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# Efficacy of Homoeopathic medicine in treating cases of Upper Respiratory Tract Infections

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**Abstract.**
In the rainy season, the common diseases are Upper respiratory tract infections (URTIs). Specific homeopathic remedies are very influential among children in conditions of URTIs. Homeopathic remedies also help improve immunity, reducing the intensity and frequency of attacks of infections of URTIs. This information will benefit many children who suffer from diseases of the Upper Respiratory Tract.

**Key word: -** Upper Respiratory Tract Infection, Homoeopathic Medicine,

## INTRODUCTION

20–40% of outpatients suffer from Acute respiratory tract infections, and 12–35% get hospitalized. Diseases like nasopharyngitis, pharyngitis, tonsillitis, and otitis media account for 87.5%. Different viruses cause acute upper respiratory tract infections. In many cases, the Common cold does not require antimicrobial agents unless it is complicated by acute otitis media with tonsillitis, sinusitis effusion, and lower respiratory tract infection. Sinusitis is commonly associated with the common cold. Rhino sinusitis is viral and
resolves spontaneously without antimicrobial therapy. Influenza, pneumonia, and S Pyrogens are the most common bacterial agents causing sinusitis.
Acute infections involving the nose, paranasal sinuses, pharynx, trachea, larynx, and bronchi. The condition known as common cold is studied in addition to pharyngitis, sinusitis, and tracheobronchitis. Systemic illness Influenza involves the upper respiratory tract and should be differentiated from other URIs. The URIs are caused by virus-like rhinovirus, parainfluenza, coronavirus, adenovirus, and respiratory syncytial virus. Less common causes
streptococci, corynebacterium diphtheria, Neisseria gonococci, Arcanobacterium haemolyticum, Chlamydophila(formerly, Chlamydia) pneumoniae, Mycoplasma, pneumoniae, Herpes Simplex Virus. Streptococcus, pneumonia. URIs are taking us to a new era of disease, and at present, COVID-19 have threatened society.

### Classification

Classification of Upper respiratory tract infections is done according to the area of inflamed rhinitis, which affects the nasal mucosa, and sinusitis affects the nose and paranasal sinuses, which include frontal, ethmoid, maxillary and sphenoid sinuses. Nasopharyngitis (rhinopharyngitis or common cold) affects the nares, pharynx, hypopharynx, uvula and tonsils. Without involving the nose, pharyngitis inflames the pharynx, hypopharynx uvula, and tonsils. Supraglottitis inflames the superior portion of the larynx and supraglottic area. Infection in the larynx causes Laryngitis, laryngotracheitis in the larynx and trachea, and tracheitis in the trachea.

### Signs and symptoms

In clinical manifestations of various forms of URIs, the onset of symptoms occurs 1 to 3 days after exposure to the infectious agent. Common cold symptoms include congestion in the nose, sore throat, and sneezing. Conjunctivitis is seen with adenovirus infections. Fever, Sore throat, absence of cough, and exposure to streptococcal pharyngitis in the preceding two weeks suggest the diagnosis of GABHS-related pharyngitis. Acute bacterial rhino sinusitis has symptoms more than 1 to 2 weeks after common cold, unilateral facial pain, maxillary toothache, headache, and excessive purulent nasal discharge. An illness, like acute tracheobronchitis, is characterized by a cough with or without sputum production and wheezing lasting for 1 to 3 weeks. Influenza is a sudden illness characterized by high fever, severe headache, myalgia, and dry cough followed by significant fatigue and malaise: Barr virus, cytomegalovirus, or human immune deficiency virus. Patients with influenza appear toxic and may have pulmonary Ronchi and diffuse muscle tenderness. In uncomplicated colds, cough and nasal discharge may persist for 14 days or more, even after other symptoms have disappeared. Acute UTIs include pharyngitis, tonsillitis, rhinitis, and laryngitis, often referred to as a common cold, and their complications include sinusitis, ear infection and sometimes bronchitis. (Though bronchi are generally classified as part of the lower respiratory tract) Symptoms of URTIs commonly include cough, sore throat, runny nose, nasal congestion, headache and low-grade fever, facial pressure, and sneezing. Consistency or colour change in mucous discharge from yellow to thick or green is the natural course of viral upper respiratory tract infection.

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**Cause**
The pathophysiology of rhinovirus infection resembles the immune response. The virus causes no damage to the cells of the upper respiratory tract but instead causes changes in the tight junctions of epithelial cells. This allows the virus to gain access to tissues under the epithelial cells and initiate adaptive immune responses. Bacteria may cause up to 15% of acute pharyngitis cases, commonly group A streptococcus ("Strep throat"). Sexually transmitted infections have emerged as causes of oral and pharyngeal infections.

