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CASE REPORT

Constitutional Homoeopathic Management of Recurrent Allergic Bronchitis in a Preschool Child Dependent on Nebulization: A Case Report

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ABSTRACT

Background

Recurrent allergic bronchitis is one of the common causes of repeated respiratory infections in preschool children and frequently results in repeated antibiotic therapy, nebulization, cough syrups, and recurrent physician visits. Constitutional homoeopathic treatment aims to reduce disease susceptibility and improve overall immunity.

Case Presentation

A 4½-year-old female presented to Dr Batra's® Positive Health Clinics with recurrent episodes of allergic bronchitis since nearly two years. Every episode required nebulization with Budecort and Duolin along with repeated cough syrups. The child had low immunity, recurrent cough, sneezing, running nose, chest congestion, and frequent respiratory infections. The constitutional picture included a chubby chilly child, desire for sweets and chocolates, tendency to recurrent respiratory infections, reduced physical activity, and close attachment to her mother. Individualized homoeopathic treatment was prescribed after detailed constitutional assessment.

Outcome

During three months of follow-up, the frequency and severity of respiratory episodes reduced markedly. The child tolerated seasonal weather changes without recurrence, remained free from cough and cold for prolonged periods, chest examination remained normal during follow-up visits, and dependence on nebulization and conventional medications reduced substantially. Parents reported significant improvement in the child's overall immunity and quality of life.

Keywords: Allergic bronchitis, recurrent respiratory infection, nebulization, *Calcarea carbonica*, paediatric homoeopathy

INTRODUCTION

Recurrent allergic bronchitis in childhood is characterized by repeated episodes of cough, upper respiratory tract infections, bronchial inflammation, and frequent dependence upon antibiotics, bronchodilators, corticosteroids, and nebulization. Children with recurrent respiratory illnesses often demonstrate increased susceptibility to infections resulting in impaired school attendance, disturbed sleep, reduced physical activity, and considerable parental anxiety.

Conventional management effectively controls acute symptoms; however, recurrence remains a major concern. Individualized homoeopathy attempts to reduce constitutional susceptibility while improving the child's general health and immune response.

This case illustrates the successful constitutional management of recurrent allergic bronchitis in a preschool child with marked reduction in respiratory recurrences and nebulization dependence.

CASE PRESENTATION

A 4½-year-old female child was brought to Dr Batra's® Positive Health Clinics by her parents with complaints of recurrent allergic bronchitis.

The child had been suffering from recurrent cough and respiratory infections for nearly 1–2 years.

Episodes usually began with sneezing, running nose and cough, gradually progressing to chest congestion requiring repeated nebulization.

Chief Complaints

- Recurrent cough
- Allergic bronchitis
- Running nose
- Sneezing
- Chest congestion
- Low immunity
- Frequent respiratory infections
- Repeated nebulization

History of Present Illness

The child experienced repeated respiratory infections requiring:

- Budecort nebulization daily
- Duolin nebulization
- Repeated cough syrups
- Multiple courses of allopathic medications

Episodes occurred repeatedly over the previous one to two years. Parents reported that whenever cough developed it persisted despite routine medications and frequently required nebulization. The child did not complain of wheezing or audible whistling during most attacks but developed marked chest congestion. Mother also reported that the child tired easily and avoided excessive physical activity.

Associated Complaints

- Sneezing
- Running nose
- Chest congestion
- Reduced immunity
- Previous history of skin rashes (resolved)

Past History

- Recurrent nebulization
- Multiple cough syrups
- Previous skin eruptions (resolved)
- No history of steroid topical application

Birth History

At birth the child was reported to have sickle-cell related hematological changes. Repeat investigations after one year reportedly showed normal cell morphology.

Family History

Mother: Allergic bronchitis, Thyroid disorder

Father: Anxiety

Brother: Underweight

Personal History

Diet: Mixed

Appetite: Normal

Desires: Chocolates, junk food, sweets

Sleep: Good

Mental Generals

The child was:

- Very attached to her mother
- Hyperactive at home
- Intelligent
- Cheerful

- Desired constant attention
- Preferred indoor activities
- Avoided excessive jumping and outdoor play

Physical Examination

General appearance: Healthy built child

Chest examination: Congestion present initially

Nose: Normal

Throat: Congested

No wheezing heard during examination.

CLINICAL DIAGNOSIS

Recurrent Allergic Bronchitis

Differential Diagnosis

- Bronchial asthma
- Recurrent viral bronchitis
- Allergic rhinitis with postnasal drip
- Recurrent upper respiratory tract infection

CASE ANALYSIS

This preschool child demonstrated a chronic tendency toward recurrent allergic bronchitis with repeated respiratory infections requiring daily nebulization using Budecort and Duolin. Despite conventional management, respiratory episodes recurred frequently, indicating increased constitutional susceptibility rather than isolated acute infections.

