

Medicine

Asthma / Bronchitis (Importantly: correct anamnesis! Psychosomatic consider!)

A lung disease in which there is intermittent narrowing of the bronchi (airways), causing shortness of breath, wheezing, and a cough. The illness often starts in childhood but can develop at any age. At least one child in seven suffers from asthma, and the number affected has increased dramatically in recent years. Childhood asthma may be outgrown in about half of all cases. During an asthma attack, the muscle in the walls of the airways contracts, causing narrowing. The lining of the airways also becomes swollen and inflamed, producing excess mucus that can block the smaller airways.

Types and Causes

In some people, an allergic response triggers the swelling and inflammation in the airways. This allergic type of asthma tends to occur in childhood, and it may develop in association with the allergic skin condition, eczema or certain other allergic conditions such as hay fever. Susceptibility to these conditions frequently runs in families.

Some substances are known to trigger attacks of allergic asthma. These include pollen, house-dust mites, mould, feathers, and dander (tiny scales) and saliva from furry animals such as cats and dogs. Rarely, certain foods, such as milk, eggs, nuts, and sensitive to aspirin, and taking it may trigger an attack. When asthma starts in adulthood, there are usually no identifiable allergic triggers. The first attack is sometimes brought on by a respiratory tract infection, stress, or anxiety. In some cases, a substance that is inhaled regularly in the work environment can result in the development of asthma in a previously healthy person. This is known as occupational asthma, and it is one of the few occupational lung diseases that are still increasing in incidence.

There are currently about 200 substances used in the workplace that are known to trigger symptoms of asthma, including glues, resins, latex, and some chemicals, especially isocyanate chemicals used in spray painting. However, occupational asthma can be difficult to diagnose because a person may be regularly exposed to a particular trigger substance for weeks, months, or even years before the symptoms of asthma begin to appear. Factors that can provoke attacks in a person with asthma include cold air, exercise, smoke, and occasionally emotional factors such as stress and anxiety. Although industrial pollution and exhaust emission from motor vehicles do not normally cause asthma, they do appear to worsen symptoms in people who already have the disorder. Pollution in the atmosphere may also trigger asthma in susceptible people.

Symptoms

Asthma attacks can vary in severity from mild breathlessness to respiratory failure. The main symptoms are wheezing, breathlessness, dry cough, and tightness in the chest. In a severe attack, breathing becomes increasingly difficult, resulting in a low level of oxygen in the blood. This causes cyanosis (a bluish discoloration) of the face, particularly of the lips. Left untreated, such attacks can be fatal.

Treatment

There is no cure for asthma, but attacks can be prevented to a large extent if a particular allergen can be identified and consequently avoided. Treatment involves inhaled bronchodilator drugs (sometimes known as relievers) to widen the airways, thereby relieving symptoms. When symptoms occur frequently, or are severe, inhaled corticosteroids are also prescribed. These drugs (also known as preventers) are used continuously to prevent attacks by reducing inflammation in the airways. Other drug treatments include sodium cromoglicate and nedocromil sodium, both of which are useful in the prevention of exercise-induced asthma. The use of a leukotriene receptor antagonist in combination with a corticosteroid drug may enable the required dose of corticosteroid to be reduced.

Theophylline or the inhaled anticholinergic drug ipratropium bromide may also be used as bronchodilators. An asthma attack that has not responded to treatment with a bronchodilator needs immediate assessment and treatment in hospital.

Bronchitis

A disorder in which the bronchi, the large air passages to the lungs, are inflamed. Bronchitis results in a cough that may produce considerable quantities of sputum (phlegm) and may be acute or chronic. Both types are more common in smokers and in areas with high atmospheric pollution.

Bronchitis acute

A form of bronchitis, usually due to a viral infection, that develops suddenly but often clears up within a few days. Bacterial infection of the airways may be a complication. Smokers, babies, the elderly, and people with lung disease are particularly susceptible. Symptoms include wheezing, shortness of breath, and a cough producing yellow or green sputum. There may also be pain behind the sternum (breastbone) and fever.