**Diagnosis**
URI, seasonal allergies, influenza, symptom comparison.

| Symptoms | Allergy | URI | Influenza |
|---|---|---|---|
| Itchy, watery eyes | Common | Rare (conjunctivitis may occur with adenovirus) | Soreness behind the eyes sometimes conjunctivitis |
| Nasal discharge | Common | common | Common |
| Nasal congestion | Common | common | sometimes |
| Sneezing | Very common | Very common | sometimes |
| Sore throat | sometimes | Very common | sometimes |
| Cough | sometimes | Common (mild to moderate hacking) | Common (dry cough, can be severe) |
| Headache | uncommon | Rare | Common |
| Fever | Never | Rare in adults, possible in children | Very common 100-102 degrees F (or higher in young children), lasting 3-4 days, may have chills. |
| Malaise | sometimes | sometimes | Very common |
| Fatigue weakness | sometimes | sometimes | Very common (can last for weeks, extreme. exhaustion in the early course) |
| Muscle pain | Never | slight | Very common (often severe) |

**Prevention**
Low or very low-quality evidence suggests probiotics may be better than placebo in preventing acute URTIs. Vaccination against influenza viruses, adenoviruses, measles, streptococcus pneumonia, bacillusanthrsasis and bortedellapertusis may prevent them from infecting the URT or reduce the severity of the infection.

**Homeopathic approach.**
A detailed case history was taken of the patients.

| Name | Active ingredients | Traditional<br>Materia Medica (minimum extract from generalities) |
|---|---|---|
| Aconite nappelus | Ranunculaceae. It contains aconitine, tyramine, and dopamine. | Complaints caused by exposure to dry cold air, Fear, anxiety, restlessness, fright, complaints of tension caused by exposure to dry, cold weather;<br>Inflammatory fevers affect serous membranes. |
| Allium cepa | Contains phenolic acids, thio sulfinates, and flavonoids. | Profuse watery discharge from the nose, with sneezing and acrid burning, excoriating the nose and upper lip. -Fluent coryza, with running water from the eyes, headache, heat, thirst, > in the open air. Ichor oozing out of nose, sensitive to odours of flowers and skin of peach. |
| Belladonna (Atropa belladonna, deadly nightshade) | One of the most poisonous Plants, contains, tropane-alkaloid including atropine, scopolamine, and hyoscyamine, which They are used as anticholinergics. These alkaloids can be very toxic at high doses. | Sensitive to drafts of air, especially when uncovering the head; from having the hair cut; tonsils become inflamed after riding in a cold air act upon the nervous system, producing active congestion, excitement; marked action on the vascular, system, throbbing carotids, |

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|---|---|---|
| | | excited mental state, hyperaesthesia of all senses, dryness of mouth and throat with aversion to water. |
| Bryonia diocia (or alba) | Cucurbitaceae. The major active components are cucurbitacin Glucosides. biological activities of these compounds are associated with biosynthesis Eicosanoids and corticosteroids, which are important Mediators in the immune, endocrine, and nervous systems. Potential, adaptogen stress-protective, DihydrocucurbitacinD inhibits macrophage nitric oxide generation. Antioxidant activity | Aggravates complaints when warm weather sets in, after cold days; from cold drinks or ice in hot weather; after taking cold or getting hot in summer; from chilling when overheated; kicks the covers off; from exposure to draft, cold wind Acts on serous membranes, irritable; dry cough. Rheumatic pains and swellings; coryza tough mucus in larynx and trachea. |
| Drosera rotundifolia | Droseraceae. Contains glucides, various acids, flavonoid pigments, proteases, naphthoquinones | Deep sounding, hoarse barking cough (Verb.), < after midnight, during or after measles; spasmodic, with gagging. Minute gun cough. |
| Heparsulphuris calcareum | A burned combination of the inner layer of oyster shells (Calcarea,carbonica)with flowers of sulphur. It is also known as calcium. Sulfide. Hepar is the The Latin word for liver as certain Compounds of sulphur. | Extremely sensitive to cold air, he imagines he can feel the air if a door opens in the next room; he must be wrapped up to the face even in hot weather. Lymphatic constitutions: unhealthy skin, great sensitiveness to all impressions; particular, affinity to the respiratory, mucous membrane, producing catarrhal inflammation, profuse secretion; |
| Kalium bichromium | Potassium dichromate | Complaints occur in hot weather. Liability to take cold in open air. It affects the mucous membrane of stomach, bowels, and air passages, especially indicated for fleshy, Fat, light complexioned persons subject, catarrhs, symptoms are worse in the morning, more. Adapted to subacute rather than the violent, acute stage, mucous membranes everywhere are affected; catarrh of pharynx larynx, bronchi, and nose |
| Mercurius (biodatus or solubilise) | A liquid metallic chemical element with the symbol 'Hg.' | Much sneezing; fluent, acrid, corrosive; nostrils raw, ulcerated; yellow-green, fetid, pus-like; nasal bones swollen; < at night and from damp weather. The lymphatic system is significantly affected. Symptoms are worse at night, from the warmth of bed, from damp, cold, rainy weather; Complaints increase with sweat and rest; all, are sensitive to heat and cold breath, excretions and, body smells foul. |

**Conclusion.**

Homeopathic medicines have been found to be very effective for the treatment of patients with symptoms of URTIs and otorhinolaryngologic infections. Homoeopathic remedies also help reduce the severity and recurrent attacks of infections of URTIs.

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