

EFFICACY OF HOMOEOPATHIC MEDICINE KALIUM PHOSPHORICUM IN BRONCHIAL ASTHMA

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ABSTRACT

Asthma is serious physical illness affecting the 5% of total population in India. Asthma is a chronic illness in which the bronchial airways in the lungs become narrowed and inflamed, making it difficult to breathe. This congestion in airway passage can be effectively treated by homoeopathic medicines. Homoeopathic literatures reveal a vast treasure of information on the subject of Asthma. Kali group of medicines in Homoeopathy have vast potentiality in the subject of respiratory disorder. In this work, Kalium phosphoricum was selected for study of its efficacy in respiratory disorder, especially Asthma. Kalium Phosphoricum given constitutionally was the most suitable treatment by aiming to heal the underlying physical crisis causing the Asthma. I worked on patients suffering from Asthma with age between 40 to 60 years as inclusion criteria in the cases. It was observed through comparative study which verified the importance of keeping these symptoms. Patients were relieved to great extent by the Kalium phosphoricum which was obtained by the totality of symptoms.

Methods:

Single blind placebo controlled study design has been adopted to know the effectiveness of Kalium phosphoricum in cases of Asthma. A total number of 30 patients, showing features of difficulty in breathing with nervousness were selected who fulfilling the inclusion and exclusion criteria. Follow up has been taken for four months with at least four visits. From every subject, a written informed consent has been taken.

Result:

All data was calculated from the study of 30 individuals. Statistical tests regarding the various parameters were conducted and ratio of cure was found out in relation to the medicine used.

Conclusion:

Homoeopathic treatment, by Kalium Phosphoricum considering the repertorial approach, was more efficacious in cases of Asthma. During treatment use of Placebo is also effective.

Keywords:

Homoeopathic treatment, Kalium Phosphoricum, Repertory, Asthma, Respiratory Disorders, Placebo.

INTRODUCTION

Potassium as a chemical element is a metal, having an atomic number 19 and atomic weight 39.1. Potassium and all of its compounds are water soluble and are universally distributed. It is the 7th most common element on earth and it is slightly radioactive. Earth's crust consists of 2.45% of potassium. Potassium is one of the minerals present in blood plasma as well as all tissues. Kali is found mainly inside the cells, whereas Natrum is not. The presence of these two elements on opposite sides of the cell membrane plays a role in the conduction of nerve impulses. Clarke in his "dictionary of the practical materia medica", states that Kali's in general cause great disturbance in the circulation of fluids in the tissues. The most important characteristic of Kali people is that they are very conscientious. They are people with strong principles, they have their rules and norms and they stick to them: 'a man of his word'. They are therefore very reliable, correct, stable and self assured. They have a great sense of duty, are serious and responsible. In the course of time, however, this can go too far and the negative side might start to come up: being rigid, dogmatic, moralistic, and conservative. They are closed and do not easily share their inner feelings. One could sooner call them optimistic. They achieve what they want to achieve, through perseverance and hard work. Their sense of duty is expressed in their work, their tasks. They are, on the whole, very family orientated. They are quite heavily built, stout and robust as a reflection of their inside. The Kali's in general are quite cold. The time modality is very strong: an aggravation at around 3 am. Of all the groups, kali possess an

important place in our materia medica due to its wide range of utility in day to day life therefore study of kali group is very important. Homoeopathic medicines under kali group includes: Kali-Aceticum, Kali-Arsenicum, KaliBichromicum, Kali-Bromatum, Kali-Carbonicum, Kali-Chromicum, Kali-Flouratum, KaliIodatum, Kali-Metallicum, Kali-Muriaticum, Kali-Natricum, Kali-Oxalicum, KaliPhosphoricum, Kali-Sulphuricum, Kali-Silicicum, Causticum etc. Samuel Lilienthal in his book Homoeopathic Therapeutics explains Kalium Phosphoricum as an effective remedy for nervous asthma with depression, asthma after most moderate use of food; asthma with sallow features, sunken eyes, emaciation. Hahnemann was the first to study the similarity of the minerals to miasmatic states as well as the complementary relationships of the remedies of the three kingdoms. He taught the importance of "analogy in accordance with experience" in the study of the relationships of the remedies of the three worlds. Studying the remedies usually helps in finding out the similarity between the medicine belonging to one family and at the same time distinct feature of differences between each one of them. The study of remedies in families can be found in the works of Hahnemann.

