



## “*Ammi visnaga* (Khella) and its role in Bronchial Asthma: A Case Series”

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### ABSTRACT

**Background:** Bronchial asthma is a multifaceted illness that is often defined by persistent inflammation of the airways. It is characterized by a history of respiratory symptoms that change over time and in intensity, including wheezing, shortness of breath, chest tightness, and coughing, along with varying expiratory airflow limitations. Asthma is believed to affect 300 million people globally and is becoming a major global health concern affecting people of all ages. Homoeopathic literature states that *Ammi visnaga* mother tincture is effective in treating respiratory diseases and has an antispasmodic effect on the small bronchial muscles. In addition, it is safe for children with respiratory issues and prevents them from recurring again.

**Objective:** The study aimed to determine whether homoeopathic medicine *Ammi visnaga* mother tincture is beneficial in treating bronchial asthma.

**Methods:** Using FEV<sub>1</sub> values from spirometry, the three cases in this series were diagnosed with bronchial asthma, and *Ammi visnaga* mother tincture was used to treat them over a period of time. Following treatment, FEV<sub>1</sub> levels were analyzed to see if the patients had improved.

**Result:** There was a discernible improvement in both the FEV<sub>1</sub> levels and the clinical complaints.

**Conclusion:** These cases show that *Ammi visnaga* mother tincture is an effective treatment for bronchial asthma.

**Keywords:** Bronchial Asthma, Homoeopathy, *Ammi visnaga*.

**Abbreviations:** FEV<sub>1</sub>- Forced Expiratory Volume in 1 second, PFT - Pulmonary Function Test

### INTRODUCTION

Asthma is a syndrome characterized by airflow obstruction that varies markedly, both spontaneously and with treatment. Asthmatics harbour a special type of inflammation in the airways that makes them more responsive than non-asthmatics to a wide range of triggers, leading to excessive narrowing with consequent reduced airflow and symptomatic wheezing and dyspnoea. Many factors can trigger an asthma attack, which include allergens, infections, exercise, abrupt changes in the weather, or exposure to airway irritants, such as tobacco smoke, and diseases such as gastro-oesophageal reflux disease. Symptom pattern can vary as duration, severity and frequency.<sup>1</sup>

In conventional system of medicine, it usually requires continuous medical care. Patients has to take anti-inflammatory drugs, inhaled corticosteroids, inhaled short acting and long acting beta-2 agonists, etc to relieve asthma symptoms. When it comes to the treatment of Bronchial Asthma, Homoeopathy is much better at treating it. It is in stark contrast to conventional treatment, where inhalers and steroids are used to suppress broncho-constriction and inflammation. The results of several studies indicated that patients before seeking homoeopathic care for their allergic symptoms were unsatisfied within conventional health care

system and that their choice was mostly motivated by assumption of few side-effects or by a wish to try everything.<sup>2</sup>

Egypt has long utilized the fruits of *Ammi visnaga* to treat kidney stone pain by brewing a tea made from the powdered or crushed fruits of khella. In addition, cough, whooping cough, bronchitis, and asthma are among the respiratory ailments for which Khella is utilized. Studies also show that it has broncho-dilatory effect. The 3 cases illustrates the usefulness of Ammi visnaga in bronchial asthma.<sup>3</sup>

## CASE STUDY 1

### Presenting Complaint

A 33 year old male patient, painter by profession presented on 29/01/2017 with the complaints of breathlessness and tightness of chest since 4 months. Breathlessness < lying down, before rainy weather, Strong smell. > Summers, sitting up.

### Associated complaint

Cough with white, non offensive expectoration since 7 days. Cough < lying down, night; > day.

### History of Presenting Complaint

The patient was apparently well before 4 months then gradually started having difficulty in breathing. He took allopathic treatment for 3 months but temporary relief was obtained. Since last 1 month, he is also having tightness in his chest.

### Medical history

History of typhoid during childhood.

### Family History

Father- Asthma and allergic rhinitis since 7 years.

