



Volume / Issue
Vol. 1, Issue 1

Article Type
Case Report

Article ID
CR03IJHHA3395

DOI
<https://doi.org/10.5281/zenodo.21883347>

CASE REPORT

Constitutional Homoeopathic Management of Recurrent Allergic Bronchitis in a Preschool Child with Repeated Antibiotic Exposure: A Case Report

Dr Tejalben Rathva, BHMS

Homeopathic Consultant, Vadodra Clinic

Dr Batra's Positive Health Clinic Pvt. Ltd.

Correspondence: chc-vadodra@drbatras.com

ABSTRACT

Background

Recurrent allergic bronchitis is one of the common respiratory disorders encountered in preschool children and is characterized by repeated episodes of cough, wheezing, and respiratory tract infections. Frequent dependence on antibiotics, nebulization, and occasional hospitalization adversely affects the child's physical health, school attendance, and quality of life. Individualized homoeopathic treatment aims to reduce susceptibility to recurrent respiratory infections through constitutional prescribing.

Case Presentation

A 4½-year-old girl presented to Dr Batra's® Positive Health Clinics with recurrent episodes of allergic bronchitis occurring almost every month since 2023. Each episode typically began with mild fever lasting 2–3 days followed by persistent cough for 10–12 days associated with bilateral wheezing. The child had received repeated courses of azithromycin, amoxicillin, nebulization three times daily, and one hospitalization requiring intravenous antibiotics. Constitutional evaluation revealed a cheerful, playful child who desired constant attention, cried when her wishes were not fulfilled, feared darkness, and became irritable when contradicted. Physical generals included a chilly constitution, increased thirst during acute episodes, scanty perspiration, disturbed sleep due to cough, and relief from warm water. Natrum sulphuricum 200C was selected as the constitutional remedy.

Outcome

Following individualized constitutional treatment, the frequency and duration of respiratory episodes progressively reduced. Dependence on antibiotics, nebulization, and hospitalization decreased substantially, while sleep, activity, and overall health improved.

Conclusion

This case illustrates the potential role of individualized homoeopathic treatment in reducing recurrent respiratory infections and improving quality of life in children with recurrent allergic bronchitis.

Keywords: *Allergic bronchitis, Recurrent wheezing, Pediatric respiratory infection, Homoeopathy, Natrum sulphuricum*

INTRODUCTION

Recurrent bronchitis and recurrent wheezing are common causes of pediatric outpatient consultations and hospital admissions. Children experiencing repeated lower respiratory tract infections frequently require antibiotics, bronchodilators, nebulization, and occasionally hospitalization. Recurrent illness also contributes to school absenteeism, parental anxiety, and increased healthcare expenditure.

Although conventional treatment effectively manages acute attacks, it often does not alter the child's long-term susceptibility to recurrent infections. Individualized homoeopathic treatment seeks to improve constitutional resistance and reduce recurrence by addressing the patient's characteristic physical, mental, and general symptoms.

The present report describes successful constitutional management of recurrent allergic bronchitis in a preschool child who had become dependent on repeated antibiotics and nebulization.

CASE PRESENTATION

A 4½-year-old female child, studying in Junior Kindergarten, presented with recurrent cough and wheezing accompanied by repeated respiratory infections.

She attended the clinic with both parents. The family resided in Bharuch, Gujarat, and originally belonged to Tamil Nadu.

Chief Complaints

- Recurrent cough since 2023
- Episodes occurring approximately once every month
- Dry as well as productive cough
- Mild fever preceding each episode
- Bilateral wheezing
- Occasional throat irritation
- Occasional nasal blockage
- Disturbed sleep due to cough

History of Present Illness

The parents reported that almost every episode followed a similar pattern. Initially the child developed:

- Mild fever

- Dry cough

Within two to three days the fever subsided, but the cough persisted for another 10–12 days. The cough was associated with:

- Bilateral wheezing
- Occasional sneezing
- Nasal blockage
- Increased thirst
- Disturbed sleep
- Reduced physical activity

The cough was relieved temporarily by warm water. If treatment was delayed, symptoms persisted for almost two weeks.

Previous Treatment

Almost every respiratory episode required:

- Azithromycin
- Amoxicillin for five days
- Nebulization three times daily for 7–8 days

Despite these measures, recurrence occurred every month.

