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## HOMEOPATHIC MANAGEMENT OF RECURRENT RESPIRATORY COMPLAINTS WITH NEBULISER DEPENDENCY

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### Abstract

Respiratory ailments such as recurrent cough, cold, and bronchial congestion are among the most common health concerns worldwide, significantly affecting quality of life. Chronic respiratory complaints, particularly those aggravated by seasonal changes, are highly prevalent in both children and adults, contributing to increased healthcare dependency, frequent absenteeism, and lowered immunity. According to global health data, respiratory tract infections remain a leading cause of morbidity, particularly in developing countries. The homeopathic approach to such conditions focuses on treating the patient constitutionally, aiming at strengthening immunity, reducing the tendency to recurrence, and providing long-term relief without dependency on external aids like nebulisers. By addressing not only the physical complaints but also the mental and emotional state of the patient, homeopathy works to bring about a holistic and sustained improvement. This paper, presented under Dr Batra's, discusses a case of recurrent respiratory illness, highlighting the patient's journey from frequent nebuliser dependency and seasonal distress to a state of improved health and resilience through individualized homeopathic treatment. It demonstrates how systematic, constitutional management can achieve both curative and preventive outcomes in chronic respiratory complaints.

### Keywords:

Respiratory ailments, recurrent cough, homeopathy, seasonal aggravation, holistic treatment

## Introduction

Recurrent respiratory ailments such as chronic cough, cold, chest congestion, and breathlessness are common conditions seen in clinical practice. These disorders are often multifactorial in origin, arising due to genetic predisposition, lowered immunity, environmental triggers, dietary factors, and recurrent exposure to allergens. The primary symptoms include persistent cough, nasal discharge, throat irritation, chest tightness, and difficulty in breathing. In many cases, these symptoms worsen with seasonal changes, cold weather, or exposure to dust and pollution.

If untreated or improperly managed, such recurrent conditions may lead to complications including asthma, chronic bronchitis, or reduced lung capacity, significantly impairing day-to-day functioning. Patients often become dependent on frequent medications, inhalers, or nebulisers for temporary relief, without addressing the underlying susceptibility.

From a holistic perspective, the aim of treatment is not only to relieve acute episodes but also to reduce recurrence and build long-term immunity. The homeopathic approach emphasizes individualized prescriptions, considering the patient's overall constitution, physical generals, and mental disposition, thereby offering a curative and preventive solution to recurrent respiratory problems.

## Case Profile

Patient had been suffering from recurrent cold and cough for the past two years, marked by chest congestion, breathlessness, running nose, and dry cough. The complaints were aggravated during seasonal changes and exposure to cold, often requiring nebulizers for relief due to severe congestion. Despite taking allopathic and ayurvedic medicines, the relief was only temporary, and the symptoms would recur frequently. The condition caused significant discomfort, with heaviness in the chest, sneezing especially in the mornings and evenings, bouts of restlessness, and unsatisfactory bowel movements at times. Weather changes, particularly cold and rainy seasons, worsened the suffering, making day-to-day life difficult. With treatment, the frequency and intensity of these complaints reduced, and the patient gradually experienced better stability, quicker recovery during seasonal triggers, and overall improvement in respiratory health.

## Physical Generals

Diet: Mixed (includes non-vegetarian)

Appetite: Decreased

Desire/Craving: Salty food, non-veg

Aversion: Brinjal

Thirst: Normal, prefers normal water, 1–2 glasses/day

Stools: Clear

Urine: Clear

Perspiration: Normal, non-offensive, no stains, armpits

Thermal Reaction: Chilly, thin covering, prefers summer, hot water bathing, fan

Sleep: 8–9 hours, refreshing, back position

Dreams: Present

### **Examination**

\* Chest clear

\* No congestion

\* Respiration normal

\* No difficulty in breathing

\* Vitals stable

\* General physical condition satisfactory

### **Mental Generals –**

The patient hails from Hapur and has been living in Noida for the past 2.5 years. He belongs to a simple family background, where his father is a farmer and his mother is a housewife. From childhood, he has been thin in build with a history of pica, including chalk eating and worm infestations, but there is no history of epistaxis or nail-biting. His upbringing was simple, with no major difficulties, and he describes being influenced equally by his parents. In his childhood, he performed averagely in studies but maintained good relations with teachers and friends. He shares a close bond with his siblings and recalls no episodes of bullying or excessive parental strictness. Currently, he is working in a US-based company in the medical billing field, with a night shift schedule. He does not feel work-related stress and describes his workplace environment as manageable.

