



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2024; 8(2): 105-108
Received: 09-02-2024
Accepted: 12-03-2024

Dr. Soumy Felicita A
PG Scholar, Department of
Organon of Medicine, Sarada
Krishna Homoeopathic
Medical College, Affiliated to
The Tamil Nadu Dr. M.G.R
Medical University, Chennai,
Kulasekharam,
Kanniyakumari, Tamil Nadu,
India

Murugan M
PG and Ph.D. Guide,
Department of Organon of
medicine, Sarada Krishna
Homoeopathic Medical
College, Affiliated to The
Tamil Nadu Dr. MGR Medical
University, Chennai,
Kulasekharam,
Kanniyakumari, Tamil Nadu,
India

Corresponding Author:
Dr. Soumy Felicita A
PG Scholar, Department of
Organon of Medicine, Sarada
Krishna Homoeopathic
Medical College, Affiliated to
The Tamil Nadu Dr. MGR
Medical University, Chennai,
Kulasekharam,
Kanniyakumari, Tamil Nadu,
India

Evaluating the potential benefits of *Bryonia alba* in addressing a range of acute maladies

Dr. Soumy Felicita A and Murugan M

DOI: <https://doi.org/10.33545/26164485.2024.v8.i2b.1126>

Abstract

Homoeopathy not only offers short-term relief for acute respiratory illnesses like bronchitis and rhinitis, but it also effectively addresses predispositions and helps prevent future episodes of these and other health issues. This study is conducted by selecting 30 participants from the outpatient and inpatient departments of Sarada Krishna Homoeopathic Medical College and Hospital who were suffering with acute illnesses. The symptoms were recorded and *Bryonia alba* was prescribed to them according to their acute totality. Among the thirty cases participants between the age group of 1 to 10 years and 41 to 50 years were predominantly affected, females were more prone to the acute illness. The cause for the acute malady was most commonly drenching in rain and were predominantly diagnosed with acute bronchitis. *Bryonia alba* 200C was the frequently used potency. Hence this study demonstrated the usefulness of *Bryonia alba* in treating patients with acute illnesses.

Keywords: *Bryonia alba*, acute maladies, homoeopathy, acute illnesses

Introduction

Acute respiratory infections are delineated into upper respiratory tract infections and lower respiratory tract infections. The upper respiratory tract delineates the air passages extending from the nares to the vocal cords in the larynx, encompassing the paranasal sinuses and the middle ear [1]. Acute lower respiratory tract infections are any infections in the lungs or below the voice box, which include pneumonia, bronchitis, and bronchiolitis [2] Acute upper respiratory tract infections encompass conditions such as rhinitis, pharyngitis, tonsillitis, and laryngitis. Common symptoms of these infections include: Cough, Sore throat, Runny nose, Nasal congestion, Headache, Low-grade fever, Facial pressure, Sneezing, Malaise, Myalgias. Symptoms typically start within one to three days after exposure, persisting for 7-10 days, and occasionally lasting up to 3 weeks [3]. The cough necessitating *Bryonia alba* is notably dolorous; the convulsive nature of the cough elicits discomfort in the thorax and/or cranium. The individual may instinctively grasp at the head or thoracic region during coughing paroxysms. Characterized by its aridity, this cough intensifies with deep respiration and ingestion. Furthermore, the patient may manifest constipation and display an avid thirst for copious fluid intake [4]. The objective of this research is to find out the usefulness of *Bryonia alba* in diverse spectrum of acute respiratory illnesses.

Materials and Methods

Source of data: A cohort of 30 cases was selected from patients diagnosed with Acute maladies who visited the Outpatient Department & Inpatient Department affiliated with Sarada Krishna Homoeopathic Medical College and Hospital, Kulasekharam.

Selection of sample: 30 participants were selected using purposive sampling.

Data collection method: A purposive sampling approach was employed to select 30 patients diagnosed with acute maladies from the Outpatient Department & Inpatient Department affiliated with Sarada Krishna Homoeopathic Medical College. Detailed case information was documented using standardized and pre-structured formats provided by Sarada Krishna Homoeopathic Medical College. Symptoms were assessed, and based on the acute totality of symptoms, *Bryonia alba* was prescribed. The selection of potency and frequency of doses was determined in accordance with the principles of homeopathic philosophy & changes in symptoms were carefully recorded.

