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Retrospective study on efficacy of homoeopathic medicine Pulsatilla 200 in treatment of acute bronchitis

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Abstract

Acute bronchitis is the inflammation of large airways passage of the lungs. It is a common condition admitted in emergency departments, casualty centers, and primary care centers. Account of 5% of adults are prone to condition of acute bronchitis each year. The common pathogens responsible for infections are respiratory syncytial virus, influenza virus A and B, para influenza, rhinovirus, and other similar viruses. Pulsatilla is used for painful conditions of the male reproductive system, painful conditions of female reproductive conditions and also for tension headache, insomnia, asthma and other bronchial illness, earache, neuralgias, disorders of GI tract and urinary tract. Thirty patients with acute bronchitis were evaluated. The cases were diagnosed based on clinical presentation and BSS score were calculated for assessment for improvement. Out of thirty cases the numbers of patients under the age group of 1-10yrs are 8, 11-20yrs are 4, 21-30yrs are 5, 31-40yrs are 3, 41-50yrs are 3, 51-60yrs are 3, and 61-70yrs are 4. The medical literature existing now teach us that bronchitis affects both sexes equally. But study conducted shows that 22 patients are females and 8 patients are males. The major causative factor was from cold exposure 9, followed by cold drinks 8. Other major precipitating factors reported were dust exposure 7 and cold food 6. Out of 30 cases, 9 patients had rhonchi and remaining 21 patients had no auscultatory findings. Out of 30 cases, 20 cases were treated with Pulsatilla 200 in basis of alternate doses, 8 cases were treated with single dose of Pulsatilla 200, and 2 cases were prescribed weekly dose of Pulsatilla 200. Assessment of improvement was based on BSS. Most of the cases in my study showed marked improvement which concludes that Homoeopathic treatment can assure better results in acute bronchitis.

Keywords: Acute bronchitis, Homoeopathic medicine, Pulsatilla

Introduction

Inflammation of the breathing tubes of lungs which produces increased mucus production are termed acute bronchitis. Common presentation of bronchitis in clinical practice are acute bronchitis condition. Course of attack lasts for 2 weeks of period. The cough produced lasts for up to 8 weeks in some people. Chronic bronchitis lasts for a prolonged time period. Acute bronchitis is usually due to viral infection, bacterial infections, dusts allergens, and strong fumes, including those from chemical cleaning compounds or tobacco smoke. It may come after a common cold or other in the upper respiratory tract infection. It may also occur in people with chronic sinusitis, allergies, or those with enlarged tonsils and adenoids. Common in people with history of lung or heart diseases. Complication may be pneumonia that can follow bronchitis [1].

Pulsatilla is made from the meadow anemone. It belongs to Ranunculus family commonly known as "wind flower". Pulsatilla indicated for fight pain, fever, spasm, and bacteria. It also acts as calming effects like a sedative. Pulsatilla is indicated in painful conditions of the male reproductive system, and also for tension headache, insomnia, asthma and other bronchial illness, earache, neuralgias, disorders of GI tract and urinary tract [2].

Pulsatilla key characteristics

Pulsatilla is often indicated for individuals who experience hormonal imbalances, particularly in women, and exhibit changeable moods. They may have a gentle and yielding nature, seeking comfort and reassurance. Pulsatilla individuals often have a strong desire for affection and consolation.

Physical Symptoms: Pulsatilla is commonly used for conditions associated with hormonal issues, such as irregular or suppressed menstruation, menopausal symptoms, and reproductive disorders. It is also employed for ailments related to respiratory infections, digestive disturbances, and eye conditions. Pulsatilla can be beneficial for symptoms characterized by variable and shifting symptoms, mild and weepy discharges, and a general lack of thirst. **Emotional and Mental Aspects:** Pulsatilla individuals may exhibit emotional sensitivity and a tendency to be easily influenced by others' opinions or emotions. They may have a desire for company and reassurance and may feel comforted by talking about their feelings. Pulsatilla individuals may also experience mood swings, tearfulness and a need for emotional support.