As a person, he considers himself obedient and enjoys being in company, making friends easily. He has an ambivert personality—friendly and open but sometimes shy when meeting new people. Financial insecurity bothers him, and he tends to spend money cautiously. He finds it difficult to detach emotionally from others. He expresses fears of animals and water, cannot tolerate tight clothing, prefers open air, and is fastidious by nature. He describes himself as religious, but not very punctual, and admits his patience is limited. He feels confident in general but becomes anxious during presentations. Anger is a concern, as he gets irritated easily and may end up fighting, though meditation has helped him remain calmer. Emotionally, he is sensitive and describes himself as weak, often crying easily in front of others. The most stressful period in his life was after the demise of his parents, when he had to manage himself independently. He recalls his happiest moments as getting his first job, buying his first car, and going on outings with family. His hobbies include watching movies, and he sometimes experiences repeated dreams where his palms feel hot and wet, though he wakes with a clear tongue.

#### **Past History N.S**

#### **Family History**

\* Father: Demised due to jaundice, 11 years back

\* Mother: Demised due to fever, 15 years back

#### **Case analysis Reportorial totality**

Repertory used	Rubrics selected
<b>Synthesis Repertory</b>	<ul style="list-style-type: none"> <li>– MIND - Company - desires, wants</li> <li>– MIND – Communicative</li> <li>– MIND - Mood, disposition – Sympathetic</li> <li>– S - Self – centered</li> <li>– MIND - Imagination fancies, hallucination, illusions - Hallucinations - remedies in general</li> <li>– MODALITIES - Ameliorations - Conversation</li> </ul>

## Repertory screenshot

Remedies	stram.	ars.	kali-br.	crot-c.	lach.	phos.	lyc.	nat-c.	absin.	agar.	anac.	antip.	bell.	cann-i.	caust.	hyos.	op.	pall.	sep.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	2	2	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1
Intensity	6	5	4	3	2	2	4	3	2	2	2	2	2	2	2	2	2	2	2
Result	2/6	2/5	2/4	2/3	2/2	2/2	1/4	1/3	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
Clipboard 1																			
MIND - Company - desires, wants	4	4	3	1		1	4	3										2	2
MIND - Communicative					1														
MIND - Mood, disposition - Sympathetic															2				
S - Self - centered																			
MIND - Imagination fancies, hallucination, illusions - Hallucinations - remedies in general	2	1	1	2	1	1			2	2	2	2	2	2		2	2		
MODALITIES - Ameliorations - Conversation																			

## Selection of Remedy

### Constitutional

Remedy name: Phosphorus

Remedy reasons: Suited to thin, chilly patient with respiratory complaints aggravated by change of weather, tendency to chest congestion, emotional sensitivity, fear of animals and water, fastidious, religious, affectionate yet financially insecure, desires salty food, aversion to brinjal

### Acute

Remedy name: Drosera

Remedy reasons: Indicated for dry, spasmodic cough, worse at night and lying down, with chest irritation and sensation of something stuck in throat

Intercurrent Remedy name: Arsenicum Album

Remedy reasons: Useful in recurrent respiratory allergies, seasonal aggravations, restlessness, aggravation from cold exposure, and financial insecurity-related anxieties

## Miasmatic approach

1. Psora: Allergic tendency, recurrent cold and cough, functional disturbances, emotional sensitivity, financial insecurity, desire for company

2. Sycosis: Chronicity, recurrence of complaints, tendency for chest congestion
3. Syphilis: Not marked
4. Tubercular: Aggravation from change of weather, weak chest, recurrent infections, impressionable and sensitive nature

**Miasmatic predominance:** Psora with Tubercular tendencies

## **Materials and Methods**

Synthesis repertory was used for repertorization

## **Results**

1st month (Sep 2024)

Progress: Patient joined with recurrent cold and cough, chest congestion, breathlessness, running nose, dry cough, < cold weather and change of weather. Symptoms stable under treatment.

