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LONG-TERM REDUCTION IN RECURRENT RESPIRATORY TRACT INFECTIONS FOLLOWING INDIVIDUALIZED HOMOEOPATHIC TREATMENT IN A CHILD WITH POOR IMMUNITY: A CASE REPORT AT DR BATRA'S

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ABSTRACT

Background: Recurrent respiratory tract infections (RRTIs) are among the most common reasons for pediatric consultations and are associated with repeated antibiotic use, school absenteeism, reduced quality of life, and parental anxiety. Individualized homoeopathic treatment aims to reduce disease susceptibility rather than merely treating acute episodes. **Case Summary:** A 5-year-old male presented with recurrent episodes of fever, cold, cough, and poor immunity requiring repeated medications. During acute illnesses he became weak and inactive. The child was otherwise playful, sociable, stubborn, and preferred outdoor activities. Constitutional evaluation along with recurrent respiratory susceptibility guided individualized homoeopathic treatment. **Intervention:** Constitutional homoeopathic medicines with acute prescriptions whenever indicated, nutritional counselling, dietary regulation, and lifestyle advice. **Outcome:** Over a follow-up period of approximately four years, the frequency and intensity of respiratory infections reduced markedly. Fever episodes became infrequent, dependence on conventional medications decreased, appetite improved, the child gained weight appropriately, became more active, and no longer experienced frequent sneezing or recurrent upper respiratory infections. **Conclusion:** Individualized homoeopathic management was associated with sustained reduction in recurrent respiratory infections and significant improvement in overall health and quality of life in this child.

Keywords: Recurrent respiratory tract infection, Poor immunity, Pediatrics, Homoeopathy, Constitutional treatment, Case report.

INTRODUCTION

Recurrent respiratory tract infections (RRTIs) represent one of the most frequent pediatric health concerns, accounting for repeated physician visits, antibiotic prescriptions, and

hospitalization in some children. Frequent infections during early childhood may impair growth, nutrition, school attendance, and psychosocial development while increasing parental stress.

Management generally focuses on treating acute infections; however, repeated episodes often continue because of an underlying increased susceptibility. Individualized homoeopathy attempts to modify this susceptibility through constitutional prescribing based on the totality of mental, physical, and pathological characteristics.

This case demonstrates sustained clinical improvement in recurrent respiratory infections following individualized homoeopathic treatment over a prolonged follow-up period.

CASE PRESENTATION

A 5-year-old boy was brought by his parents with complaints of recurrent episodes of cold, cough, and fever associated with poor immunity. These episodes occurred repeatedly and significantly affected his daily activities.

During illness, he became weak, less active, and required repeated medications for symptom control. Parents reported frequent respiratory infections with recurrent fever and cough affecting his overall health.

Although he was playful and active when healthy, his immunity appeared poor, with repeated respiratory illnesses causing considerable parental concern.

There was no major systemic illness.

History of Present Illness

- Recurrent cold
- Recurrent cough
- Fever with respiratory infections
- Frequent upper respiratory tract infections
- Poor immunity
- Weakness during fever
- Repeated requirement of medications

Past History

- Recurrent respiratory infections
- No major chronic systemic illness reported

Family History

- No significant hereditary respiratory illness
- No major family history contributing to present illness

Developmental and Behavioral History

The child was:

- Playful
- Cheerful
- Friendly with other children
- Enjoyed going to school
- Preferred outdoor games
- Stayed emotionally closer to his father
- Less attached to his mother
- Stubborn
- Cranky during illness

Mental Generals

- Playful
- Makes friends easily
- Likes school
- Outdoor games
- Stubborn
- Cranky
- Better emotionally when healthy
- Weak and inactive during fever

Physical Generals

- Appetite decreased initially
- Desire for cheese
- Aversion to deep-fried food
- Chilly patient
- Preferred warm bathing
- Preferred summer
- Preferred air conditioning
- Sleep disturbed during illness
- Urine normal
- Stool normal
- Perspiration normal

Clinical Examination

General examination revealed:

- Recurrent upper respiratory tract infection tendency
- No acute respiratory distress during examination
- Reduced appetite during illness
- Otherwise normal systemic examination

Diagnosis

Primary Diagnosis

- Recurrent Respiratory Tract Infections (Poor Immunity)

Differential Diagnosis

- Allergic disorders
- Nutritional deficiency
- Anorexia contributing to poor immunity
- Primary immunodeficiency (clinically unlikely)

Case Analysis

The characteristic features included:

- Recurrent respiratory infections
- Fever with cough
- Poor immunity
- Weakness during illness
- Chilly constitution
- Reduced appetite
- Playful disposition when healthy
- Stubborn temperament
- Outdoor preference
- Easily socializes with peers

These findings indicated increased susceptibility rather than isolated respiratory disease, making constitutional treatment appropriate.