Aggravations and Ameliorations: Symptoms associated with Pulsatilla may worsen in warm, stuffy rooms and with rich or fatty foods. They may feel better with fresh air, gentle exercise and emotional support.

Modalities: Symptoms may exhibit a specific pattern, such as worsening at night or in the evening and improvement with gentle movement. There may be a desire for cool, open spaces, aversion to heat and a sensitivity to smells or strong odors [3].

Homoeopathic approach of treatment

The homoeopathic system of therapy, an outcome of experimental research is based on the principles of "Similia Similibus Curentur" which implies that a drug cures in the sick what it causes in the healthy. It has shown its effectiveness in treating both acute as well as chronic illness. Homoeopathic medicine has better potential over conventional medicines in managing acute respiratory illness [4]. The chief symptoms in acute diseases strike us and become evident to the senses more quickly, and hence much less time is required for tracing the picture of the disease and much fewer questions are required to be asked as almost everything is self-evident than in chronic disease. Hahnemann says that chief symptoms in acute disease remain very prominent and is evident to the senses more rapidly [5].

Pulsatilla - William Boericke

Mental and disposition are the chief guiding symptoms to the selection of Pulsatilla. It is pre-eminently a female remedy, especially for mild, gentle, yielding disposition. They, are gloomy disposition cry readily; weeps on talking; changeable disposition, and contradictory. The patient seeks and feels better on open air. Affection of mucous membranes. Discharges are thick, bland, and yellowish-green in nature. Often indicated after abuse of Iron tonics, and conditions of badly-managed measles. Symptoms remains ever changing. Patient is thirst less, peevish, and chilly. Capricious hoarseness; comes and goes. Dry cough during evening and at night; must sit up in bed for amelioration; and loose cough in the morning, with copious expectoration. Feeling of pressure on chest and sensation of soreness. Urine emitted with cough [6].

Pulsatilla - JT Kent

Thick, green, yellow catarrhal discharges are most characteristic symptom of Pulsatilla. There is repeated

attacks of coryza, with sneezing and stuffing up of the nose, Patient experience a febrile state with chills, fever and sweat. There is fullness of nose; stuffing up and posterior nares fullness. Hawking up thick yellow mucus in masses, with crusts in the morning, very often offensive. Horrible stench by blowing out the crusts makes Pulsatilla patient great relief in catarrhal state. Clinker for several days of dried-up pus or dried mucus and pus accumulation produces terrible catarrhal smell. The patient is better in the open air, and worse in a warm room [7].

Materials and Methods

Study Setting

Samples from Outpatient, IPD, and Peripheral Health Centre of Sarada Krishna Homoeopathic Medical College.

Selection of Samples:

The Sample Size used were 30.

The sampling technique non-probability sampling techniques.

Inclusion criteria

- Both sexes.
- Patients of all age groups.
- Patients suffering from acute bronchitis.
- Patients presenting with characteristic modalities of Pulsatilla.

Exclusion criteria

- Patients suffering from other severe systemic diseases.
 - Patients who present totality of symptoms other than Pulsatilla.
- Patients requiring surgical intervention.