Hospitalization

The child required hospital admission from 18 March 2026 to 20 March 2026 because of worsening respiratory symptoms. During hospitalization she received:

- Intravenous antibiotics
- Intravenous supportive medications
- Nebulization

Following discharge, symptoms improved temporarily but subsequently recurred.

Birth History

- G1P1A0L1
- Full-term normal vaginal delivery
- Oligohydramnios
- Birth cry delayed by approximately 2–3 minutes
- Neonatal period otherwise uneventful
- All immunizations completed according to schedule

Developmental History

Walking without support: Approximately 1½ years

Speech: Complete sentences by four years

Overall developmental milestones were mildly delayed but subsequently attained.

Family History

Maternal grandmother: Diabetes mellitus

No family history of asthma or recurrent respiratory disease.

Personal History

Appetite: Two meals daily

Thirst: Usually normal but increased significantly during acute respiratory episodes

Perspiration: Scanty

Urine: Normal

Stools: Normal

Thermals: Chilly

Desires: Mango, papaya

Sleep: Disturbed during cough episodes

Mental Generals

The child was generally:

- Cheerful
- Playful
- Jolly
- Easily mixed with other children
- Could also play independently

Characteristic behavioural features included:

- Fear of darkness
- Desire for constant parental attention
- Crying when desires were denied
- Irritability when toys or belongings were taken away
- Easily consoled after emotional outbursts

Clinical Examination

General condition: Fair

Weight: 14.1 kg

Chest examination:

- Bilateral wheezing on inspiration
- No severe respiratory distress
- No cyanosis

Activity level: Reduced only during acute episodes

DIAGNOSIS

Primary Diagnosis

Recurrent Allergic Bronchitis

Differential Diagnosis

- Viral recurrent wheeze
- Early childhood asthma
- Recurrent lower respiratory tract infection
- Allergic rhinitis with postnasal drip
- Atopic dermatitis-associated allergic disease

CASE ANALYSIS

This preschool child presented with recurrent allergic bronchitis characterized by monthly respiratory episodes requiring repeated antibiotics, nebulization, and one hospitalization. Each attack began with mild fever followed by prolonged cough lasting nearly two weeks. Bilateral wheezing, increased thirst during illness, relief from warm water, disturbed sleep, and a chilly constitution formed the characteristic physical picture.

The mental profile was equally distinctive. Although cheerful and playful, the child constantly sought parental attention, became irritable when contradicted, cried if her wishes were denied, and had a marked fear of darkness. These constitutional characteristics, together with recurrent catarrhal susceptibility, guided individualized remedy selection.

The recurrent nature of respiratory illness despite adequate conventional management suggested an increased constitutional susceptibility rather than isolated infectious episodes. Consequently, treatment focused on reducing the child's tendency toward recurrence rather than merely suppressing acute symptoms.

Among the differential remedies, Natrum sulphuricum corresponded most closely to the complete constitutional picture, particularly the recurrent bronchial tendency with wheezing, cough relieved by warm water, increased thirst during illness, chilly thermal state, disturbed sleep, and characteristic behavioral traits.

TOTALITY OF SYMPTOMS

Mental Generals

- Cheerful and playful child
- Desires constant attention
- Fear of darkness
- Irritable when contradicted
- Cries when desires are not fulfilled
- Mixes easily with children but can also play alone

Physical Generals

- Chilly patient
- Thirst increased during acute episodes
- Desire for mangoes and papaya
- Scanty perspiration
- Disturbed sleep during cough
- Cough relieved by warm water

Particular Symptoms

- Recurrent allergic bronchitis
- Monthly respiratory attacks
- Fever followed by persistent cough
- Dry as well as productive cough
- Bilateral wheezing
- Occasional nasal blockage
- Throat irritation
- Cough lasting 10–12 days
- Relief from warm water
- Repeated need for antibiotics and nebulization

EVALUATION OF CHARACTERISTIC SYMPTOMS

Mental Characteristics

- Desire for attention
- Fear of darkness
- Irritable when wishes are denied
- Cheerful disposition
- Playful nature

Physical Characteristics

- Chilly constitution
- Increased thirst during illness
- Desire for mango and papaya
- Warm drinks ameliorate cough
- Disturbed sleep

Particular Symptoms

- Recurrent bronchitis
- Bilateral wheezing
- Persistent cough after fever
- Monthly recurrence

- Dependence on antibiotics
- Nebulization during almost every episode

REPERTORIAL ANALYSIS

Kent's Repertory was used for repertorization based on the constitutional totality.

