

SCOPE OF HOMOEOPATHIC MEDICINE IN THE MANAGEMENT OF POST INFLUENZAL COMPLICATIONS – A CASE STUDY

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Abstract: *Influenza or “flu” is a common contagious respiratory illness caused by influenza viruses. Acute bronchitis is one of the sequelae of influenza of which we have studied the case, treated with the homoeopathic medicines by working out the case from Synthesis Repertory 9.1 through RADAR 10 software. Kentian method of repertorization was done taking in consideration the totality esp. individualistic features of the case which involved. Mental symptoms and it resulted in the prompt cure of the case following homoeopathic aggravation.*

Key Words: *Influenza. Bronchitis, Individualistic, Mental symptoms, Totality, Homoeopathic aggravation, Cure.*

Introduction:

Influenza (also known as “flu”) is a contagious respiratory illness caused by influenza viruses. There are two main types of Influenza (flu) virus: Types A and B. The influenza A and B viruses that routinely spread in people (human influenza viruses).

Symptoms of Influenza:

1. Fever: feeling of heat /chill
2. Cough
3. Sore throat
4. Runny or stuffy nose
5. Muscle or body aches
6. Headaches
7. Fatigue (tiredness)
8. Some people may have vomiting and diarrhea – which may be bad sign of H₁N₁ Influenza, though this is more common in children, pregnant women and immuno-compromised adults.

Sequelae or post Influenzal complications include sinus and ear infections, pneumonia, bronchitis, myocarditis, affecting brain (encephalitis) or muscle (myositis, rhabdomyolysis) tissues, or may cause multi-organ failure due to ‘Cytokine-Storm’(for example, respiratory and kidney failure) esp. in cases of H₁N₁ Influenza.

A brief on Homoeopathic Science:

Homoeopathy is a therapeutic method of healing discovered by German physician Dr. Samuel Hahnemann on principle of ‘Similia Similibus Curentur’, which means let likes be treated by likes. It’s approach towards treatment is individualistic, viz., it takes into consideration individual variations in the patients suffering from the same disease and treats with its single, simple, dynamic/ highly potentized medicines which are capable of inducing curative/secondary action in response to it’s primary action on dynamic aspect (Vital Force) of organism.

Case study

Name- xyz

Age/sex- 30 yr/ male

Religion- Hindu

Married/ Single- married

Occupation – farmer

Resident- rural area

Chief complaints with duration:-

Cough with expectoration for last 1 month

Stitching Pain in chest for last month

History of present complaints:-

Patient was apparently well 35 days back when suddenly he suffered from seasonal cold, watery nasal discharge

and fever which was maltreated with home remedies, recovery was incomplete so since then she is having complaint of cough with profuse greenish expectoration in night, after exertion and relieved by taking something warm associated with stitching kind of pain in centre of chest about sternum.

Past history with treatment taken:-

Not specific

Family History with treatment taken:-

Father having asthma since 8 years

Mother healthy live

Personal History/ life space:-

Married

Smoking habit for last 10 years

Occupation History:-

Farmer

Medicinal History:-

Took allopathic treatment but didn't get relief in irritating night cough.

Physical generals:-

Thermal reaction- chilly

Activity- medium after disease

Appetite- 1-2 chapatis / thrice daily with veg, dal rice etc

Desire- nothing specific

Aversion- nothing specific

Stools- regular, once daily, semisolid, satisfactory

Urine- D4-5, N0-1 clear urine

Perspiration- Profuse sweating all over the body in night

Mile stone- on time

Sleep- disturbed due to cough

Tongue- clean

Dreams- nothing specific

Mental Generals:-

Anger violent

Dominating behavior

Restless

Forgetfulness

Egoistic

Obstinate

Physical examination:-

➤ Pulse- 80 b/ min

➤ Respiratory rate- 20/ min

➤ Temperature- 100 degree F

➤ Pallor- absent

➤ Clubbing- absent

➤ Oedema- absent

➤ Posture- erect

➤ Hair- greyish

➤ Gait- straight

➤ B.P. -110/70 mm of hg

➤ Weight- 50 kg

➤ Build lean thin

➤ Speech clear

➤ Systemic examination

➤ Respiratory examination:

➤ Inspection: trachea central, no scar

➤ Palpation: no lump, no tenderness

➤ Percussion: tympanic sounds heard

➤ Auscultation: vesicular breathing sounds heard

Diagnosis: Post influenzal complication: Ac.Bronchitis

Analysis of symptoms:-

Mental Generals

➤ Anger violent

➤ Dominating behavior

- Restless
- Forgetfulness
- Egoistic
- Obstinate

Physical Generals

- Appetite decreased
- Profuse sweat < night
- Thermal reaction: chilly
- Sleep disturbed due to cough

