



Original Research Article

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CHRONIC ALLERGIC BRONCHITIS SUCCESSFULLY MANAGED AT DR BATRA'S® HOMEOPATHY CLINIC – A CLASSICAL INDIVIDUALIZED APPROACH

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Abstract

Allergic bronchitis is a chronic inflammatory condition of the airways characterized by recurrent cough, throat irritation, phlegm sensation, and hypersensitivity to environmental triggers. This case highlights a 36-year-old female with long-standing allergic bronchitis since 2017, associated with persistent throat irritation, recurrent phlegm sensation, insomnia, and significant emotional trauma. Despite multiple conventional treatments, the patient experienced only temporary relief. A detailed homeopathic case-taking revealed deep-seated emotional disturbances beginning in childhood and evolving through major life stressors, including family instability, academic transitions, and marital trauma. This case demonstrates the effectiveness of classical homeopathy in chronic allergic conditions with psychosomatic dimensions, culminating in marked clinical and emotional transformation at Dr Batra's® Homeopathy Clinic.

Keywords

Allergic bronchitis, Ignatia amara, psychosomatic illness, individualized homeopathy, Dr Batra's

Introduction

Allergic bronchitis is a condition characterized by inflammation of bronchial mucosa due to allergens, leading to cough, throat irritation, mucus production, and airway hypersensitivity. It often overlaps with bronchial asthma and chronic bronchitis.

Common causes include:

- Environmental allergens (dust, pollen)
- Pollution
- Food sensitivities
- Emotional stress

Symptoms include:

- Persistent cough
- Throat irritation
- Sensation of phlegm
- Wheezing (occasionally)
- Sleep disturbance

Complications:

- Progression to asthma
- Chronic airway inflammation
- Reduced quality of life

Homeopathy treats such cases by understanding the individual's constitution, emotional state, and susceptibility, rather than focusing solely on pathology.

Case Profile

A 36-year-old female presented with:

- Persistent throat irritation
- Constant desire to clear throat
- Scanty expectoration
- Sensation of mucus stuck in throat since 2017

- Occasional nasal blockage
- Insomnia since 2008

Symptoms aggravated after:

- Antibiotic intake (Augmentin)
- Weather changes
- Stress

Physical Generals

- **Diet:** Mixed
- **Appetite:** Normal
- **Desire:** Strong desire for coffee
- **Aversion:** Not marked
- **Thermal Reaction:** Hot patient
- **Thirst:** Increased
- **Stools:** Regular
- **Urine:** Normal
- **Perspiration:** Profuse
- **Sleep:** Disturbed, insomnia since years
- **Dreams:** Not significant

Examination

- Nose: Bilateral turbinate enlargement
- Throat: NAD
- Chest: Rhonchi present (initially)
- Temperature: Afebrile
- BP: 120/70 mmHg
- Sinuses: Non-tender

Mental Generals

The patient had a **highly sensitive emotional constitution**, evolving from childhood experiences.

She had a stable early childhood with good academic performance and was a topper. However, a sudden shift from Kannada-medium to English-medium education created difficulty in expression, leading to internalized stress.

At age 13, a major emotional shock occurred when her father was implicated in a criminal case, and both parents were absent for a month. This created insecurity and emotional vulnerability.

During adolescence and college:

- Strong attachment to father
- Sensitive to emotional disturbances
- Tendency to suppress emotions

In adulthood:

- Failed inter-caste relationship (suppressed grief)
- Traumatic marriage involving:
 - Dowry harassment
 - Emotional abuse
 - Physical neglect
 - Attempted harm (as perceived by patient)

This resulted in:

- Deep emotional hurt
- Anxiety and insomnia
- Frequent weeping, especially during menses
- High empathy (cries over external events like war deaths)
- Desire to help others
- Expressive but emotionally fragile personality

She copes through:

- Yoga
- Trekking
- Keeping herself constantly occupied

Past History

- PCOD (resolved)
- Disc bulge (lumbar)
- Recurrent food poisoning
- Insomnia since 2008

Family History

- No significant hereditary illness reported
- Strong emotional bonding with father

Case Analysis

Totality of Symptoms

- Ailments from grief and emotional trauma
- Easily weeping
- Highly sensitive and empathetic
- Insomnia from thoughts
- Sensation of lump/phlegm in throat
- Desire for coffee
- Alternating physical and emotional complaints

Repertorial Totality

Repertory Used: Kent Repertory

Rubrics Selected:

- Mind – Ailments from grief

- Mind – Weeping easily
- Mind – Sensitive
- Mind – Dwells on past unpleasant events
- Throat – Sensation of lump
- Sleep – Sleeplessness from thoughts

Selection of Remedy

Constitutional Remedy

- **Ignatia amara 200**
- **Dose:** Single dose followed by placebo

Reason:

- Classical grief remedy
- Contradictory emotional state
- Lump sensation in throat
- Hypersensitivity