PATIENTS AND METHODS

Study design: The experimental study was made as per the “single blind (placebo) controlled clinical trial” method.

Study Population:

Study site: G.D. Memorial Homoeopathic Medical College & Hospital, Patna.

Study Setting: Indoor Patient Department (I.P.D.), Outdoor Patient Department (O.P.D.), Other sources if possible

Ethical clearance requirement:- It was obtained from Ethical committee of the G. D. Memorial Homoeopathic Medical College & Hospital, Patna.

Inclusion criteria:- Asthma as coded J45 in ICD 10 version 2016/17 with at least 70% of symptoms.

Patient between the age group of 40 to 60 years.

Patient with the history of smoking/tobacco chewing habits.

Exclusion criteria:- Patient complicated with other illness were not included in this study. Sample size Calculation 30 patients were selected starting from 40 to 60 years of age of both sexes. Considering the inclusion criteria mentioned above. (25 cases were experimental. 5 cases were controlled.)

Procedure:

STEP I: Extensive search & study of different books and journals with special reference to Synthesis Repertory.

STEP II: Gathered exhaustive information from the Internet according to availability.

STEP III: Selection of 30 patients suffering from asthma. (25 cases were experimental. 5 cases were controlled.)

STEP IV: Proper case taking was done according to the standard case-taking Performa.

STEP V: Relevant investigations were done as per need.

STEP VI: Inclusion and Exclusion Criteria was fulfilled.

STEP VII: Analysis, Evaluation and Repertorisation of the Totality of Symptoms using Synthesis Repertory was done taking help of Computer-aided (Digital) Repertory.

STEP VIII: Medicine was selected on the basis of nearest simillimum and consultation of materia medica and senior teachers.

STEP IX: Potency, dose and repetition was strictly arranged following strict Homoeopathic Principle.

STEP X: Follow up of the case at regular interval.

STEP XI: Statistical analysis of the result by using different standard statistical methods was done.

OBSERVATION

Total number of patients included during study of 'ANALYTICAL STUDY OF KALI (POTASSIUM) GROUP OF HOMOEOPATHIC MEDICINES WITH EMPHASIS ON ROLE OF KALIUM PHOSPHORICUM IN BRONCHIAL ASTHMA' was 30. Following is the observations noted during the study.

OBSERVATION-1**SEX RATIO OF PATIENTS IN THESE CASES**

SEX	NO. OF CASES	PERCENTAGE
MALE	15	50%
FEMLAE	15	50%
TOTAL	30	100%

OBSERVATION – 2**MIASMATIC ANALYSICS OF THE PATIENTS IN THESE CASES**

MIASM OF THE PATIENT	NO. OF CASES	PERCENTAGE
PSORA	13	43.33 %
SYCOSIS	10	33.33 %
SYPHILIS	07	23.34 %
TOTAL	30	100 %

OBSERVATION – 3**HOMOEOPATHIC REMEDIES PRESCRIBED FOR THE PATIENTS IN THESE CASES**

NAME OF MEDICINE	NO. OF CASES	PERCENTAGE
KALI PHOS.	25	83.33%
PLACEBO	5	16.67%
TOTAL	30	100%

OBSERVATION-4**RESULT OF HOMOEOPATHIC TREATMENT IN THESE CASES**

RESULTS	NO. OF CASES	PERCENTAGE
CURED	00	
MARKED IMPROVEMENT	09	30.00 %
MODERATE IMPROVEMENT	06	20.00%
MILD IMPROVEMENT	05	16.67%
NO IMPROVEMENT	05	16.66 %
DROP OUT	05	16.67 %
TOTAL	30	100 %

STATISTICAL ANALYSIS OF THE DATA

Chi square test was performed to test the effectiveness of KALIUM PHOSPHORICUM, when selected on the basis of best similimum, in the cases of BRONCHIAL ASTHMA. Among the five categories of assessment criteria i.e. marked improvement, moderate improvement and mild improvement were taken as positive response or effective and no improvement as well as dropped out was considered as negative response.