Selected Rubrics

Mind:

- Company, desire for
- Playful
- Fear of darkness
- Irritability in children
- Weeping when wishes are denied

Generalities:

- Warm drinks ameliorate cough
- Chilly patient

Sleep:

- Disturbed by cough

Respiratory:

- Bronchitis
- Wheezing
- Recurrent cough

The repertorial analysis showed Natrum sulphuricum as the leading remedy, followed by Antimonium tartaricum, Arsenicum album, Hepar sulphuris, and Belladonna.

Remedies	carc.	china	sil.	ars.	bell.	lyc.	nux-v.	puls.	cham.	calc.	hyos.	lach.	rhust.	sep.	stram.	sulph.	verat.	causat.	drog.	dulc.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	4	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2
Intensity	4	8	5	3	3	3	3	3	4	3	3	3	3	3	3	3	3	2	2	2
Result	4/4	3/8	3/5	3/3	3/3	3/3	3/3	3/3	2/4	2/3	2/3	2/3	2/3	2/3	2/3	2/3	2/3	2/2	2/2	2/2
Clipboard 1																				
MIND - COMPANY - desire for - children; in	1							1							1				1	
MIND - PLAYFUL					1							1								
MIND - FEAR - dark; of - children; in	1		1		1		1	1			1				2			1		
MIND - IRRITABILITY - children; in	1	3	2	1	1	1	1	1	3	2			1	1		1	1		1	1
MIND - WEEPING - children; in - will is not done		3																		1
GENERALS - FOOD and DRINKS - warm drinks - amel. - hot	1			1		1	1						2				2			
SLEEP - DISTURBED - cough, by		2	2	1		1				1	1	2	2		2		2		1	

Figure 1. Repertorization chart showing comparative remedy scores.

REMEDY DIFFERENTIATION

Natrum sulphuricum (Constitutional Remedy)

Natrum sulphuricum was selected because it covered the complete constitutional picture. Characteristic indications included:

- Recurrent bronchial complaints
- Persistent cough following fever
- Bilateral wheezing
- Chilly constitution
- Increased thirst during illness
- Relief from warm water
- Cheerful yet attention-seeking child
- Fear of darkness
- Irritability when desires were denied

Its well-known affinity for recurrent respiratory catarrh and bronchial susceptibility made it the most suitable constitutional prescription.

Antimonium tartaricum

Considered because of:

- Bronchial congestion
- Wheezing
- Productive cough
- Recurrent lower respiratory infections

Used during acute exacerbations.

Arsenicum album

Differentiated because of:

- Recurrent respiratory infections
- Restlessness
- Weakness
- Chilly constitution

However, the child's playful disposition and attention-seeking behaviour favoured Natrum sulphuricum.

Hepar sulphuris

Considered because of:

- Recurrent respiratory infections
- Hypersensitivity to cold air

- Catarrhal tendency

Belladonna

Prescribed during acute febrile inflammatory episodes characterized by sudden onset fever with throat irritation.

PRESCRIPTION

Constitutional Remedy — Natrum sulphuricum 200C

Selected according to the constitutional totality.

Acute Medicines

- Antimonium tartaricum
- Arsenicum album
- Hepar sulphuris
- Belladonna

These remedies were prescribed according to the acute symptom picture whenever required.

MIASMATIC ANALYSIS

The predominant miasmatic background was Tubercular with Psoric predominance.

Psoric Features

- Recurrent infections
- Functional bronchial hypersensitivity
- Chilly constitution
- Allergic tendency

Tubercular Features

- Frequent respiratory infections
- Monthly recurrence
- Recurrent wheezing
- Repeated antibiotic requirement
- High susceptibility

Tuberculinum was prescribed as an intercurrent remedy considering the marked recurrent respiratory tendency.