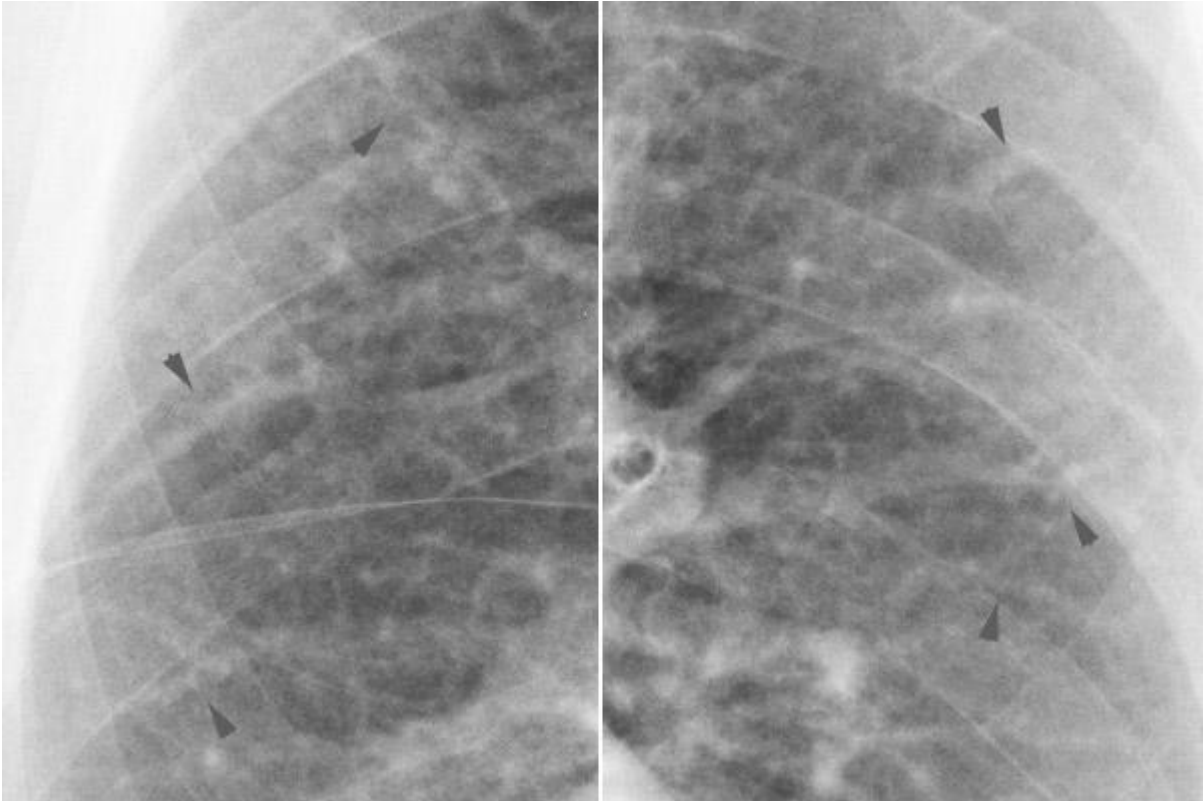
Symptoms may be relieved by drinking plenty of fluids and inhaling steam or using a humidifier. Most cases clear up without further treatment, but acute bronchitis may be serious in people who already have lung damage.

Bronchitis chronic

Smoking- induced inflammation of the airways associated with emphysema, in which the air sacs in the lungs are destroyed. The combination of chronic bronchitis and emphysema is known as chronic obstructive pulmonary disease. Symptoms include a productive cough and progressive breathlessness.



X-ray



X-ray Bronchitis



Inhaler / puffer

Cure in the Phytomedicine:

Asthma

40g Sambuci flos
30g Malvae flos
30g Foeniculi fructus

or

12ml Sambucus nigra
9ml Foeniculum
9ml Thymus vulg.