The constitutional picture revealed a healthy, chubby, chilly child with marked desire for sweets and chocolates, recurrent respiratory infections, tendency to catch cold easily, reduced physical endurance, and close emotional attachment to her mother. Although physically active indoors, she avoided strenuous play and outdoor activities. A previous history of skin eruptions further suggested an underlying allergic diathesis.

Family history of allergic bronchitis in the mother reinforced the inherited allergic predisposition.

Based on the totality of mental characteristics, physical generals, recurrent respiratory susceptibility, and constitutional build, Calcarea carbonica emerged as the most appropriate constitutional remedy. Acute exacerbations were managed with Bryonia alba, while Kali muriaticum was prescribed for persistent catarrhal congestion according to the changing symptom picture.

The primary treatment objectives were to reduce susceptibility to recurrent respiratory infections, decrease dependence on nebulization and cough syrups, improve immunity, and restore normal physical activity and overall health.

TOTALITY OF SYMPTOMS

Mental Generals

- Very attached to mother
- Hyperactive at home
- Intelligent child
- Active mentally
- Aversion to strenuous physical activity
- Likes constant attention

Physical Generals

- Chubby child
- Chilly patient
- Recurrent tendency to catch cold
- Desire for sweets, chocolates and junk food
- Low immunity
- Recurrent respiratory infections

Particular Symptoms

- Recurrent allergic bronchitis
- Recurrent cough
- Sneezing
- Running nose
- Chest congestion
- Requires repeated nebulization
- Better after treatment but frequent relapses previously
- Previous history of skin eruptions

EVALUATION OF CHARACTERISTIC SYMPTOMS

Mental Characteristics

- Attachment to mother
- Hyperactive indoors
- Intelligent
- Active mentally

Physical Characteristics

- Chubby constitution
- Chilly patient

- Desire for sweets
- Low immunity
- Recurrent catarrhal tendency

Particular Symptoms

- Recurrent bronchitis
- Chest congestion
- Recurrent cough
- Repeated nebulization
- Tendency to recurrent respiratory infections

REPERTORIAL ANALYSIS

Kent's Repertory was utilized for repertorization.

Selected Rubrics

- Generalities — Motion — aversion to
- Generalities — Motion — aversion to sitting
- Mind — Activity — desires activity
- Generalities — Food and drinks — sweets — desire
- Generalities — Recurrent catarrhal tendency

The repertorial analysis showed Calcarea carbonica as the leading constitutional remedy followed by Kali muriaticum, Bryonia alba, Arsenicum album, Baryta carbonica, Tuberculinum, and Sabadilla.

Remedies	kali-p.	acon.	ars.	bell.	bry.	calad.	calc.	calc-s.	glug.	lach.	nux-v.	ruta	sil.	sulph.	aloe	bar-c.	caps.	carb-an.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Symptoms Covered	3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Intensity	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2
Result	3/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/2	1/2	1/2	1/2
Clipboard 3																		
MIND - RESTLESSNESS - children, in - wandering																		
GENERALS - MOTION - aversion to - sitting; when	1																	
GENERALS - MOTION - aversion to	1	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2
MIND - ACTIVITY - desires activity - mental activity																		
GENERALS - FOOD and DRINKS - sweets - desire - accompanied by																		
GENERALS - FOOD and DRINKS - sweets - desire - only sweets	1																	

Figure 1. Repertorization chart showing comparative remedy scores.

REMEDY DIFFERENTIATION

Calcarea carbonica (Constitutional Remedy)

Calcarea carbonica was selected because of:

- Chubby healthy child
- Chilly constitution
- Recurrent respiratory infections
- Low immunity
- Tendency to recurrent cough and cold
- Desire for sweets
- Lack of physical stamina
- Constitutional susceptibility to repeated catarrhal illnesses

Kali muriaticum

Considered because of:

- Persistent chest congestion
- Catarrhal respiratory infections
- Thick bronchial secretions

Bryonia alba

Prescribed during acute episodes because of:

- Dry painful cough
- Chest involvement
- Acute inflammatory stage

Arsenicum album

Differentiated because of:

- Recurrent allergic respiratory tendency
- Weak immunity
- Restlessness during acute illness

Baryta carbonica

Considered due to:

- Recurrent infections in children
- Poor immunity
- Enlarged glands

Tuberculinum

Considered because of:

- Recurrent respiratory infections
- Recurrent tendency despite treatment

PRESCRIPTION

Constitutional Remedy — *Calcarea carbonica* 200C

Selected according to constitutional totality and confirmed by repertorial analysis.

Acute Prescription — *Bryonia alba*

Given during acute cough episodes.