Results and observations

Distribution of cases according to age

Table 1: Show Age group and No of cases

Age group	1-10	11-20	21-30	31-40	41-50	51-60	61-70
No. of cases	8	4	5	3	3	3	4

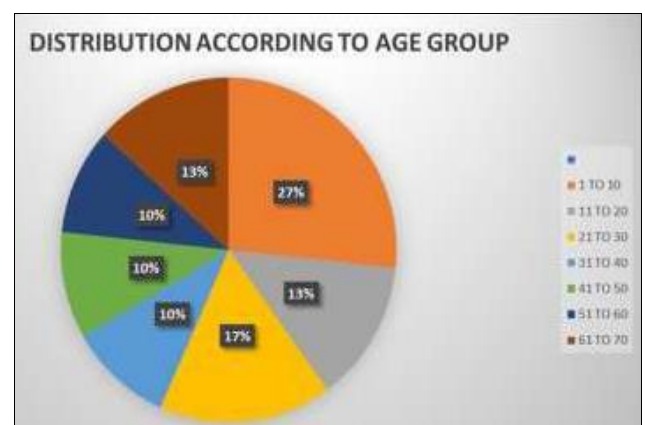


Fig 1: Show distribution according to age group

Out of thirty cases the numbers of patients under the age group of 1-10yrs are 8, 11-20yrs are 4, 21-30yrs are 5, 31-40yrs are 3, 41-50yrs are 3, 51-60yrs are 3, and 61-70yrs are 4. The study reveals that maximum percent of prone case are around 1-10yrs of age group.

Distribution of cases according to sex

Table 2: Show male and female

Sex	No. of patients
Male	8
Female	22



Fig 2: Show distribution according to sex (male and female)

The above pie-chart shows distribution of cases according to sex. Among that 22 patients are females (73%) and 8 patients are males (27%).

Distribution of cases according to causative factors

Table 3: Show Ailment factor and Percentage

Ailment factor	No of cases	Percentage
Cold drink	8	27%
Cold exposure	9	30%
Cold food	6	20%
Dust exposure	7	23%

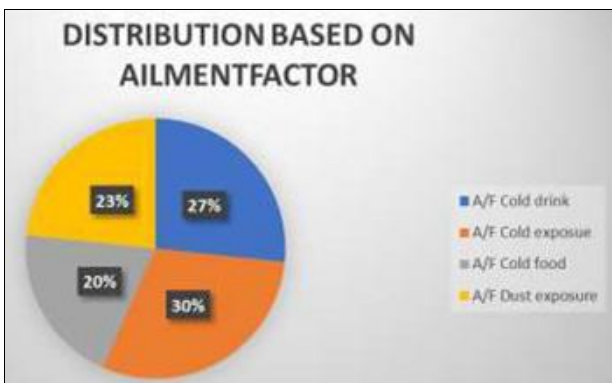


Fig 3: Show distribution based on ailment factor

The pie chart shows distribution of cases according to ailment factor of the cases under study. Among them. The major causative factor was from cold exposure 9 (30%), followed by cold drinks 8(27%). Other major precipitating factors reported were dust exposure 7 (23%) and cold food 6(20%).

Distribution of cases according to auscultatory findings

Table 3: Show Ailment factor and Percentage

Auscultatory Sounds	No. of cases	Percentage
Rhonchi heard	9	30%
Nil	21	70%

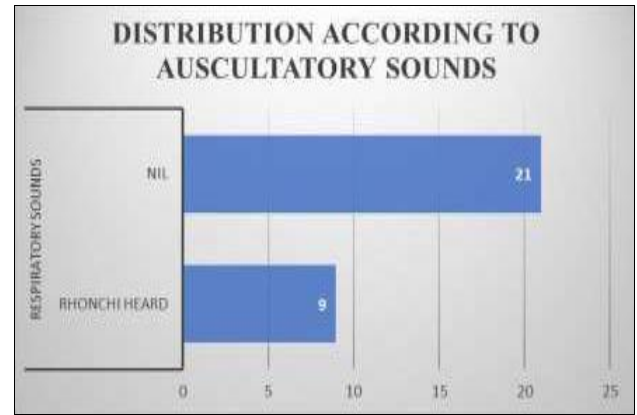


Fig 4: Show distribution according to auscultatory sounds

The bar graph depicts auscultatory findings in cases under study. Out of 30 cases, 9 patients had rhonchi (30%) and remaining 21 patients had no auscultatory findings (70%).