Particulars

- Cough with greenish expectoration < Night, exertion after
- > Taking warm things
- Stitching pain in chest

Evaluation of the symptoms

1. Anger violent
2. Dominating behavior
3. Restless
4. Egoistic
5. Obstinate
6. Forgetful

7. Profuse sweat < night
8. Appetie decreased
9. Thermally chilly
10. Sleep disturbed due to cough
11. Cough with greenish expectoration < Night, exertion after
12. >taking warm things
13. stitching pain in chest

Repertorial Totality

Mind/Anger - violent

Mind/Egoistic

Mind/Obstinate

Perspiration/Night

Appetite/Decreased

Cough/Expectoration

Cough/Night agg.

Cough/Exertion agg.

Cough/Warm amel.

Chest/Pain - stitching

Repertorization table:

	1/2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
1. MIND - ANGER - violent (93) 1	2	1	4	1	1	1	1	2	2	1	-	2	-	4	2	1	-	2	-	2	2	2	1	1	2	1	1	1
2. MIND - EGOTISM, self-esteem (50) 1	2	2	2	-	2	1	2	2	-	2	1	-	-	1	-	-	1	-	-	2	-	-	-	-	-	-	-	2
3. MIND - OBSTINATE, headstrong (137) 1	2	2	3	2	2	1	1	3	2	1	1	1	1	1	2	1	1	1	1	3	1	3	2	1	1	1	1	1
4. PERSPIRATION - NIGHT (216) 1	2	3	1	3	3	1	2	2	3	3	3	2	2	1	1	2	2	3	3	2	3	1	1	2	1	1	1	2
5. STOMACH - APPETITE - diminished (247) 1	2	1	1	1	1	1	1	1	1	1	2	1	1	1	2	-	2	2	1	1	3	1	1	1	1	1	1	1
6. EXPECTORATION - GREENISH (95) 1	3	2	1	2	3	3	-	2	1	-	3	1	1	1	1	2	2	3	2	-	3	-	1	3	-	2	1	2
7. COUGH - LOOSE (185) 1	1	2	2	3	1	2	2	2	1	1	1	2	3	1	1	1	1	1	3	2	1	2	1	2	1	1	1	1
8. COUGH - NIGHT (196) 1	3	3	1	3	3	1	2	3	3	3	3	2	2	2	1	1	1	3	3	1	1	3	3	3	3	2	2	-
9. COUGH - EXERTION (43) 1	2	1	2	3	1	1	1	-	2	1	1	2	1	-	1	2	1	3	-	-	-	1	-	-	2	-	2	-
10. COUGH - WARM - fluids - amel (12) 1	3	3	3	3	-	-	1	-	-	-	-	-	3	-	2	-	-	-	-	-	1	-	-	-	-	-	-	-
11. CHEST - PAIN - stitching (226) 1	2	2	1	2	3	3	1	3	3	2	2	3	2	2	3	2	2	2	2	2	2	2	2	2	1	1	2	1

Repertorial Analysis

Remedies Relative values

Lyc. – covers mentals in lower intensity, as well as in very low intensity for loose cough.

Sil. - covers mentals in more lower intensity and in low intensity for diminished appetite.

Nux vom – in high intensity for mentals, as well as for cough.

Ars. Alb. – Not covering High Egotism at all and covers other mentals also in low intensity.

more smoking in last 15 days – Declared cured of Post Influenzal Bronchitis.

Selection of remedy

Nux vomica was selected because it covers the totality of symptoms along with individual characteristics in higher grade.

Selection of potency

200C because its covering the mental symptoms in higher grades.

First prescription

Nux vom. 200/one dose H.S., PL 30/BD for 7 days

Advice – to stop smoking, counselling done that will not feel any withdrawal symptoms as our medicine covers it.

Follow-up (PL = Placebo)

- Patient was initially aggravated with lot of expectoration of yellow green sputum; smoking reduced by 90% so PL30/3 for 7 days, counselled to stop smoking.
- Patient was relieved a little, sputum whitish, cough diminished in intensity; PL 30/3 for 7days; smoked only once in last seven days. Counselled to stop it completely.
- Patient relieved a lot, sputum whitish and scanty, no night cough, diminished in intensity in day time also, can sleep well; smoking completely withdrawn PL 30/3 for 7days
- Sputum became transparent – mucoid, very scanty, no disturbance of sleep, energy levels and appetite improved much; anger and irritability under patient's control now. Asked to stop medication and report once after 15 days.
- No complaints related to cough and expectoration. Energy levels, appetite, stool and sleep all fine; No