Organ Support — *Kali muriaticum*

Prescribed for persistent respiratory catarrh and bronchial congestion.

MIASMATIC ANALYSIS

The case predominantly reflected Psora with Tubercular miasmatic tendencies.

Psoric Features

- Functional respiratory hypersensitivity
- Allergic tendency
- Recurrent infections
- Low immunity

Tubercular Features

- Repeated respiratory illnesses
- Frequent relapses
- High susceptibility to environmental changes

FOLLOW-UP

Table 1. Clinical Progress

Follow-up	Clinical Findings
Initial Visit	Recurrent cough, repeated nebulization, chest congestion, low immunity, recurrent respiratory infections.
May 2026	Child doing well. No cough or cold. General health improved. Sleep normal.
June 2026	Chest clear on examination. No respiratory complaints. No need for nebulization.
July 2026	Mild febrile episode treated conventionally with antibiotics. Respiratory symptoms resolved without prolonged relapse.
End of Follow-up	Child remained well despite weather changes. No recurrent cough or cold. Parents reported marked improvement in immunity and overall health.

CLINICAL OUTCOME

At presentation:

- Recurrent allergic bronchitis
- Frequent cough
- Repeated nebulization
- Low immunity
- Recurrent cough syrups and antibiotics
- Chest congestion

After approximately four months of individualized treatment:

- Marked reduction in respiratory episodes
- Significant decrease in dependence on nebulization
- No recurrent cough despite seasonal weather changes
- Chest remained clinically clear during follow-up
- General immunity improved
- Better physical activity
- Improved overall well-being

DISCUSSION

Recurrent allergic bronchitis is characterized by repeated inflammatory episodes affecting the lower respiratory tract, resulting in recurrent cough, chest congestion, repeated antibiotic prescriptions, bronchodilator therapy, and nebulization. Such repeated illnesses adversely affect the child's physical development, school attendance, sleep quality, and family well-being.

In this case, the child had recurrent bronchitic episodes for nearly two years and required frequent Budecort and Duolin nebulization in addition to repeated cough syrups. The constitutional profile was characterized by a healthy, chubby, chilly child with marked desire for sweets, recurrent tendency to catch cold, reduced physical stamina, and strong attachment to the mother. These characteristic features corresponded closely to the constitutional picture of *Calcarea carbonica*, which was prescribed following individualized homoeopathic principles. Acute exacerbations were managed with *Bryonia alba*, while *Kali muriaticum* was used for catarrhal respiratory congestion.

During follow-up, the child demonstrated a progressive reduction in respiratory recurrences, improved resistance to climatic changes, and substantial reduction in dependence on nebulization and conventional medications. Although one acute febrile episode required antibiotic therapy, the overall frequency and severity of respiratory illness were markedly lower than before treatment. As this is a single observational case, definitive causal conclusions cannot be drawn; however, the sustained clinical improvement and reduction in disease recurrence suggest a favorable outcome associated with individualized constitutional management.

HEALTH-RELATED QUALITY OF LIFE (HRQL)

Prior to treatment, recurrent cough and repeated nebulization caused frequent illness, disturbed daily activities, and considerable parental anxiety. Following treatment, the child experienced fewer respiratory episodes, remained active during seasonal changes, required substantially fewer medications, and enjoyed improved overall health. Parents reported increased confidence regarding their child's immunity and reduced stress related to recurrent hospital visits.

PARENT PERSPECTIVE

"Earlier, our daughter frequently developed cough and needed nebulization repeatedly. We were constantly worried about her falling sick. After treatment, she remained healthy even during weather changes, her cough episodes became much less frequent, and she no longer required regular nebulization. We are very happy with her overall improvement."

LEARNING POINTS

- Constitutional prescribing is valuable in children with recurrent allergic bronchitis.
- Individualized homoeopathic treatment may help reduce susceptibility to recurrent respiratory infections.
- Reduction in nebulization dependence can be an important clinical outcome.
- Improvement should be assessed by frequency of respiratory episodes, medication requirement, and overall health rather than symptom relief alone.
- Long-term follow-up is essential to evaluate sustained improvement in recurrent pediatric respiratory diseases.

CONCLUSION

This case demonstrates favorable clinical improvement in a preschool child with recurrent allergic bronchitis managed with individualized constitutional homoeopathic treatment. Over a four-month follow-up, there was a marked reduction in the frequency of respiratory episodes, improved tolerance to seasonal weather changes, decreased dependence on nebulization and conventional medications, and significant improvement in overall health and quality of life. While larger controlled studies are required to establish efficacy, this case highlights the potential role of individualized homoeopathy as an adjunctive approach in the long-term management of recurrent pediatric allergic bronchitis.

DECLARATIONS

Consent: Written informed consent was obtained from the parents for publication of this case report.

Conflict of Interest: None declared.

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