Acute Remedies

- **Belladonna**
- **Rhus toxicodendron**
- **Arnica**

Reason: Acute inflammatory episodes, Body pain and fever

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Allergy	✓	✓		✓
Emotional trauma	✓		✓	
Chronicity		✓		✓
Respiratory tendency	✓			✓

Miasmatic Predominance: Tubercular + Psoric**Results (Follow-up Summary)**

Month	Progress	Prescription
1	Throat irritation ↓, emotional relief	Ignatia 200 + Sac Lac
2	Sleep improved, cough mild	Sac Lac
3	No wheezing, better energy	Ignatia 200 (repeat)
4	Allergy reduced significantly	Sac Lac
5	Occasional cold	Belladonna (acute)
6	Stable, no major complaints	Sac Lac
7	Stress ↓, emotional stability ↑	Ignatia 200
8	No respiratory symptoms	Sac Lac
9	General health improved	Sac Lac
10	No recurrence	Sac Lac
11	Sleep normal	Sac Lac
12	Complete remission	Placebo

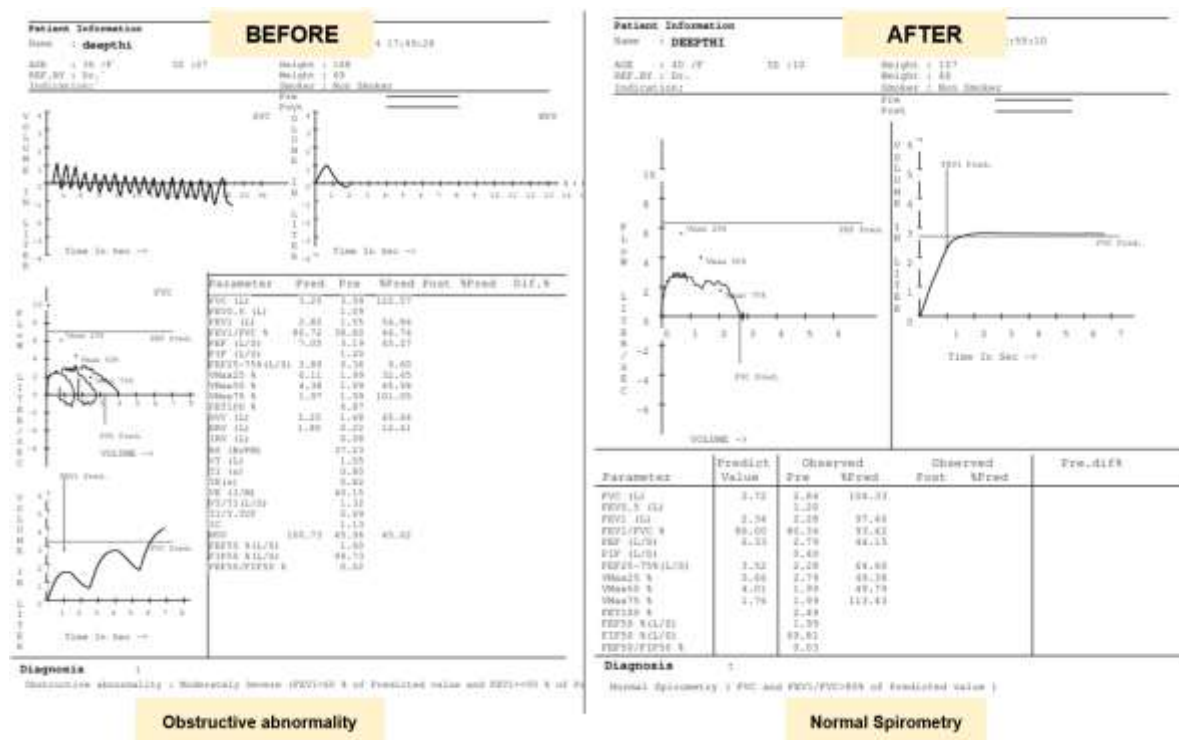
Transformation Table

Parameter	Before Treatment	After Treatment
Throat irritation	Constant	Absent
Phlegm sensation	Persistent	Resolved
Sleep	Disturbed	Normal
Emotional state	Weepy, sensitive	Stable, positive
Energy levels	Low	Improved
Recurrence	Frequent	None

Discussion & Conclusion

This case highlights the deep connection between emotional trauma and chronic respiratory conditions. The patient's illness was not merely allergic bronchitis but a psychosomatic manifestation rooted in unresolved grief and prolonged stress. *Ignatia amara*, selected on the basis of totality, addressed the emotional core of the disease. Gradual improvement in mental state was followed by physical recovery, demonstrating Hering's law of cure. The long-term follow-up showed sustained remission without dependency on conventional medication. This case reinforces the importance of individualized treatment and the role of homeopathy in chronic allergic and psychosomatic disorders.

The Transformation



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