Mother - Hypertension since 5 years.

Younger Brother- Allergic Rhinitis

### Patient as a whole

Appetite- 3 meals/day, 4-5 chapatis/meal.

Thirst- 4-5 L/day, 1 glass normal water at a time.

Desire - Sweets.

Aversion - Sour.

Stool:- D-1, N-O, Satisfactory, semi solid.

Urine:- D-3-4, N-O, pale yellow, non offensive

Sweat- Generalised, Profuse, offensive, non staining.

Sleep – 7-8 hours/day, Sound and Refreshing

Thermal - Hot

### Mentals

Patient is introvert and mild. He has great anxiety about health and fear of deep water.

### General Physical Examination

Height-168 cm

Weight-71kg

Lymphadenopathy- Lymph nodes non palpable

Cyanosis- Absent

Pallor- Absent

Pulse-82 bpm

Respiratory rate- 21/min

SPO<sub>2</sub>- 94%

Blood Pressure- 126/92 mm of Hg

### Systemic Examination

#### Respiratory System:

Inspection- Symmetrical, ellipsoid chest. No scar, discolouration, bulging seen.

Palpation- Symmetrical chest movements, no tenderness

Percussion- Resonant

Auscultation- Wheezing present

### Diagnosis

Based on his Pulmonary function test (Fig. 1 & 2) the patient was diagnosed with Bronchial Asthma.

