

BRONCHIAL ASTHMA:: HOMEOPATHIC APPROACH

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ABSTRACT

Bronchial asthma is a chronic inflammatory disease of the airways characterized by reversible airflow obstruction, bronchial hyper-responsiveness, and recurrent episodes of wheezing, dyspnoea, chest tightness, and cough. Climatic conditions, particularly the monsoon season, significantly influence asthma exacerbations in tropical countries such as India. Increased atmospheric humidity, fungal spores, dust mites, airborne allergens, viral infections, and sudden temperature variations contribute to worsening respiratory symptoms. This review explores the relationship between monsoon-associated environmental factors and asthma exacerbations while discussing preventive public health measures and the potential supportive role of individualized homoeopathic treatment. Current evidence suggests that environmental control, adherence to standard asthma management, patient education, and individualized complementary care may contribute to improved quality of life. Homoeopathy should be considered only as an individualized complementary approach under qualified medical supervision and not as a replacement for evidence-based emergency asthma management.

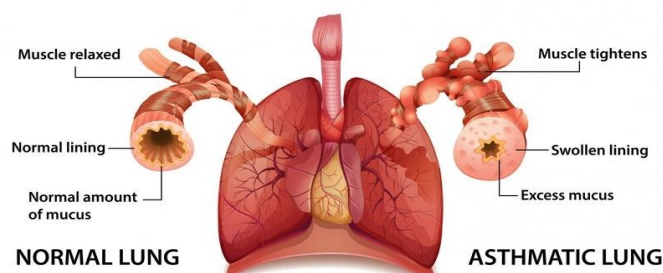
KEYWORDS: Bronchial Asthma, Monsoon, Humidity, Allergy, Climate Change, Homoeopathy, Airway Inflammation, Public Health.

INTRODUCTION

Asthma affects more than 260 million people worldwide and remains a major cause of morbidity across all age groups. Seasonal variations significantly influence

disease activity, particularly in tropical and subtropical regions where prolonged periods of humidity encourage the proliferation of molds, fungi, house dust mites, and other aeroallergens.

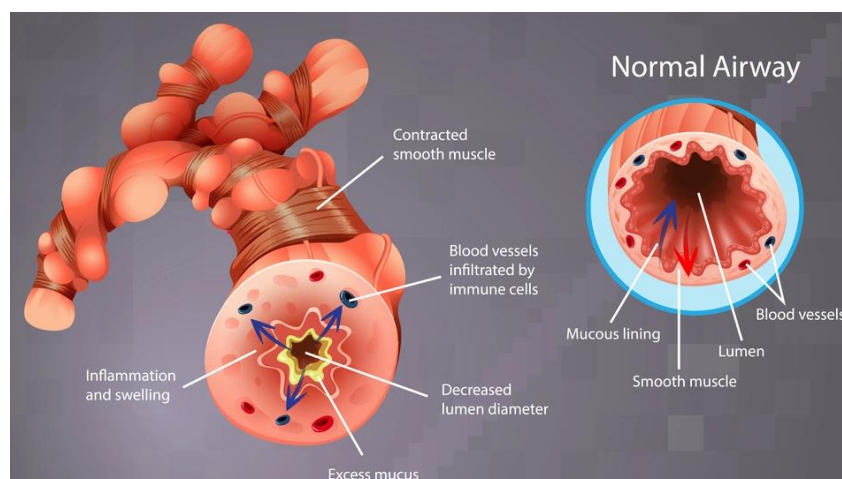
ASTHMA



Representative Images

India experiences substantial increases in respiratory illnesses during the rainy season. Hospital visits for asthma often increase during this period due to heightened allergen exposure and respiratory viral

infections. Understanding environmental triggers and adopting preventive strategies are therefore essential components of asthma management.



Representative Images

Pathophysiology of Monsoon-Induced Asthma Exacerbation

Multiple environmental mechanisms contribute to worsening asthma during rainy seasons

1. Increased Humidity

High humidity promotes

- * House dust mite proliferation
- * Growth of Molds and fungi
- * Increased indoor allergen concentration

These allergens stimulate IgE-mediated inflammatory responses leading to airway narrowing.

2. Fungal Spores

Common fungal organisms include

- * Aspergillus species
- * Cladosporium
- * Alternaria

Exposure may trigger allergic airway inflammation in sensitized individuals.