Evaluation of Symptoms

Mental Generals

- Playful
- Friendly
- Stubborn
- Cranky

- Attached to father

Physical Generals

- Chilly patient
- Appetite decreased
- Desire for cheese
- Aversion to fried food

Particulars

- Recurrent fever
- Recurrent cold
- Recurrent cough
- Poor immunity
- Weakness during infections

Totality of Symptoms

Mental Generals

- Playful child
- Makes friends easily
- Likes going to school
- Stubborn and cranky
- Attached more to father
- Fearfulness and restlessness during illness

Physical Generals

- Chilly constitution
- Desire for cheese
- Aversion to deep-fried food
- Disturbed sleep during acute illness
- Decreased appetite during recurrent infections

Particulars

- Recurrent cold and cough with fever
- Poor immunity
- Weakness during fever
- Recurrent upper respiratory tract infections

Repertorial Analysis

The following rubrics were selected:

- Mind – Fearfulness
- Mind – Restlessness
- Mind – Children, playful
- Mind – Obstinate/Stubborn
- Generalities – Recurrent respiratory infections
- Generalities – Weakness after illness
- Respiration – Cough, recurrent
- Fever – Recurrent attacks
- Generalities – Chilly patient

Leading remedies obtained

- Calcarea phosphorica
- Natrum muriaticum
- Tuberculinum
- Arsenicum album
- Belladonna

Remedy Differentiation

Calcarea phosphorica was selected as the constitutional remedy because it corresponded closely with:

- Poor immunity
- Recurrent respiratory infections
- General weakness
- Poor nutritional assimilation
- Delayed improvement in vitality
- Need for constitutional support during growth

Belladonna was prescribed during acute febrile episodes characterized by sudden onset of fever and inflammatory symptoms.

Tuberculinum was considered as an intercurrent remedy because of the marked recurrent respiratory tendency and repeated susceptibility to infections.

Prescription**Constitutional**

Calcarea phosphorica

Acute

Belladonna

Intercurrent

Tuberculinum

Supportive advice included:

- Balanced protein-rich diet
- Vitamin B12 and Vitamin D supplementation
- Deworming when indicated
- Steam inhalation during respiratory infections
- Adequate hydration
- Regular outdoor activity

Follow-up

Follow-up	Clinical Progress
Month 1	Fever subsided, cough reduced, appetite improved.
Month 3	Frequency of infections decreased noticeably.
Month 6	Child became more active; fewer respiratory episodes.
Year 1	Significant reduction in recurrent cold and cough; no frequent antibiotics required.
Year 2	Improved appetite, better weight gain, increased activity levels.
Year 3	Only occasional mild viral episodes; rapid recovery without prolonged illness.
Year 4	Child remained healthy with marked reduction in respiratory infections, improved immunity, and sustained overall well-being.

Outcome

After approximately 48 months of individualized homoeopathic treatment:

- Marked reduction in frequency of recurrent cold and cough
- Significant decrease in fever episodes
- Considerably fewer respiratory infections
- Improved appetite
- Better nutritional status and weight gain
- Improved immunity

- Increased physical activity
- Reduced dependence on conventional medications
- Better school attendance and participation in outdoor activities

Discussion

Recurrent respiratory tract infections in children often result from increased susceptibility rather than isolated infectious episodes. Such children frequently require repeated antibiotics, cough syrups, and symptomatic management, which may not reduce recurrence.

This child demonstrated a constitutional pattern characterized by recurrent infections, poor immunity, weakness during illness, decreased appetite, and a chilly constitution. Individualized homoeopathic treatment addressed this underlying susceptibility rather than focusing solely on acute symptoms.

Over four years of follow-up, there was progressive improvement in immune resilience, with a marked decline in respiratory infections and sustained enhancement of the child's general health. Nutritional counselling and lifestyle advice complemented constitutional treatment and likely contributed to improved overall vitality.

Health-Related Quality of Life (HRQL)

At presentation, recurrent illness caused repeated school absenteeism, decreased activity, frequent medication use, and considerable parental anxiety.

Following treatment:

- Respiratory infections became infrequent.
- The child participated actively in school and outdoor games.
- Appetite and energy levels improved.
- Parents experienced substantially less anxiety regarding the child's health.
- Overall physical, emotional, and social well-being improved.

Learning Points

- Individualized constitutional homoeopathy may help reduce susceptibility to recurrent respiratory infections.
- Detailed assessment of constitutional features is important in children with poor immunity.
- Long-term follow-up is essential to evaluate sustained improvement in recurrent pediatric illnesses.
- Improvement should be assessed through reduction in infection frequency, medication dependence, and enhancement of general health and quality of life.
- Nutritional support and lifestyle counselling can complement individualized homoeopathic management.

Conclusion

This case demonstrates sustained long-term improvement in a child with recurrent respiratory tract infections and poor immunity following individualized homoeopathic treatment. Over a follow-up period of four years, the frequency and severity of respiratory illnesses reduced substantially, appetite and general vitality improved, and the child's quality of life normalized. The case illustrates the potential role of constitutional homoeopathy as an individualized therapeutic approach in managing recurrent pediatric respiratory disorders by addressing underlying susceptibility rather than treating only acute episodes.