

# H.P. Krishna Kumar

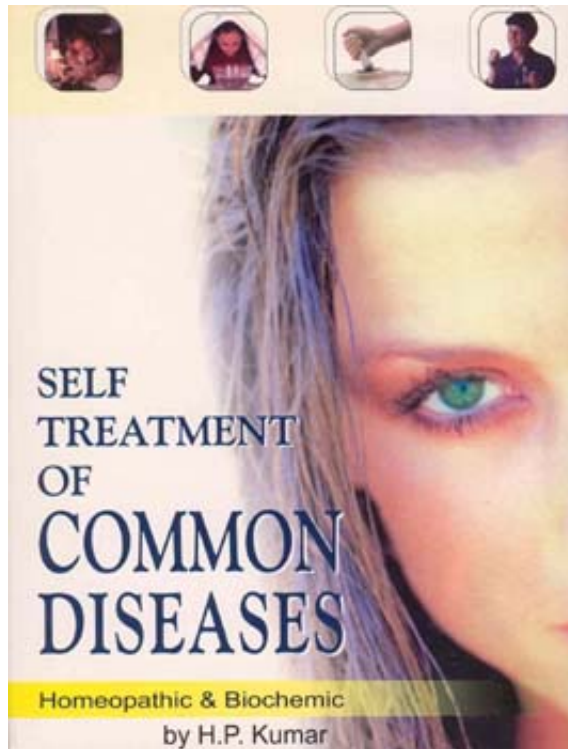
## Self Treatment of common Diseases

Reading excerpt

[Self Treatment of common Diseases](#)

of [H.P. Krishna Kumar](#)

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



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

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## GENERAL HOME CARE

-  Take full rest when joints are inflamed.
-  The affected joints should be kept on firm rest and warm and protected from exposure.
-  Hot application will help to relieve pain.
-  General massage with an analgesic balm is also palliative.
-  Keep the weight in check.
-  Exercise which helps to strengthen the muscles of the affected joint should be done regularly.

-  Lie on your back, and raise your legs alternately keeping the knees straight.
-  Straighten your legs while sitting and rotate your feet clockwise and anticlockwise.
-  The diet must be properly balanced and rich in vitamins B and C.

## CALL THE DOCTOR

-  Immediately when the disease is suspected. ...

# ASTHMA



## ASTHMA

*Asthma is a disease that inflames and narrow\* the airways in your lungs.*

## SYMPTOMS

It is a disease of the lungs or respiratory organs characterised by difficulty of breathing with wheezing and dreadful sense of tightness across the chest. It occurs when the small bronchial passages in the lungs get swollen with inflammation. They are obstructed by phlegm and narrowed when the muscles surrounding the air tubes become tight causing the wheezing sound.

The attacks usually come on suddenly and at night. There is a sense of tightness and constriction about the chest with an urgent desire for fresh air, yet the patient cannot bear a

draught. The breathing is extremely laborious and wheezing. The chest heaves violently and the pulse is irregular and intermittent. The face is expressive of great anxiety and it is bloated and flushed. Patient is obliged to sit up with the head inclined forward. There is a dry cough at first, followed by expectoration of tough mucus. The paroxysm usually lasts three or four hours, when it gradually subsides, and there may not be a recurrence for weeks or months, or even years.

## CAUSES

Asthma may be caused by respiratory infection which may result in the inflammation of the bronchial tubes. It may be due to irritation of the nerves of respiration resulting from a deranged digestion, change of atmosphere, dust, smoke or other poisonous materials floating in the air breathed. Asthma may follow chronic bronchitis, dyspepsia, flatulence, constipation, fatty heart, elongated uvula. Very often it is a hereditary disease and tends to run in families.

### HOMOEOPATHIC TREATMENT

MEDICINES	INDICATING SYMPTOMS
ANTIM. TART. 30	☯ Suffocative attacks; bronchial tubes appear full of phlegm, but none comes up.
	☯ Anxious oppression, difficulty of breathing and shortness of breath, with desire to sit erect.
	☯ Presence of mucus rales throughout the chest.
	☯ Chest seems full of phlegm, with inability to expectorate it.
	☯ Great dyspnea, the patient must sit up.
	☯ Time of attack is generally just after midnight.
	☯ There is a great deal of anguish, restlessness and fear of lying down because of feeling of suffocation.
ARSENIC ALB. 30	☯ Associated with dry cough, burning and soreness, in the chest.
	☯ There is little expectoration but, if present, is frothy. '
	☯ <i>Arsenic</i> is often given after <i>Ipecac</i> during the course of an acute attack.
	☯ Attack comes on in the evening and is associated with soreness and burning in the chest.
	☯ Worse in open air and after eating or talking, better from belching. The patient is usually old and debilitated. Cough may be spasmodic with gagging and vomiting of mucus.
CARBO VEG. 30	☯ Great anxiety with sudden wheezing, shortness of breath, and a feeling of suffocation.
	☯ There is a sensation of a great weight upon the chest.
	☯ Constant cough which causes gagging, nausea and vomiting.
IPECAC 30	