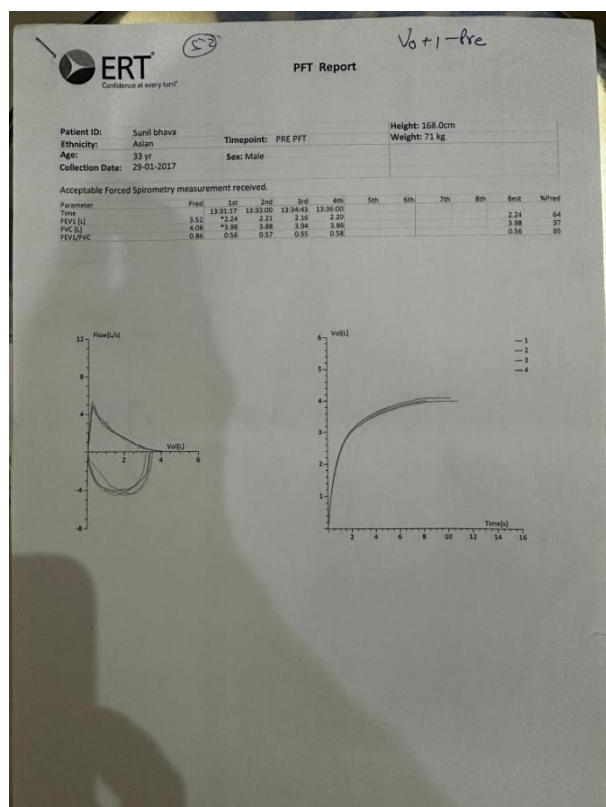


Fig. 1: PRE PFT

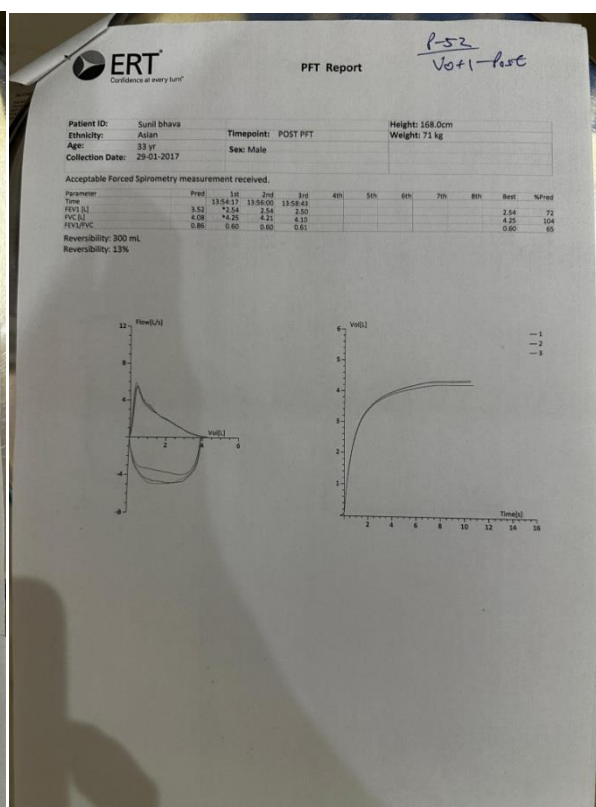
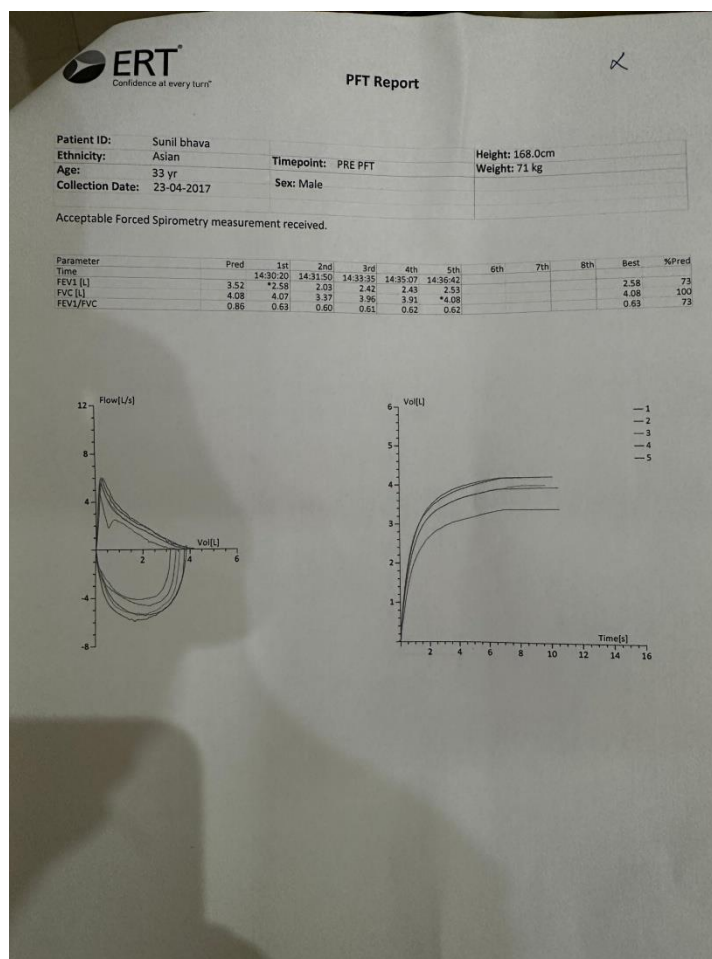


Fig 2: POST PFT

**Prescription:** Ammi visnaga Q - 10 drops thrice a day in half cup of water was prescribed on 29/01/2017 for 7 days.

Table 1: Follow Up table

Date	Change in symptoms	Prescription
06/02/2017	Relief in cough and tightness of chest.	Ammi visnaga Q/ TDS 10 drops in half cup of water for 14 days.
21/02/2017	Relief in tightness of chest and breathlessness.	Ammi visnaga Q/ TDS 10 drops in half cup of water for 14 days.
02/03/2017	No episode of cough. Relief in chest tightness.	Ammi visnaga Q/ TDS 10 drops in half cup of water for 14 days.
16/03/2017	Relief in breathlessness. All generals good.	Ammi visnaga Q/ TDS 10 drops in half cup of water for 14 days.
30/03/2017	Relief in all complaints. No wheezing on auscultation.	Ammi visnaga Q/ TDS 5 drops in half cup of water for 14 days.
13/04/2017	No new complaints. Relief in all complaints. No wheezing on auscultation.	Rubrum 30 /TDS x 10 days Ammi visnaga Q/ 5 drops in half cup of water (SOS)
23/04/2017	No episode of breathlessness. No wheezing on auscultation. Improvement in PFT.(Fig.3)	Rubrum 30 /TDS x 10 days