Inclusion criteria: Patients who had symptomatology of acute maladies, belonging to the age group between 1-76 years and of both sexes.

Disqualifying factors: Participants outside the age range of 1 to 76 years, individuals who were diagnosed with other severe systemic illness, cases in which surgical intervention becomes necessary, pregnant women.

Outcome assessment: Changes in the symptoms of patients

with acute maladies was noted accordingly.

Data analysis: Data visualization was incorporated in bar chart, columns & pie charts.

Results

Out of 30 patients, 8 (27%) of participants each belonged to the age category between 1 to 10 years and 41 to 50 years respectively. (Figure 1)

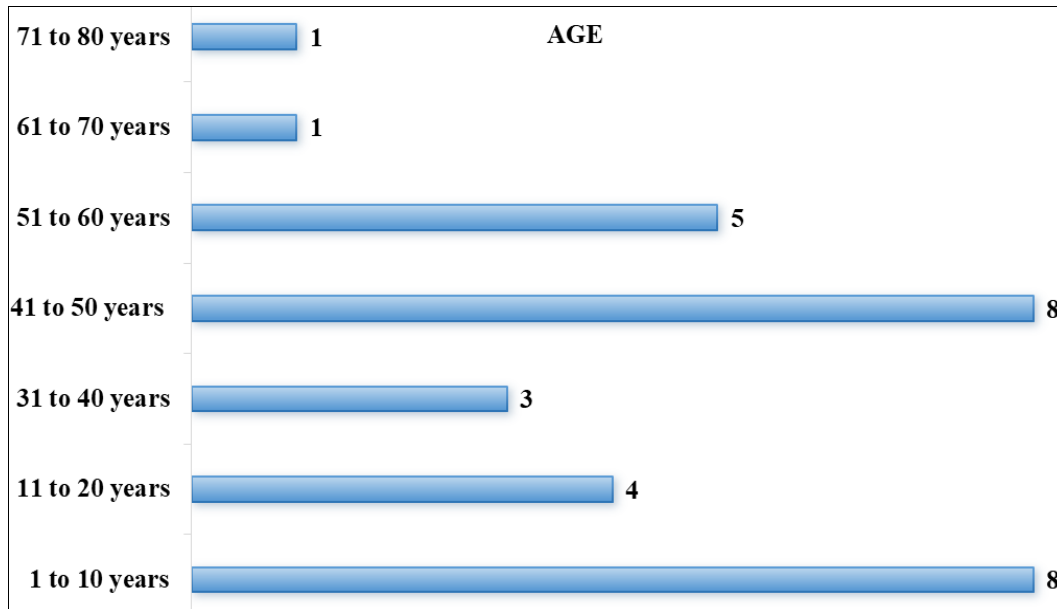


Fig 1: Predominantly affected age group

Out of 30 patients, predominantly 18 (60%) participants were affected with acute maladies.

Of the 30 cases, the cause of the malady in 14 (47%) participants was drenching in rain, intake of cold food and drinks were causes in 4 (13%) participants each, change of

climate was a causative factor in 3 (10%) participants, cold air exposure was a ailment factor in 2 (7%) participants and profuse perspiration of head, bathing in pond, drinking stale water were causative factors in 1 (3%) participants each. (Figure 2).