Distribution of cases according to repetition of dose

Table 4: Show Dose and Percentage

Dose	No. of cases	Percentage
Alt dose	20	67%
Single dose	8	27%
Weekly dose	2	6%

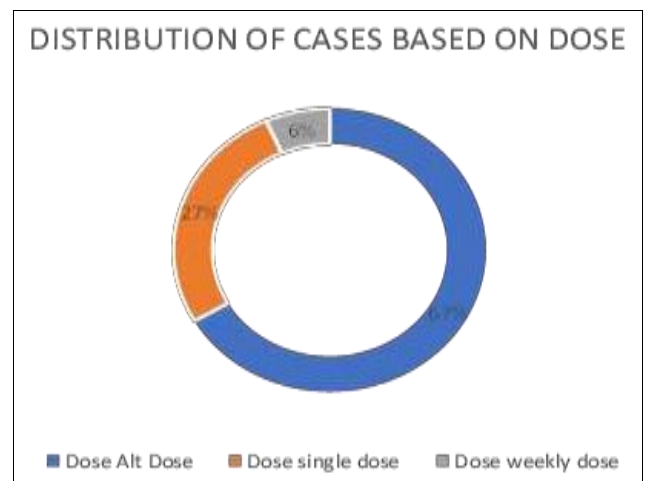


Fig 5: Show distribution of cases based on dose

The graph depicts the distribution of cases according to dosage prescribed, out of 30 cases, 20 cases (67%) were treated with Pulsatilla 200 in basis of alternate doses, 8 cases (27%) were treated with single dose of Pulsatilla 200, and 2 cases (6%) were prescribed weekly dose of Pulsatilla 200.

Distribution of cases according to improvement

Assessment of improvement was based on BSS. Most of the cases in my study showed marked improvement which concludes that Homoeopathic treatment can assure better results in acute bronchitis.

Throughout my study, the efficacy of Homoeopathic medicine Pulsatilla 200 in acute bronchitis is proved with evidence.