**Fig.3 : PFT after treatment with *Ammi visnaga* Q**

## CASE STUDY 2

### Presenting Complaint

A 35 year old male patient, teacher by profession presented on 12/02/2017 having recurrent breathing difficulty and stitching pain in chest < standing, dust & in winters; > sitting, lying on abdomen since 5 years.

### Associated complaint

Sneezing with thick yellow nasal discharge < morning since 1 month.

### History of Presenting Complaint

The patient was apparently well before 6 years then developed dengue for which he took allopathic treatment. He started having breathlessness after 1 year of dengue which gradually increased over time. He took allopathic treatment for it for 3 years but temporary relief was obtained.

### Medical history

History of dengue 6 years back.

### Family History

Father- Chronic Bronchitis 7 years.

Mother- Hypertension since 10 years.

### Patient as a whole

Appetite- 3 meals/day, 3-4 chapati/meal.

Thirst- 2-3 L/day, 1 glass normal water at a time.

Desire- Salt.

Aversion- Sweets.

Stool- D-1, N-0, Satisfactory, semi solid.

Urine- D-4-5, N-0-1, pale yellow, non offensive

Sweat- Scanty, non offensive, non staining.

Sleep- 7-8 hours/day, Sound and Refreshing

Thermal-Chilly

## Mentals

Patient is short tempered and workoholic. Gets irritated on slightest issues. Very Dominating and competitive.

## General Physical Examination

Height-166 cm

Weight-67kg

Lymphadenopathy- Lymph nodes non palpable

Cyanosis- Absent

Pallor- Absent

Pulse-75 bpm

Respiratory rate- 18/min

SPO<sub>2</sub>- 96%

Blood Pressure- 124/94 mm of Hg

## Systemic Examination

### Respiratory System:

Inspection- Symmetrical, ellipsoid chest. No scar, discolouration, bulging seen.

Palpation- Symmetrical chest movements, no tenderness

Percussion- Resonant

Auscultation- Wheezing during expiration.

## Diagnosis

Based on his Pulmonary function test (Fig.4 & 5) the patient was diagnosed with Bronchial Asthma.