RESULT OF THE KALIUM PHOSPHORICUM IN THE CASES OF BRONCHIAL ASTHMA PATIENTS.

RESULTS	NO. OF CASES	PERCENT AGE
CURED	00	
MARKED IMPROVEMENT	09	30.00 %
MODERATE IMPROVEMENT	06	20.00%
MILD IMPROVEMENT	05	16.67%
NO IMPROVEMENT	05	16.66 %
DROPPED OUT	05	16.67 %

CHI-SQUARE TEST

	MARKED, MODERATE & MILD IMPROVEMENT	NO IMPROVEMENT & DROPPED OUT	TOTAL
EXPERIMENTAL CASES (MEDICINE)	O = 19 E1=16.66	O = 6 E2 =8.34	25 (C.T)
CONTROL CASES (PLACEBO)	O = 1 E3 = 3.34	O = 4 E4 = 1.66	5 (C.T)
TOTAL	20 (R.T)	10 (R.T)	30 (G.T)

- 1) **DEGREE OF FREEDOM(DF)**
 - $DF=(R-1)(C-1)$
 - Total calculated value of Row (R)= 2-1=1
 - Total calculated value Column(C)= 2-1=1
 - $DF=1*1=1$
- 2) **PROBABILITY OF OUTCOME** =1/1 = 1
- 3) **EXPECTED VALUE**

E = (Column or vertical total*row or horizontal total)/Sample total

$$E_1 = 25*22/30=16.67$$

$$E_2=25*8/30=8.33$$

$$E_3=5*22/30=3.33$$

$$E_4=5*8/30=1.67$$

Total calculation of $E_1+E_2+E_3+E_4=30$

- 4) **CALCULATION= Chi square** = $\sum (O - E)^2 / E$

$$= \sum (19-16.67)^2 / 16.67 + (6-8.33)^2 / 8.33 + (1-3.33)^2 / 3.33 + (4-1.67)^2 / 1.67$$

$$= \sum 0.32+0.65+1.63+3.25$$

$$\text{CHI SQUARE} = 5.85$$

DISCUSSION

The study under discussion was undertaken to show the importance of KALIUM PHOSPHORICUM when selected on the basis of totality in Bronchial Asthma cases. The dissertation work was entitled, 'ANALYTICAL STUDY OF KALI (POTASSIUM) GROUP OF HOMOEOPATHIC MEDICINES WITH EMPHASIS ON ROLE OF KALIUM PHOSPHORICUM IN BRONCHIAL ASTHMA', which was in accordance with the objectives

of the study. The study encompassed patients from different age groups, socio-economic status and both sex. Single blind controlled study design was adopted to show the utility of KALIUM PHOSPHORICUM in Asthma.

Medicine was prescribed to the groups after an immaculate interrogation and dose and potency had been selected according to the cases. So from the above study we see that the treatment of BRONCHIAL ASTHMA cases by KALIUM PHOSPHORICUM including the careful observation of causation on the miasmatic background is very helpful.

CONCLUSION

Conclusion regarding BRONCHIAL ASTHMA patients attending to the OPD/IPD of GDMHMCH.

The prevalence of the Bronchial Asthma in female patients and male patients is equal, as observed in the cases which were taken under consideration.

A general improvement in the condition of these patients was noted after the administration of Homoeopathic remedy.

FUTURE PERSPECTIVE

Action of KALIUM PHOSPHORICUM is a vast topic on its own and so is the BRONCHIAL ASTHMA. This research only covered a part.

Thus for future perspective point of view we can choose some other diseases and see how KALI group especially KALIUM PHOSPHORICUM can be effective in removing totality of the symptom and thus treating diseases in better way.

I recommend that these types of projects taken in wider perspective will prove to specify the action of KALI group of medicines especially KALIUM PHOSPHORICUM in numerous diseases.

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