Bronchitis

30g Thymi herba
30g Plantaginis lanceolate folium
30g Primulae radix
10g Foeniculi fructus

or

12ml Primula vers.
9ml Anisum
9ml Salvia off.

Single Drug (Bronchitis)

Alant, Weidenalant	Inula helenium	
Efeu	Hedera helix	
Gifflattich	Lactuca virosa	Toxic
Habichtskraut Behaartes-	Hieracium pilosella	
Johannisbeere Schwarz-	Ribes nigrum	
Kastanie, Edelkastanie, Esskastanie	Castanea sativa	
Kiefer: Waldkiefer, Föhre	Pinus sylvestris (-mugo)	
Lärche Europäische-	Larix decidua	
Pappel, Ontario Pappel	Populus candicans	
Quebracho	Aspidosper Quebracho-blanco	Toxic
Santakraut	Eriodictyon californicum	
Schlüsselblume	Primula veris	Toxic
Seifenwurzel, Seifenkraut	Saponaria officinalis	Toxic
Somalata	Ephedra gerardiana	
Sumpfdotterblume	Caltha palustris	Toxic
Sumpfkreuzblume	Polygala amarella	
Süßdolden	Myrrhis odorata	
Teufelsabbiss	Succisa pratensis	
Venushaar	Adiantum capillus-veneris	
Weisswurz, Salomonsiegel	Polygonatum multiflorum	
Wolfsmilch Behaarte-	Euphorbia hirta	Toxic

Single Drug (Asthma)

Alant, Weidenalant	Inula helenium	
Bischofskraut	Ammi visnaga	
Habichtskraut Behaartes-	Hieracium pilosella	
Indischer Hanf	Cannabis indica	
Nutzhanf, Industriehanf	Cannabis sativa	
Ruderalhanf wilder	Cannabis ruderalis	
Lärche Europäische-	Larix decidua	
Meertrauben Chinesisch-	Ephedra sinica	
Meertrauben Schweizer-	Ephedra helvetica	
Quebracho	Aspidosper Quebracho-blanco	Toxic
Santakraut	Eriodictyon californicum	
Somalata	Ephedra gerardiana	
Sonnenhut Roter-	Echinacea purpurea	
Teufelsabbiss	Succisa pratensis	
Venushaar	Adiantum capillus-veneris	
Wolfsmilch Behaarte-	Euphorbia hirta	Toxic

Cure in the Homeopathic:

(Importantly: correct anamnesis)

(cure by asthma)

Aconitum napellus
Ambra grisea
Arsenicum album
Arsenicum iodatum
Cuprum metallicum
Ipecacuanha
Kalium arsenicosum
Kalium carbonicum
Kalium niticum
Lobelia inflata
Pulsatilla pratensis
Sambucus nigra
Silicea terra
Spongia tosta
Stramonium
Sulphur

(cure by bronchitis)

Aesculus hippocastanum
Antomonium tartaricum
Arsenicum album
Baryta muriatica
Bryonia alba
Drosera rotundifolia
Ferrum phosphoricum
Hepar sulphur
Ipecacuanha
Lycopodium clavatum
Natrium sulphuricum
Phosphorus
Pulsatilla pratensis
Sanguinaria canadensis
Senecio aureus
Silicea terra
Spongia tosta
Stannum metallicum

Use C or D potency



Pulsatilla pratensis

Cure in the traditions Chinese medicine and Kampo medicine:

Cure 1.

(Single Drug) **(Asthma & Bronchitis)**

Latinum: Fritillariae Bulbus / Fritillariae verticillata W.var.thunbergii B.

Japanese: baimo (setsubaimo)

Chinese: Zhe Bei Mu

Dosage: 2,0 – 5,0 g

Cure 2.

(Single Drug) **(Asthma & Bronchitis)**

Latinum: Armeniacae Semen / Prunus armeniaca L., Prunus armeniaca L. var

Japanese: kyōnin

Chinese: Xing Ren

Dosage: 2,0 – 6,0 g

Cure 3.