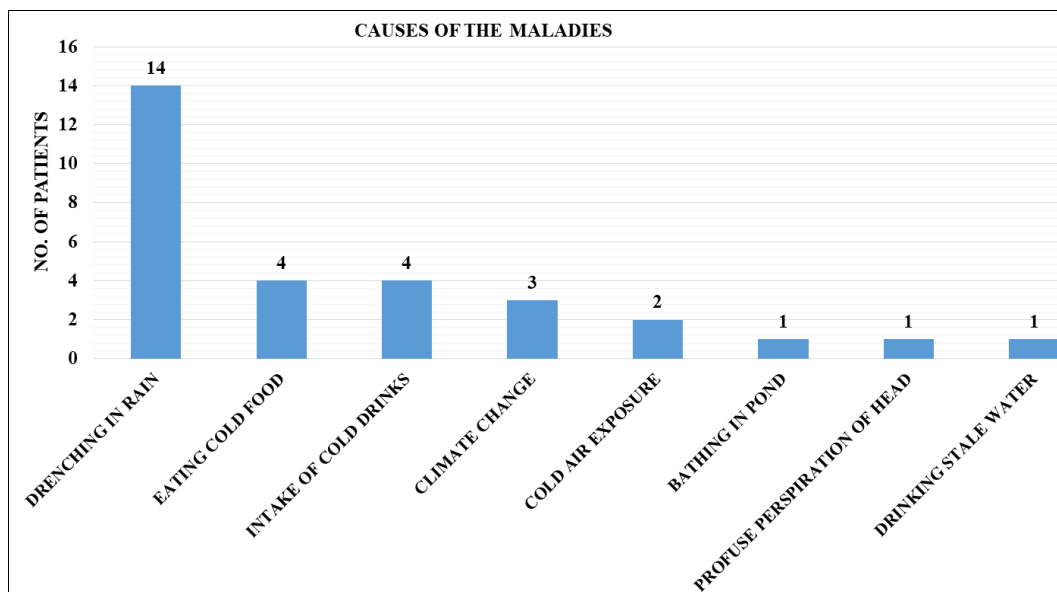


Fig 2: Causative factors of acute maladies

From the total of 30 cases, the diverse acute maladies identified were acute bronchitis in 16 (54%) participants, acute rhinitis in 6 (20%) participants, acute tonsillitis in 4

(13%) participants, acute sinusitis in 3 (10%) participants and acute pharyngitis in 1 (3%). (Figure 3)

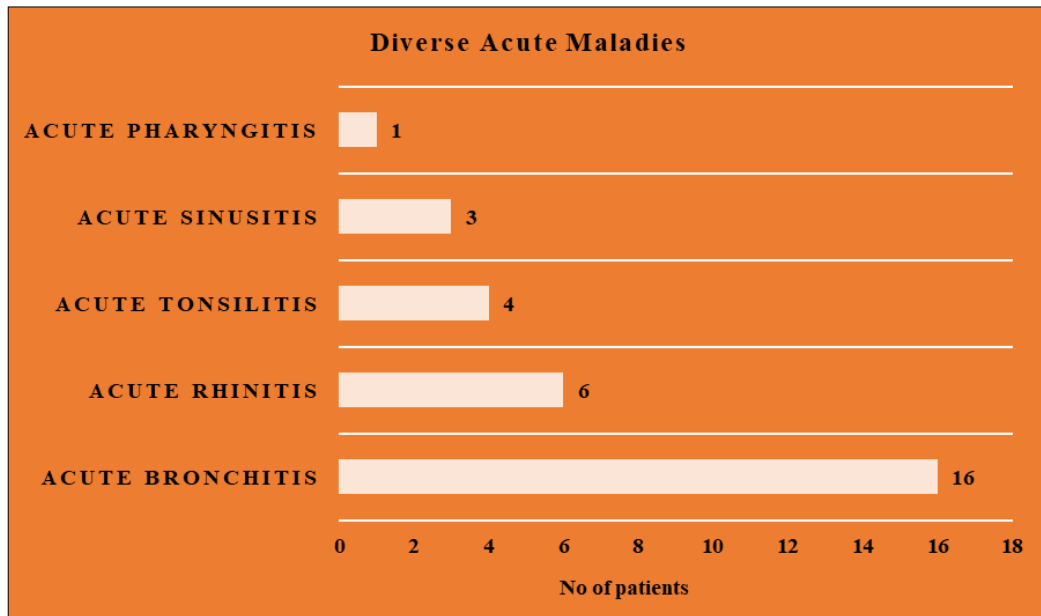


Fig 3: Diverse diagnosis of acute maladies

Among the 30 participants, 21 (70%) of them were prescribed with *Bryonia alba* 200C, 7 (23%) were prescribed with *Bryonia alba* 1M and 2 (7%) were prescribed with *Bryonia alba* 30C. (Figure 4)

