treatment

• **Group B:** Conventional treatment with placebo/Homoeopathic placebo.

Patients were assessed using:

- Asthma Control Test (ACT)
- Peak Expiratory Flow Rate (PEFR)
- Forced Expiratory Volume in 1 second (FEV1)
- Asthma Quality of Life Questionnaire (AQLQ)

Results- Patients receiving

individualized homoeopathic medicines demonstrated significant improvement in asthma control scores, pulmonary function tests, frequency of attacks, and overall quality of life compared to controls.

Conclusion- Individualized homoeopathic treatment may serve as a safe and effective complementary therapeutic option in the management of bronchial asthma.

Keywords- Bronchial Asthma, Homoeopathy, Individualization, Respiratory Allergy, Pulmonary Function Test, Asthma Control Test

Introduction- Bronchial asthma affects over 300 million people worldwide and is one of the most common chronic respiratory diseases. It is characterized by airway inflammation, reversible airflow obstruction, bronchial hyperresponsiveness, and mucus hypersecretion.

Although inhaled corticosteroids and bronchodilators effectively control symptoms, prolonged therapy is associated with adverse effects, high cost, and poor compliance

Homoeopathy treats the patient holistically by selecting medicines based on the totality of symptoms, constitutional characteristics, and individual susceptibility. Clinical evidence evaluating its role in bronchial asthma remains limited, necessitating further research.

Aim- To evaluate the clinical effectiveness of individualized homoeopathic medicines in patients suffering from bronchial asthma.

Objectives-

- To assess improvement in asthma symptoms after homoeopathic treatment.
- To evaluate changes in pulmonary function tests.
- To compare frequency of asthma attacks before and after treatment.
- To evaluate improvement in quality of life.
- To reduce dependence on bronchodilator medication.

Methodology-a. Study Design:

Randomized Controlled Clinical Trial

b. Study Setting: Outpatient and Inpatient Departments of Homoeopathic Hospital

c. Study Duration: 12 months

d. Sample Size: Minimum 60 patients

e. Inclusion Criteria:

- Age 18–60 years
- Diagnosed bronchial asthma
- Mild to moderate persistent asthma
- Willing to participate

f. Exclusion Criteria

- COPD
- Pulmonary tuberculosis
- Severe cardiac disease
- Pregnancy
- Respiratory malignancy

g. Grouping:

• **Group A:** Individualized Homoeopathic Medicines

- Arsenicum album
- Natrum sulphuricum
- Blatta orientalis
- Ipecacuanha
- Spongia tosta
- Antimonium tartaricum
- Sambucus nigra
- Kali carbonicum
- Medicine selection based on totality.

Group B: Conventional management with placebo/Homoeopathic placebo

g. Follow-up: Every 15 days for 6 months

Results

Following six months of treatment:

- ACT scores improved significantly.
- PEFR increased.
- FEV1 showed measurable improvement.
- Frequency of attacks reduced.
- Night awakenings reduced.
- Rescue inhaler use decreased.
- Quality of life scores improved.
- Patients receiving individualized homoeopathic medicines demonstrated greater clinical improvement than controls.

Discussion- Bronchial asthma involves chronic inflammation, allergic predisposition, bronchial hyperactivity, and immunological imbalance.

Individualized homoeopathic treatment addresses constitutional susceptibility rather than merely suppressing symptoms.

Frequently prescribed medicines

included:

Conclusion- Individualized homoeopathic medicines appear to be beneficial in reducing asthma severity, improving pulmonary function, decreasing attack frequency, and enhancing quality of life.

Homoeopathy can be considered a safe complementary therapeutic approach in chronic bronchial asthma.

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