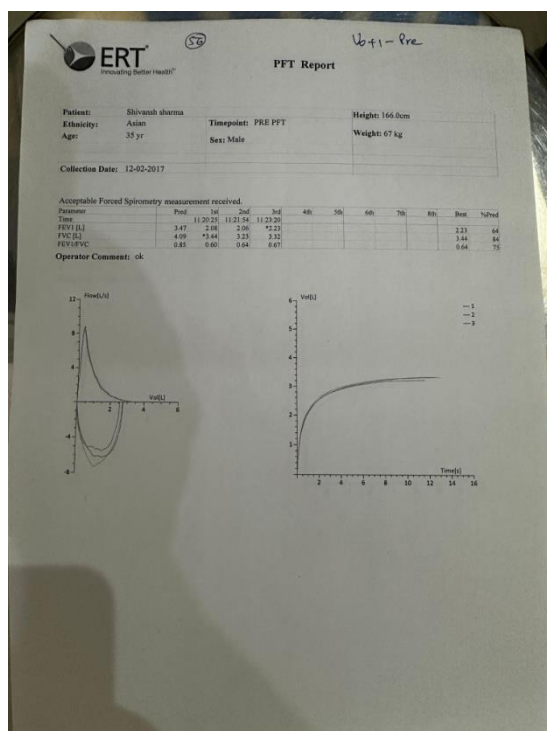


Fig. 4: PRE PFT

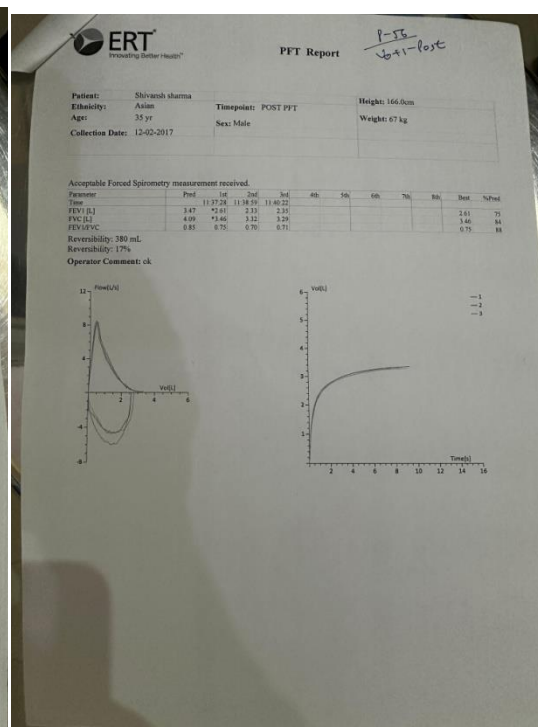


Fig. 5 : POST PFT

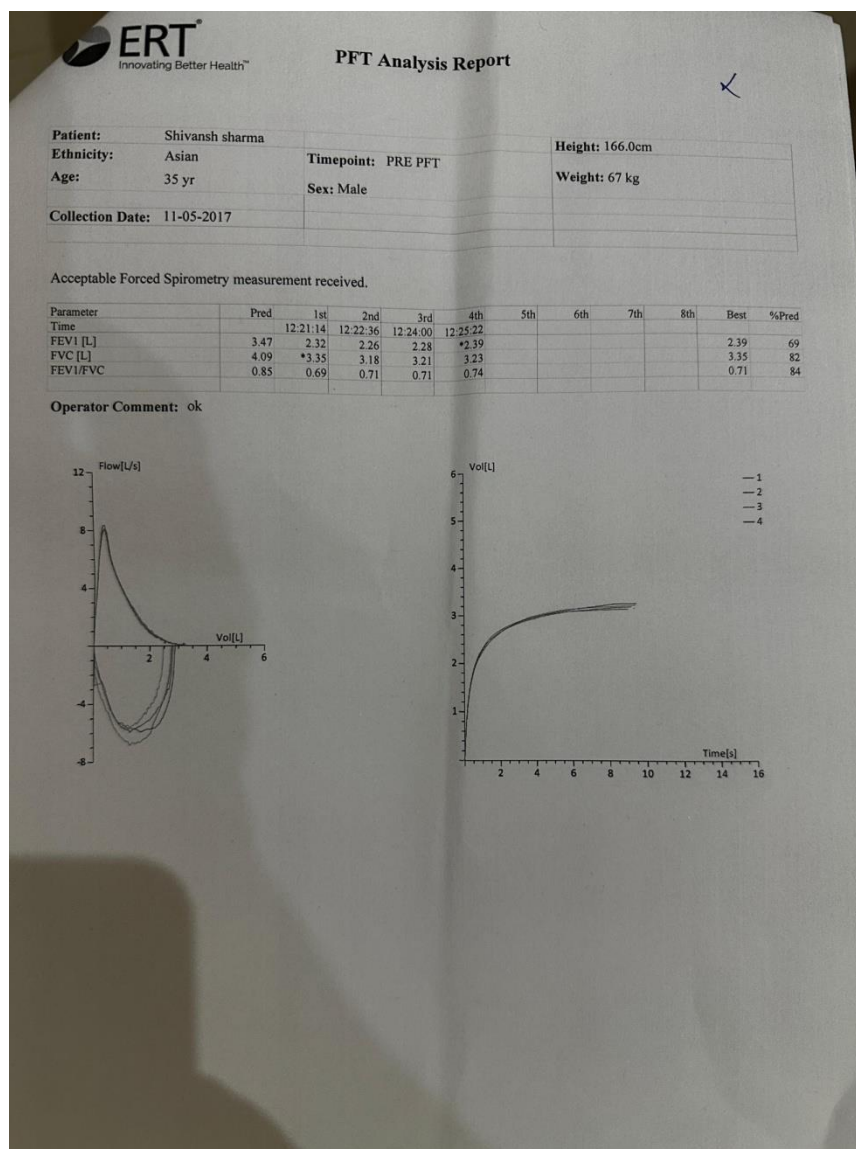
**Prescription:** Ammi visnaga Q - 10 drops thrice a day in half cup of water was prescribed on 12/02/2017 for 7 days.