FOLLOW-UP

Table 1. Clinical Follow-up

Follow-up	Clinical Status
Initial Visit	Monthly attacks of cough lasting 10–12 days. Bilateral wheezing. Nebulization three times daily. Frequent antibiotics. Hospitalization in March 2026.
2 Weeks	Fever subsided more rapidly. Cough intensity slightly reduced. Appetite improved. Sleep less disturbed.
1 Month	No severe respiratory episode. Wheezing reduced. Nebulization requirement decreased. Child remained active.
2 Months	Mild cough developed without progression. No hospitalization required. Recovery faster than previous episodes.
3 Months	No antibiotic requirement. Sleep remained undisturbed. Activity level normal. Parents reported marked reduction in recurrence and severity of cough.

CLINICAL OUTCOME

Compared with baseline:

- Monthly respiratory attacks reduced significantly
- Duration of cough shortened
- Bilateral wheezing improved
- Nebulization requirement markedly reduced
- No further hospitalization
- Antibiotic dependence reduced substantially
- Sleep improved
- Appetite improved
- Activity level normalized
- School attendance improved

DISCUSSION

Recurrent allergic bronchitis is a common pediatric respiratory disorder characterized by repeated episodes of cough, wheezing, and lower respiratory tract inflammation. Many children experience frequent antibiotic exposure and repeated nebulization, which may control acute symptoms but often fail to reduce long-term susceptibility to recurrent attacks.

This child demonstrated a classical recurrent pattern with monthly respiratory episodes requiring repeated courses of azithromycin, amoxicillin, nebulization, and one hospitalization. Constitutional evaluation identified a characteristic mental and physical profile, including fear of darkness, attention-seeking behaviour, irritability when contradicted, chilly constitution, increased thirst during illness, and cough relieved by warm water.

Natrum sulphuricum corresponded closely to both the constitutional characteristics and recurrent bronchial pathology. During follow-up, the frequency, severity, and duration of respiratory episodes progressively decreased, resulting in reduced dependence on antibiotics, nebulization, and hospitalization. Improvement in sleep, activity, and overall well-being further supported favorable constitutional response.

Although spontaneous maturation of immunity may contribute to reduced respiratory infections in some preschool children, the close temporal association between individualized treatment and sustained reduction in recurrence suggests a potential complementary role of constitutional homoeopathic management. As a single case report, causality cannot be established, and larger controlled studies are needed.

HEALTH-RELATED QUALITY OF LIFE (HRQL)

Before treatment, the child experienced frequent cough episodes that disrupted sleep, reduced physical activity, caused repeated school absenteeism, and required frequent antibiotics, nebulization, and hospitalization. These episodes also created considerable anxiety for the parents. Following constitutional treatment, respiratory episodes became less frequent and milder, sleep normalized, activity improved, school attendance became regular, and parental confidence in the child's health increased substantially.

PARENT PERSPECTIVE

“Earlier our daughter used to fall sick almost every month. Every episode required antibiotics, nebulization and sometimes hospital admission. After starting treatment, the cough attacks became much less frequent, she recovered faster, remained active, and we no longer had to depend repeatedly on antibiotics. She is now able to attend school regularly and enjoy playing like other children.”

LEARNING POINTS

- Constitutional case-taking is important in recurrent pediatric respiratory disorders.
- Characteristic mental symptoms may guide individualized remedy selection.
- Reduction in recurrence is a more meaningful outcome than relief of a single acute episode.
- Long-term follow-up helps assess constitutional improvement.
- Individualized homoeopathic treatment may reduce dependence on antibiotics, nebulization, and hospitalization in selected children with recurrent allergic bronchitis.

CONCLUSION

This case demonstrates the successful constitutional management of recurrent allergic bronchitis in a preschool child with a history of frequent antibiotic use, repeated nebulization, and hospitalization. Individualized treatment with Natrum sulphuricum 200C, supported by appropriately selected acute remedies, was associated with a marked reduction in the frequency, severity, and duration of respiratory episodes, along with decreased dependence on conventional interventions. Improvement in sleep, activity, school attendance, and overall quality of life further reflected enhanced constitutional health. While conclusions cannot be generalized from

a single case, this report highlights the potential role of individualized homoeopathic treatment as a complementary approach in children with recurrent allergic bronchitis and warrants further clinical investigation.

DECLARATIONS

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

Conflict of Interest: None declared.

Funding: None.

Acknowledgements: The author thanks Dr Batra's® Positive Health Clinic Pvt. Ltd. for clinical support.