3. Sudden Temperature Changes

Rapid cooling of inspired air may induce

- * Bronchial smooth muscle contraction
- * Airway hyper-responsiveness
- * **Reflex bronchoconstriction**

4. Viral Respiratory Infections

Monsoon seasons are associated with increased viral infections including rhinovirus and influenza, both well-recognized causes of asthma exacerbations.

5. Air Pollution

Moisture traps particulate matter and airborne pollutants, prolonging respiratory exposure.

Clinical Manifestations

Patients commonly present with

- * Persistent cough

- * Wheezing
- * Chest tightness
- * Breathlessness
- * Night-time symptoms
- * Reduced exercise tolerance
- * Increased rescue inhaler use

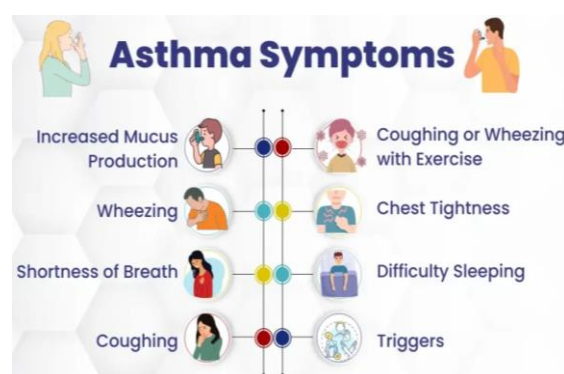
Severe exacerbations may present with

- * Difficulty speaking
- * Cyanosis
- * Silent chest
- * Reduced oxygen saturation
- * Respiratory distress requiring emergency management

Risk Factors

The following individuals are particularly vulnerable

- * Children
- * Elderly patients
- * Individuals with allergic rhinitis
- * Patients with eczema
- * Smokers
- * Urban residents
- * Patients with obesity
- * Individuals with occupational allergen exposure



Representative Images

Diagnosis**Evaluation includes**

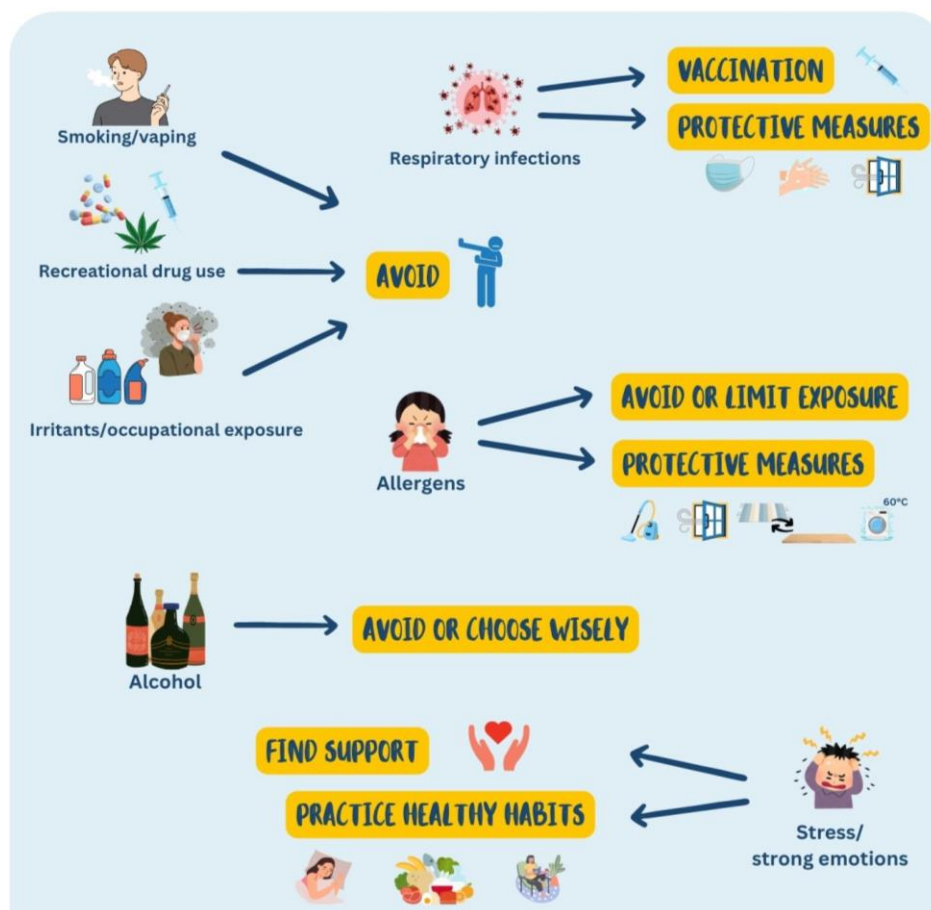
- * Clinical history
- * Physical examination
- * Spirometry