Table 2: Follow Up table

Date	Change in symptoms	Prescription
21/02/2017	Reduced sneezing and heaviness of chest.	Ammi visnaga Q/ TDS 10 drops in half cup of water for 14 days.
06/03/2017	Relief in sneezing and nasal discharge.	Ammi visnaga Q/ TDS 10 drops in half cup of water for 14 days.
20/03/2017	Reduced heaviness of chest. All generals good.	Ammi visnaga Q/ TDS 10 drops in half cup of water



03/04/2017	Relief in breathlessness and chest heaviness.	Ammi visnaga Q/ TDS 10 drops in half cup of water
17/04/2017	Relief in all complaints. No wheezing on auscultation.	Ammi visnaga Q/ TDS 5 drops in half cup of water
24/04/2017	No new complaints. Relief in all complaints. No wheezing on auscultation.	Rubrum 30 /TDS x 14 days Ammi visnaga Q/ 5 drops in half cup of water (SOS)
11/05/2017	No wheezing on auscultation. No episode of breathlessness. All generals good. Improvement in PFT (Fig. 6)	Rubrum 30 /TDS x 14 days



**Fig. 6: PFT after treatment with *Ammi visnaga***

### CASE STUDY 3

#### Presenting Complaint

A 46 year old male patient, shopkeeper by profession presented on 26/02/2017 having complaint of recurrent difficulty in breathing and wheezing < winter & midnight; > lying on left side since 2 years.

#### Associated complaint

Dry cough with oppression of chest < lying down since 1 month.

#### History of Presenting Complaint

The patient was apparently well before 2 years then developed Dyspnoea on exertion for which he was hospitalized after that complain of breathlessness started. Patient took allopathic medicines but there was only slight improvement.

## Medical history

K/C/O Allergic Rhinitis since 7 years.

## Family History

Father- Allergic Rhinitis since 5 years.

Mother- Hypothyroidism since 2 years.

## Patient as a whole

Appetite- 2-3 meals/day, 3-4 chapati/meal.

Thirst- 3-4 L/day, 1 glass normal water at a time.

Desire- Sweets.

Aversion- Sour things.

Stool:- D-2-3, N-o, Satisfactory, semi solid.

Urine:- D-3-4, N-o, pale yellow, non offensive

Sweat- Profuse, Generalised, offensive, staining linen yellow.

Sleep- 6-7 hours/day, Sound and Refreshing

Thermal- Ambithermal

## Mentals

Patient always keeps himself busy. He gets very irritated and angry because of his disease. He had anxiety about health of his family members.

## General Physical Examination

Height-180 cm

Weight-84 kg

Lymphadenopathy- Lymph nodes non palpable

Cyanosis- Absent

Pallor- Absent

Pulse-78 bpm

Respiratory rate- 19/min

SPO<sub>2</sub>- 95%

Blood Pressure- 132/90 mm of Hg

## Systemic Examination

### Respiratory System:

Inspection- Symmetrical, ellipsoid chest. No scar, discolouration, bulging seen.