Prescription: Phosphorus 200C (2/weekly) + Sac Lac 200C (2/daily)

2nd month (Oct 2024)

Progress: Grey cough, congestion on chest, sensation of something stuck in throat, sneezing in morning and evening, requiring nebuliser.

Prescription: Phosphorus 200C + Belladonna 30C + Hepar Sulph 30C

3rd month (Nov 2024)

Progress: Cold and cough stable, sputum pale and white, occasional vomiting, throat sticking sensation, congestion better, sneezing in evening.

Prescription: Phosphorus 200C + Bryonia 30C

4th month (Dec 2024)

Progress: Cold and cough stable, no congestion, whitish cough, no running nose, no difficulty breathing, sneezing in evening, associated complaint of constipation < oily food.

Prescription: Phosphorus 200C + Bryonia 30C

5th month (Jan 2025)

Progress: Cough whitish, no congestion, no breathlessness, sneezing better, constipation with satisfactory stool.

Prescription: Phosphorus 200C + Bryonia 30C (later Bell 30C SOS for cough)

6th month (Feb 2025)

Progress: Cough persists, dry in nature, restlessness better, chest clear, no congestion, < night and lying down. Appetite and urine normal.

Prescription: Phosphorus 200C + Bell 30C + Hepar Sulph 30C

7th month (Mar 2025)

Progress: Cough brownish, salty taste, < in front of AC, restlessness better, chest clear.

Prescription: Phosphorus 200C + Arsenicum Album 30C + Drosera 30C

8th month (May 2025)

Progress: Condition stable, mild aggravation in cold wind, heaviness in chest, disturbed motions, stress regarding job and money.

Prescription: Phosphorus 200C + Arsenicum Album 30C + Drosera 30C

9th month (Jun 2025)

Progress: Stable, no new issues, seasonal change tolerated better.

Prescription: Phosphorus 200C + Arsenicum Album 30C + Drosera 30C

10th month (Jul 2025)

Progress: Patient stable, no major issues, earlier winter and rainy aggravations much reduced, summer and rainy season going good.

Prescription: Phosphorus 200C + Arsenicum Album 30C + Drosera 30C

11th month (Aug 2025)

Progress: Stable, last month was okay, good diet tolerance, started rice and sour food without aggravation, bowel habits better.

Prescription: Phosphorus 200C + Arsenicum Album 30C + Drosera 30C

12th month (Sep 2025)

Progress: Patient satisfied, stable condition, no severe seasonal aggravation as in previous years. Preventive management continued.

Prescription: Phosphorus 200C + Arsenicum Album 30C + Drosera 30C

## Discussion & Conclusion

The patient presented with a long-standing history of recurrent cold, cough, chest congestion, and breathlessness that were severely aggravated during seasonal changes and cold weather. Initially, his condition was distressing, as he often required nebulisation and frequent allopathic medicines which provided only temporary relief. Over the course of treatment, a gradual but steady improvement was observed. The frequency and intensity of respiratory complaints reduced significantly, congestion and breathlessness subsided, and recovery during episodes became much quicker. Alongside respiratory improvement, associated complaints like constipation and disturbed motions also settled, and his overall vitality improved. He was able to tolerate dietary variations, including items that previously aggravated his symptoms, without discomfort. Emotional stability was restored, with less anxiety and more confidence in daily life. Importantly, the dependency on nebulisers and allopathic medicines markedly reduced, reflecting deeper constitutional balance and preventive health benefits.

Overall, the case shows a successful transformation from chronic, relapsing respiratory distress to stable health and resilience against seasonal triggers, highlighting the long-term curative and preventive potential of the treatment approach.

## The transformation

Aspect	Before Treatment	After Treatment
Cold and cough	Recurrent, persistent, with severe aggravation on weather change	Frequency and intensity reduced, recovery faster within 1–2 days
Chest congestion	Severe, often leading to heaviness and difficulty in breathing	Chest clear, no major congestion, breathing normal
Breathlessness	Marked, especially during seasonal changes	Rare, much reduced, no distress in routine activities
Sneezing and throat	Frequent sneezing, irritation, feeling of something stuck in throat	Only occasional sneezing, throat irritation mild and infrequent
Nebuliser dependency	Required frequent nebulisation during attacks	Nebuliser rarely needed, symptoms managed well with homoeopathic medicines

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