KALI BICHROM. 30	☯ The patient feels his chest is full of phlegm, but none is brought up.
	☯ The extremities are covered with cold perspiration.
	☯ Attacks coming on about three or four o'clock in the morning.
	☯ Compelling the patient to sit up to breathe. ☯ Sits up and bends forward which relieves somewhat. ☯ As does also the expectoration of stringy yellow mucus.
NUX VOMICA 30	☯ Attacks of simple spasmodic asthma brought on by gastric disturbances.
	☯ There is some relief by belching, and the patient must loosen his clothing.
	☯ Patient is usually irritable and fiery and may have a constricted feeling at the lower part of the chest.
SULPHUR 30	☯ Frequent weak, faint spells.
	☯ Constant heat on top of the head.
	☯ If the attack was caused by breathing in smoky atmosphere.
	☯ The attack comes on during sleep, or in the evening, with a feeling of tightness across the chest, and a sensation of dust in the air-passages.
	☯ Dry cough with hoarseness, or loose cough with soreness and pressure in the chest.

### BIOCHEMIC TREATMENT

#### MEDICINES

#### INDICATING SYMPTOMS

CALC. PHOS. 6X	☯ Cures bronchial asthma.
	☯ The secretion is clear and tough.
	☯ The child gets suffocative attacks on being lifted from the cradle.

## KALI PHOS. 6X

- ☯ Chief remedy in nervous asthma and asthma from eating the least food.
- ☯ It cures hay-asthma and depressed condition of the nervous system.
- ☯ It should be given in large and frequent doses.

## KALI MUR. 6X

- ☯ Very useful in cardiac asthma with sensation as if heart and lungs were constricted.
- ☯ The tongue is white and there is liverishness.

## MAGNESIA PHOS. 3X

- ☯ Cures spasmodic nervous asthma.
- ☯ There are violent eructations and passing of flatus.
- ☯ The cough is paroxysmal, dry and worse on only lying down.

## NATRIUM SULPH. 6X

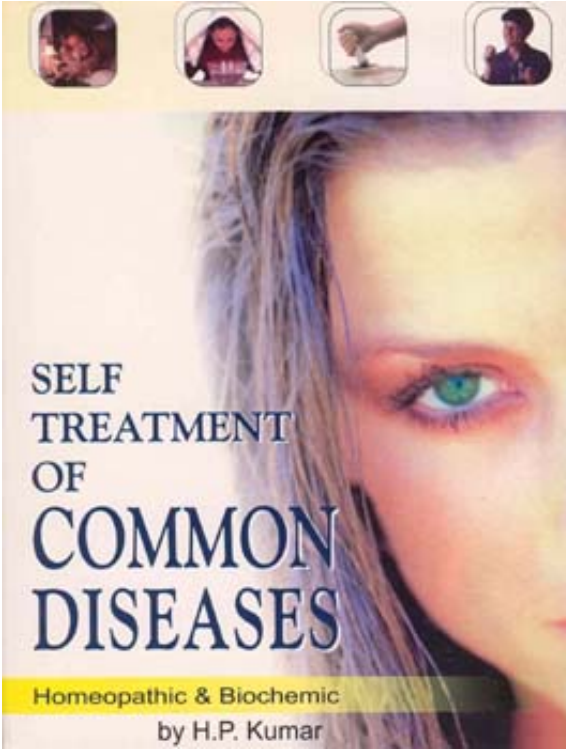
- ☯ Is best suited to young people. The asthma is worse from damp weather or wet surroundings.
- ☯ The attack of asthma is in the early morning at about 4 or 5 a.m. with cough and raising of gkiry mucus.
- ☯ The expectoration is greenish and copious.
- ☯ There is vomiting after eating.
- ☯ The stools are loose.

## GENERAL HOME CARE

- ☯ Sip a warm drink to alleviate a mild bout of wheezing caused by inhaling very cold air.
- ☯ Do not lie down if it makes breathing difficult.
- ☯ Avoid use of dairy products as they increase the mucus.
- ☯ Adopt a posture which makes breathing easier and relaxed during the bout.
- ☯ Avoid contact with any substance that may aggravate the condition.
- ☯ Drink plenty of liquid during an attack.
- ☯ Undertake breathing exercises regularly and also during acute attack.

## CALL THE DOCTOR

- ☯ If there is loud wheezing during an attack.
- ☯ If there is any tinge of blue on the skin or lips.
- ☯ If there is rapid, shallow breathing.
- ☯ If there is increased pulse rate, anxiety or panic.
- ☯ If there is severe chest infection in an asthma sufferer.
- ☯ If asthma attacks are becoming increasingly severe or frequent.
- ☯ If there is wheezing in children under 2 years of age.BBB



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