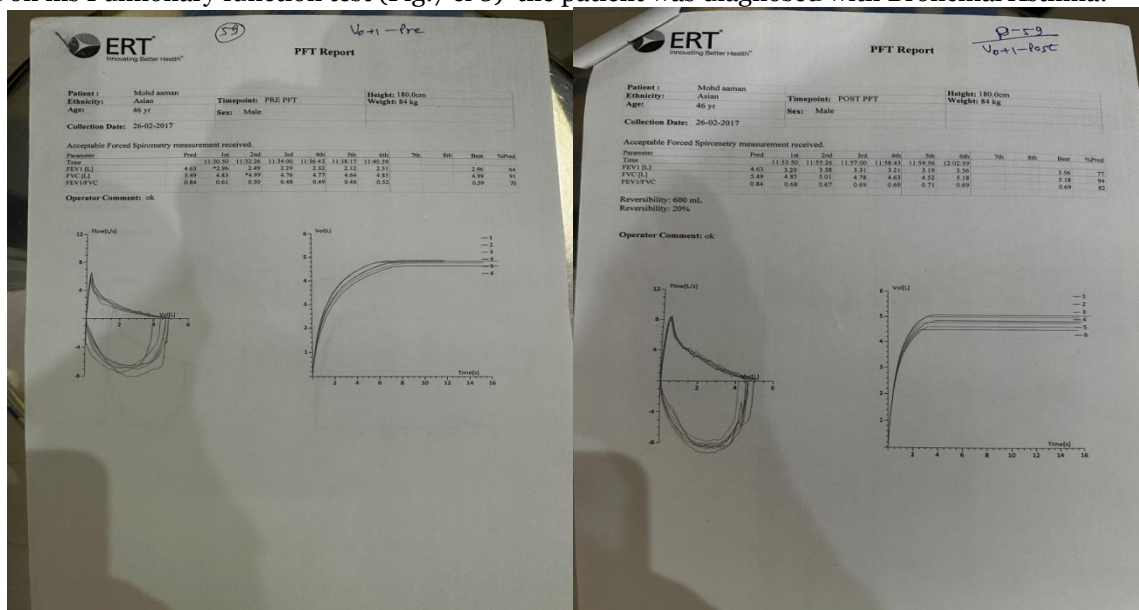
Palpation-Symmetrical chest movements, no tenderness.

Percussion- Resonant

Auscultation- Bilateral wheezing, most marked at lower lobes.

## Diagnosis

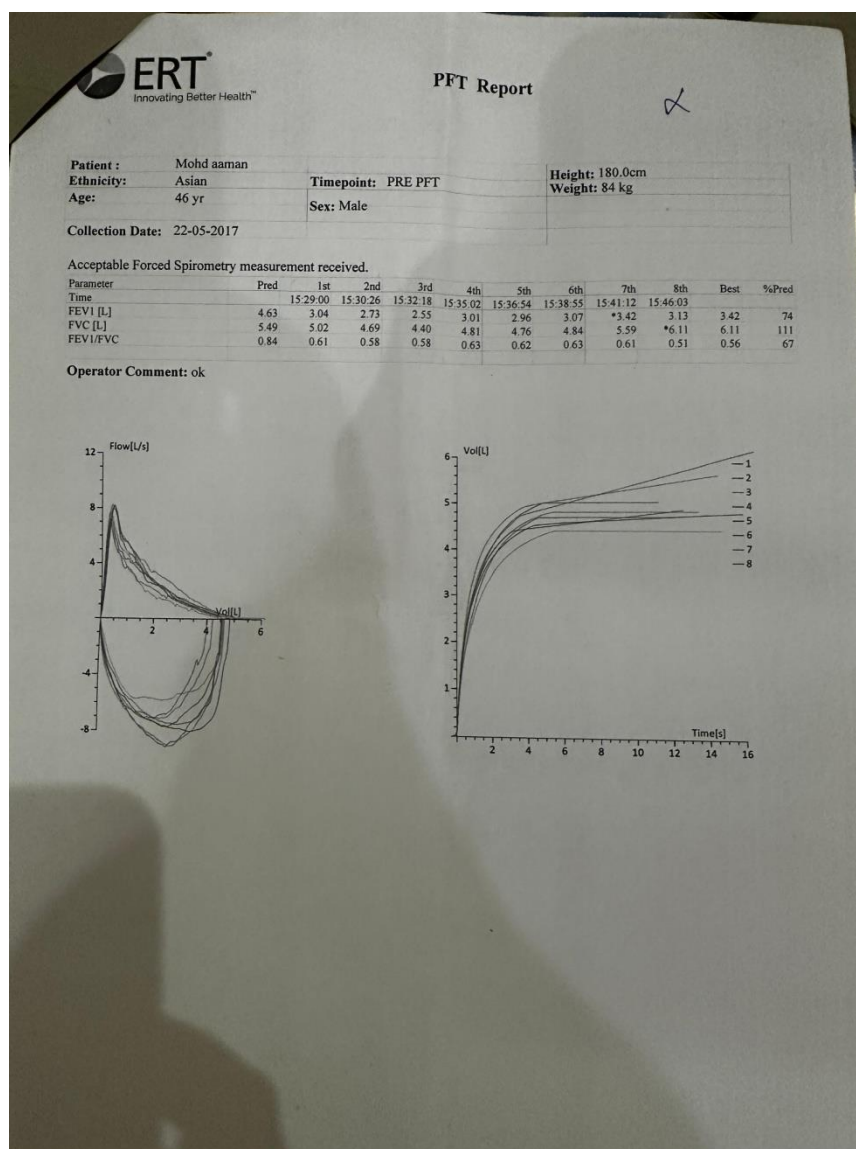
Based on his Pulmonary function test (Fig.7 & 8) the patient was diagnosed with Bronchial Asthma.