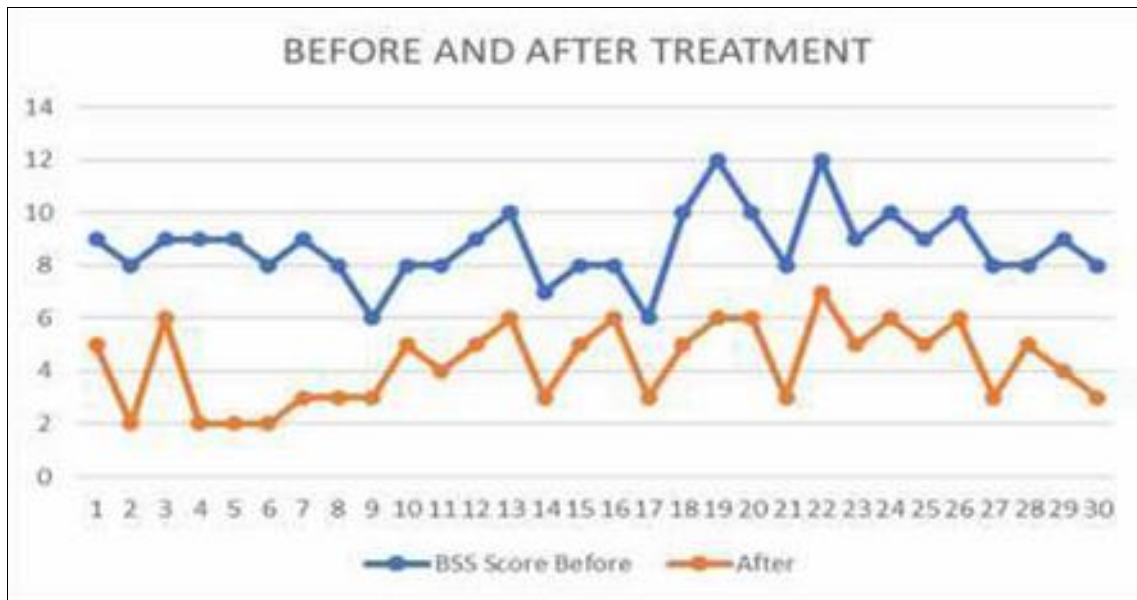


Fig 6: Show before and after treatment

Discussion

Acute respiratory infections are the commonest reasons and cases visited in hospital. Acute bronchitis is one of the major issues because of their recurrence, intensity and fatal complications. Hahnemann in Aphorism 1 states that, "THE physician's high and only mission is to restore the sick to health, to cure as it is termed". To recover health when it's lost and to preserve it in its integrity is the principle aim of the physician. Cough is the most frequent and common manifestation of respiratory diseases. It is an important defense mechanism of respiratory tract. The samples of study were selected from those patients with acute bronchitis in the Out Patient Department of Sarada Krishna Homoeopathic Medical College, as per mentioned in the inclusion criteria. A total of 30 cases presented with clinical presentation of acute bronchitis were selected and follow ups were assessed. The prominent clinical features were dry cough to start with, usually associated with upper respiratory tract infection with or without fever. This study was conducted to show the efficacy of Homoeopathic medicine Pulsatilla 200 in acute bronchitis. Medicine was selected based on totality and repertory assistance were taken in case of necessary. Prescription was based on reference to standard text books. Assessments of all patients were done before and after treatment. A intensity scoring for disease was done to evaluate the improvement, taking the symptoms as the parameter and were graded on basis of BSS score. AGE: Out of thirty cases the numbers of patients under the age group of 1-10yrs are 8 (27%), 11-20yrs are 4 (13%), 21-30yrs are 5 (17%), 31-40yrs are 3 (10%), 41-50yrs are 3(10%), 51-60yrs are 3(10%), and 61-70yrs are 4(13%). The study reveals that maximum percent of prone case are around 1-10yrs of age group. In journal Review acute bronchitis is one of the common diagnosis found affecting preschool and school-age children. It is more common among children under age five than any other age group. SEX: The medical literature existing now teach us that bronchitis affects both sexes equally. But study conducted shows that 22 patients are females (73%) and 8 patients are males (27%). This study correlates to Dr. Dudgeon related literature on susceptibility that the females are more susceptible than males^[8].

Causative Factors

The major causative factor was from cold exposure 9 (30%), followed by cold drinks 8(27%). Other major precipitating factors reported were dust exposure 7 (23%) and cold food 6(20%). So, it can be concluded that there could be numerous 21 precipitating factors to cause acute bronchitis. In my study cold exposure was the major disposing factor for acute bronchitis. Medical review says that it can occur without time accuracy but is more frequent during the winter months^[9].

Auscultatory Findings

Out of 30 cases, 9 patients had rhonchi (30%) and remaining 21 patients had no auscultatory findings (70%) which suggests that Rhonchi is not a necessary criterion to diagnose acute bronchitis.

Repetition of Dose

Out of 30 cases, 20 cases (67%) were prescribed with Pulsatilla 200 in basis of alternate doses, 8 cases (27%) were treated with single dose of Pulsatilla 200, and 2 cases (6%) were prescribed weekly dose of Pulsatilla 200.

Improvement

Assessment of improvement was based on BSS. Most of the cases in my study showed marked improvement which concludes that Homoeopathic treatment can assure better results in acute bronchitis. Throughout my study, the efficacy of Homoeopathic medicine Pulsatilla 200 in acute bronchitis is proved with evidence.

Conclusion

Homoeopathy is a holistic mode of treatment that treats the person as a whole and not merely its external manifestation. This treatment elevates our immunity through holistic approach. Homoeopath faces a challenging task in their art of case perceiving and application of treatment. It is imperative for any homoeopath to have a deeper acquaintance with the tools of Homeopathic Materia Medical and Organon of Medicine so that their practical implementation of correct similimum over various conditions could be ascertained and we could make the

better use of them.

This study shows all the cases showed significant improvement of score on comparison to before treatment score and after treatment were noted

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Conflict of Interest

Not available

Financial Support

Not available

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