- * Peak Expiratory Flow Rate (PEFR)
- * Bronchodilator reversibility testing
- * Fractional Exhaled Nitric Oxide (FeNO)
- * Allergy testing where indicated

Diagnosis of Asthma**Preventive Strategies During Monsoon****Preventive public health measures include**

- * Keeping indoor humidity below recommended levels where feasible
- * Avoiding mold exposure
- * Maintaining adequate ventilation
- * Regular cleaning of air conditioners

- * Washing bedding in hot water
 - * Avoiding tobacco smoke
 - * Wearing masks in dusty environments
 - * Receiving recommended vaccinations
 - * Continuing prescribed controller medications
- Patient education remains one of the most effective interventions in preventing severe asthma attacks.



Representative Images

Individualized Homoeopathic Approach Homoeopathy follows an individualized therapeutic approach based on

- * Constitutional characteristics
- * Symptom totality
- * Mental and physical generals
- * Trigger factors
- * Disease susceptibility

Individualized homoeopathic management aims to support overall patient well-being and may be integrated with conventional asthma care under appropriate medical supervision. However, current clinical evidence does not establish homoeopathy as a replacement for standard evidence-based asthma treatment. Patients should continue prescribed inhaled corticosteroids, bronchodilators, and emergency medications unless advised otherwise by their treating physician.

Public Health Perspective

Community awareness programs should emphasize

- * Early symptom recognition
- * Avoidance of environmental triggers
- * Appropriate inhaler technique
- * Adherence to long-term therapy
- * Timely medical consultation
- * Emergency preparedness

Health education campaigns before the onset of monsoon may reduce preventable hospital admissions.

Future Research Directions

Future multicentric studies should evaluate

- * Environmental allergen mapping during monsoon
- * Biomarkers predicting seasonal exacerbations
- * Integrated management models
- * Quality-of-life outcomes
- * Cost-effectiveness of preventive interventions
- * Rigorous randomized controlled trials assessing individualized homoeopathic care as an adjunct to standard asthma management

CONCLUSION

Monsoon-associated humidity significantly influences asthma exacerbations through multiple environmental and immunological mechanisms. Comprehensive management requires environmental control, patient education, adherence to guideline-directed medical therapy, and timely emergency care when indicated. Individualized homoeopathic treatment may have a supportive role for selected patients when integrated with conventional management under qualified supervision, but it should not replace established evidence-based asthma care. Continued research is needed to clarify the role of complementary therapies within integrated respiratory healthcare.

Conflict of Interest

The author declares no conflict of interest.

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Ethical Statement

This manuscript is a narrative review based on published literature and does not involve human participants, patient data, or animal experimentation.

Biography

Dr. A. K. Dwivedi, BHMS (Gold Medallist), MD, MBA, Ph.D. has been a Registered Homeopaths for over 25 years. He is a Professor & HOD: Department of Physiology S.K.R.P. Gujarati Homoeopathic Medical College, Indore. He is a Member of Executive Council, Devi Ahilya Vishwavidyalaya Indore, MP, INDIA, he is also a Member, Ethical Committee (CCRH) Ministry of Ayush, Govt of India. Member, Scientific Advisory Committee (NEAH) Shilong Meghalaya, Ministry of Ayush, Govt. of India, Member Academic Board Madhya Pradesh Medical Science University, Jabalpur MP (India). DIRECTOR, & CEO Advanced Homeo Health Centre & Homoeopathic Medical Research Pvt.Ltd. Indore, Madhya Pradesh, India, EDITOR, "SEHAT EVAM SURAT"(Hindi Monthly Medical Magazine).

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