**Prescription:** *Ammi visnaga* Q - 10 drops thrice a day in half cup of water was prescribed on 26/02/2017 for 7 days.

**Table 3: Follow Up table**

Date	Change in symptoms	Prescription
05/03/2017	Cough reduced. All generals good.	Ammi visnaga Q/ TDS 10 drops in half cup of water for 14 days.
19/03/2017	Decreased oppression of chest. Slight improvement in breathlessness.	Ammi visnaga Q/ TDS 10 drops in half cup of water for 14 days.
10/04/2017	No episode of cough. Marked relief in chest oppression. Reduction in wheezing.	Ammi visnaga Q/ TDS 10 drops in half cup of water
24/04/2017	No chest oppression. Mild relief in breathlessness. Wheezing remaining only in right lung.	Ammi visnaga Q/ TDS 10 drops in half cup of water
08/05/2017	Mild wheezing in right lung. No new complaints.	Ammi visnaga Q/ TDS 5 drops in half cup of water
22/05/2017	Relief in all complaints. No wheezing on auscultation. Improvement in PFT (Fig. 9)	Rubrum 30 /TDS x 14 days Ammi visnaga Q/ 5 drops in half cup of water (SOS)



**Fig. 9: PFT after treatment with *Ammi visnaga***



**RESULTS of all 3 cases:****Table 4: Comparison table**

Case Study	FEV <sub>1</sub> Value [ in percentage ]	
	Before Treatment	After Treatment
1.	64%	73%
2.	64%	69%
3.	64%	74%

**DISCUSSION AND CONCLUSION:**

Bronchial Asthma is a genetic predisposition characterized by an abnormal sensitivity to external stimuli that periodically narrows the breathing tubes, resulting in wheezing and difficulty breathing.<sup>4</sup> Present research indicated that the use and expense of conventional medications was significantly reduced when Homoeopathic treatment was used for respiratory conditions.<sup>5</sup>

***Ammi visnaga*** aids in the treatment of respiratory problems by acting as an antispasmodic on the bronchial muscles. Its direct action on smooth muscle and calcium antagonist effect has contributed to some of its antispasmodic benefits.<sup>6-12</sup>

From the above cases it is noted that ***Ammi visnaga*** was helpful in the management of bronchial asthma by improving FEV<sub>1</sub> values in PFT.

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