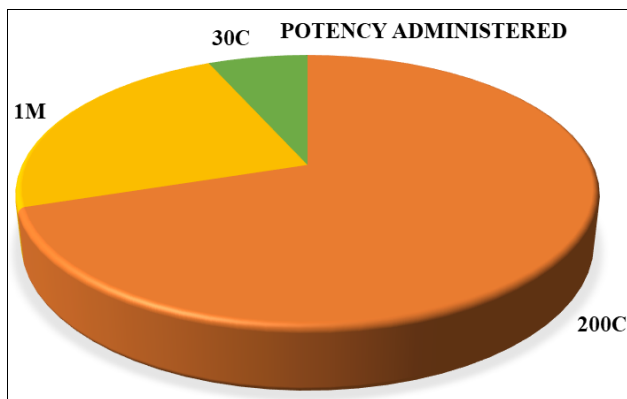


Fig 4: Potency administered

Discussion

In this study of the 30 cases, 16 participants were diagnosed with acute bronchitis. Similarly in the study titled “A Prospective Multicentre Observational Study to Evolve the usefulness of Group of Homoeopathic Medicines in the Management of acute tracheobronchitis” by Nayak. C *et al.*, The findings from the open multicentre clinical trial suggest that homeopathic medicines, particularly Phosphorus, Arsenicum album, *Bryonia alba*, and Pulsatilla nigricans, were commonly indicated and useful in managing acute tracheobronchitis. The severity of the patients' condition was evaluated using the tracheobronchitis symptom scale. At the end of the study follow-up, it was observed that 91% of the patients reported either being cured or experiencing significant improvement in their condition. This suggests a positive role for homeopathy in the management of acute tracheobronchitis [5].

In this study of 30 cases, 21 patients were prescribed with *Bryonia alba* in 200C potency. Similarly, in the study titled “Importance of modalities in the prescription of acute diseases: An observational study” by Srikumar. S *et al.*,

which examined 30 acute cases, it was found that acute bronchitis constituted the diagnosis for 30% of the cases. Among these cases, Rhus Toxicodendron emerged as the most commonly prescribed remedy, followed by Arsenicum Album, Pulsatilla, *Bryonia alba*, and several others. Notably, the 200th potency remedy was predominantly administered across the majority of cases in this study [6]. Hence Homoeopathy not only offers short-term relief for acute respiratory illnesses like bronchitis and rhinitis, but it also effectively addresses predispositions and helps prevent future episodes of these and other health issues [7].

Conclusion

This study demonstrated the potential benefits of *Bryonia alba* in addressing a range of acute maladies. Scientific evidence supporting the efficacy of *Bryonia alba* and homeopathy in general is not robust, systematic reviews frequently conclude that there is insufficient evidence to confirm their effectiveness. Hence more studies and scientific papers are required in homoeopathy to find the effectiveness of *Bryonia alba* and other remedies in acute disease.

Acknowledgments

I would like to express my gratitude to the management of Sarada Krishna Homoeopathic Medical College & Hospital (www.skhmc.org) in Kulasekharam. Affiliated to The Tamil Nadu Dr. M. G. R Medical University, Chennai, for their invaluable support throughout the entire study.

Conflict of Interest:

Not available

Financial Support:

Not available

References

1. Simoes EAF, Cherian T, Chow J, *et al.* Acute Respiratory Infections in Children. In: Jamison DT, Breman JG, Measham AR, *et al.*, editors. Disease Control Priorities in Developing Countries. 2nd Edition.

- Washington (DC): The International Bank for Reconstruction and Development / the World Bank; 2006. Chapter 25. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK11786/> Co-published by Oxford University Press, New York.
2. Demissie BW, Amele EA, Yitayew YA, Yalew ZM. Acute lower respiratory tract infections and associated factors among under-five children visiting Wolaita Sodo University Teaching and Referral Hospital, Wolaita Sodo, Ethiopia. *BMC Pediatrics*. 2021 Sep 20;21(1).
 3. Thomas M, Bomar PA. Upper Respiratory Tract Infection. [Updated 2023 Jun 26]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; c2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK532961/>
 4. Bryonia: An overview | Science Direct Topics [Internet]. www.sciencedirect.com. Available from: <https://www.sciencedirect.com/topics/immunology-and-microbiology/bryonia>
 5. Nayak C, Singh V, Singh H, Gupta J, Siddiqui VA, Padmanabhan M, *et al*. A prospective multicentre observational study to evaluate the usefulness of group of homoeopathic medicines in the management of acute tracheobronchitis.
 6. Srikumar S, Murugan M. Importance of modalities in the prescription of acute diseases: An observational study.
 7. Us M, Medica HM. Homoeopathy in the management of respiratory disorders.

How to Cite This Article

Felicita SA, Murugan M. Evaluating the potential benefits of Bryonia alba in addressing a range of acute maladies. *International Journal of Homoeopathic Sciences*. 2024;8(2):105-108.

Creative Commons (CC) License

This is an open-access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.