

## Treatment of a Chronic Bronchial Asthma Patient with homoeopathic medicine “Cassia Sophera”: A Case Report

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**Abstract:** Disorder of tracheo bronchial tree characterized by mild to severe obstruction to airflow that is at least partially reversible. Symptoms vary generally episodic or paroxysmal but may be persistent. The clinical hall mark is “wheezing ” but cough or chest tightness may be prominent symptoms. The acute symptoms are characterised by narrowing of large and small airways owing to spasm of bronchial smooth muscle, Oedema and inflammation of bronchial mucosa and production of mucus forming a plud. Here we record a case of chronic Bronchial Asthma of a female patient of 36 years old and treated with a homoeopathic medicine that is “Cassia Sophera” and found to be improved.

**Keywords:** Dyspnoea, Bronchiectasis, Emphysema, Polycythemia, Haemoptysis, Cassia Sophera

### INTRODUCTION

Bronchial asthma is a chronic disease characterized by airway inflammation, reversible airway obstruction, mucus hypersecretion, and airway hyper-responsiveness [1]. In pathology of bronchial asthma, a variety of cells, such as eosinophils, lymphocytes, mast cells, and neutrophils are involved. In susceptible individuals, this inflammation causes recurrent episodes of wheezing, breathlessness, chest tightness and coughing[2,7].

According to WHO, Bronchial Asthma is a wide spread diseases around 235 million patient in World[3]. Both male and female are equally affected irrespective of their age predisposing cause smoking, air pollution, exposure to cold damp wet condition, working in dust fumes precipating factor viral or bacterial infection[4].

The Spirometry (ie. Breathing Capacity), Peak Expiratory Flow, esonophil count and Chest-X-ray are commonly employed for diagnosis of bronchial asthma [5]. Since many inflammatory cells play a role in the pathological characteristic feature of asthma, anti-inflammatory measurement is a main solution for management of the disease.

Cassia sophera is a well known homoeopathic medicine commonly known as Kasunda, is obtained from *Cassia sophera* Linn. Plant belonging to the

family Caesalpiniaceae. This drug is used as Homeopathic medicine mainly in Osteoarthritis, Asthma and Allergic Rhinitis [6].

Our present study is a case report of chronic Bronchial Asthma patient of 36 years old female, who underwent a treatment with a “Cassia Sophera”. Here, we reported the case.

### CASE REPORT

In this report we have discussed about a chronic asthma patient who is working in a brickyard as a worker since five years. The patient is a female aged thirty-six years. The woman is very weak and frail. She is basically tall, merely slim and skinny in appearance. She lives near the adjacent and contiguous area, where the brickyard is situated. The atmosphere along with the surrounding is impure and unclean surrounded with smoke and dust particles. The symptoms of the patient are:- cough continuous with difficult expectorate, wheezing sound in the chest, fever, chilliness, dyspnoea, patient feels more the troubles during move, tightness of the chest, nose block at night.

On the basis of signs & sympotms Cassia Sophera 200 was prescribed to the patient and found improved. On 12th days, after taking medicine, improvement statues given below. And again advised to take placebo for another 8 days.

**Table-1: Comparison of signs and symptoms before and after treatment with CASSIA SOPHERA**

Before taking medicine	After taking medicine
Dyspnoea	Improved
Wheezing	Reduced
Cough	Absent
Difficult expectorate	Persisting but less
Tightness of chest	Feels better
Chilliness	Absent
Fever 100.5 F	Subside
Body weight-49 kg	Body weight increased 50.5 kg
Pulse rate 92/min	Pulse rate becoming normal 75/min

**Table- 2: Comparison of hematological profile before and after treatment with CASSIA SOPHERA**

Blood report before treatment	Blood report after treatment
Hemoglobin 10.8. gm %	Hemoglobin 12.2 gm %
WBC Count ( TC) 10,300	WBC Count ( TC) 8,400
Neutrophil 59%	Neutrophil 65%
Lymphocyte 26%	Lymphocyte 25%
Monocyte 5%	Monocyte 5%
Eosinophil 10 %	Eosinophil 5 %
Basophil 0%	Basophil 0%
ESR (Westergen) 52 mm (1 )hour	ESR (Westergen) 18 mm (1 )hour



**Fig-1: X-Ray P,A veiw/ Lateral before treatment (Pleurodiaphragmatic adhesions with mild basal emphysema)**



**Fig-2: X-Ray P, A view/ Lateral after treatment (Normal vascular marking and decreased basal emphysema )**

## DISCUSSION

All the signs and symptoms of bronchial asthma are relieved by homeopathic medicine that is Cassia Sophera, potency 200, after applying to the case. The clinical signs and symptoms are compared before treatment and after treatment and results are given in Table-1.

Hematological parameters were also studied and results after treatment with Cassia Sophera 200 should have improved hemoglobin level and decreased WBC count and ESR. The details are given in Table-2. Basic pathology of bronchial asthma is chronic airway inflammation with infiltration of inflammatory cells such as eosinophils and neutrophils [7]. Eosinophils preferentially accumulate at sites of allergic inflammation and are believed to play an important role in the pathophysiology of asthma by release of a variety of inflammatory mediators, including radical oxygen species and cytokines [8]. Cassia Sophera 200 found to decrease the eosinophil count which supports its anti-asthmatic activity.

It is well reported and studied that Total WBC count increases in chronic diseases, allergy and asthmatic patients [9-10]. In our present case, Cassia Sophera 200 significantly normalized/decreased the total WBC count. Erythrocyte sedimentation rate (ESR) is a common diagnostic parameter in Asthmatic patient which is significantly found to decrease with treatment Cassia Sophera 200.

Moreover, A radiograph of the chest was taken before treatment which showed low-lying diaphragm and increased vascular markings and increased basal emphysema. After the treatment of Cassia Sophera 200 showed decreased basal emphysema and vascular markings.

## CONCLUSION

The patient is improved and the successful result is comes out at 20 days by medicine that was Cassia sophera 200 with general management like stop smoking, avoid cold drinks, avoid exposure to cold, damp, foggy, stuffy place. Encourage hot drinks. Regular deep breathing exercise.

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