(Single Drug) **(Bronchitis)**

Latinum: Cicadae Periostracum / Cryptotympana tustulata F.

Japanese: sentai

Chinese: Chan Tui

Dosage: 1,0 – 2,0 g

Cure 4.

(Single Drug) **(Asthma & Bronchitis)**

Latinum: Lili Bulbus / Liliium lancifolium T., Liliium brownii F.E.B.var. colchesteri W.

Japanese: byakugō

Chinese: Bai He

Dosage: 3,0 – 5,0 g

Cure 5.

(Single Drug) **(Bronchitis)**

Latinum: Ophiopogonis Radix / japonicus K

Japanese: bakumondō

Chinese: Mai Men Dong

Dosage: 3,0 – 10,0 g

Cure 6.

(Single Drug) **(Bronchitis)**

Latinum: Phyllostachysis Caulis (Syn.: Caulis Bambusae) / Phyllostachys nigra M. var. henonsis St. et. R., Phyll. Bam. S.et Z.

Japanese: chikujō

Chinese: Zhu Ru

Dosage: 2,0 – 4,0 g

Cure 7.

(Single Drug) **(Bronchitis)**

Latinum: Platycodi Radix / Platycodon grandiflorum A.de C

Japanese: kikyô

Chinese: Jie Geng

Dosage: 2,0 – 5,0 g

Cure 8.

(Single Drug) **(Asthma)**

Latinum: B. Ephedrae Herba / Ephedra sinica St., Ephedra intermedia Sch., Ephedra equisetina

Japanese: maô

Chinese: Ma Huang

Dosage: 2,0 – 5,0 g

Cure 9.

(Bronchitis)

Japanese: bakumondo tô

Chinese: Mai Men Dong Tang

English: Ophiopogonis Decoction

Rad Ophiopogonis	10,0g
Tub Pinelliae	5,0g
Oryza sativa	5,0g
Fruct Jujubae	3,0g
Rad Ginseng	2,0g
Rad Glycyrrhizae	2,0g

Cure 10.

(Asthma & Bronchitis)

Japanese: dai saiko tô

Chinese: Dai Chai Hu Tang

English: Major Bupleurum Decoction

Rad Bupleuri	6,0g
Tub Pinelliae	4,0g
Rad Paeoniae	3,0g
Rad Scutellariae	3,0g
Fruct Jujubae	3,0g
Fruct Aurantii immat.	2,0g
Rhiz Zingiberis vir.	0,5g
Rad Rhei	1,0g – 5,0g

Cure 11.

(Bronchitis)

Japanese: keikyô sôsô ô shinbu tô

Chinese: Giu jiang Zao Cao Huang Xin Fu Tang

English: -

Cort Cinnamomi	3,0g
Fruct Jujubae	3,0g
Rad Glycyrrhizae	2,0g
Herb Ephedrae	2,0g
Rad Asiasari	2,0g
Rhiz Zingiberis vir.	0,5g
Rad Aconiti praep.	0,5g – 1,0g

Cure 12.

(Bronchitis)

Japanese: makyô kanseki tô

Chinese: Ma Xiang Shi Gan Tang

English: Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction

Gypsum fibrosum	10,0g
Herb Ephedrae	4,0g
Sem Armeniacae	4,0g
Rad Glycyrrhizae	2,0g

Cure 13.

Lonicera Forsythia Pulver

(Bronchitis)

Chinese: Er Ceng Tang

Japanese: nin chin tô

Lat. Decotum duorum veterum

Rhizoma Pinelliae	12g
Pericarpium Aurantii	12g
Poria	8g
Radix Glycyrrhizae	4g

Finished medicine **Citrus & Pinellia Combination**

Corresponding Acupuncture

Ren 12
Lu 7
Ren 17
Ren 14
Pe 6
Ma 36
Ma 40
MP 5
Bl 21
Du 20