

# Dr. V.K. Chauhan

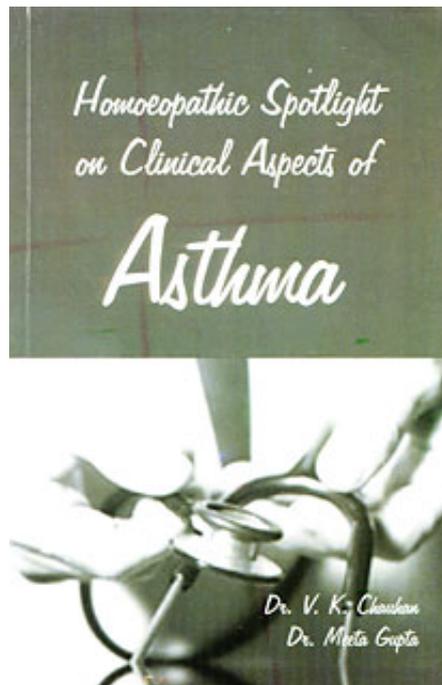
## Homoeopathic Spotlight on Clinical Aspects of Asthma

Leseprobe

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von [Dr. V.K. Chauhan](#)

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## PREFACE

Asthma has been called 'the 20<sup>th</sup> century plague'<sup>1</sup> and certainly many more people suffer its symptoms today than 50 years ago. It is one of the most common and universal of diseases, affecting all ages, at all times and in all places, it is the commonest of all chronic diseases of the childhood and causes considerable morbidity, often because it is either unrecognised or undertreated, and the diagnosis is frequently missed. One-third of all time lost from school or work due to chronic diseases is due to allergy, of which asthma is the most important cause.

In recent years, asthma has grown to the proportions of an epidemic. Hospitalisation rate for children with status asthmaticus approximately has been doubling every ten years from 1960s. This has been a rapid and bewildering development and, it casts a long shadow over the future. The total impact- medical, social, psychological and economic- is immense. Added to this must be the increased morbidity from un- or under-diagnosed asthma, and the excessive treatment of wheezing children inappropriately diagnosed as having asthma.

Clinically asthma can vary from an occasional cough with slight wheeze to a life-threatening and chronically incapacitating disease. It is surprising that a common complaint such as asthma known for ages is still being shrouded in confusion and mystery. There is still a debate as to whether asthma is one disease or whether the various clinical patterns represent separate diseases with different aetiologies. The evidence either way is not conclusive.

Extensive research made in the last 50 years has led to considerable understanding of some of the factors that precipitate attacks of asthma, of the similarities and dissimilarities of asthmatic breathing to other forms of dyspnoea, and of the consequences that follow repeated and prolonged attacks of the disease. Though much is known about the affliction, much still remains obscure.

Perhaps one of the most difficult subjects to tackle is that of therapy. Treatment cannot be relegated to a single procedure. Moreover each physician treats asthmatics through different and varying methods and there have been no co-ordinated attempts to control asthma as a public health problem. The main thrust of treatment constitutes the correct

use of variety of therapeutic methods. Better management of childhood asthma and ultimately prevention of asthma at all ages are the goals.

The 'International Consensus Report' on W.H.O. Global Initiative for Asthma has provided guidelines for the classification, diagnosis and management of asthma. These guidelines are based on the recommendations of experts from various organisations and institutions including British Thoracic Society (U.K.), American Thoracic Society (U.S.A.) and National Institute of Health (U.S.A.).

Asthma being among the most common medical problems confronted by primary care physicians, and being a complex disease, it is incumbent upon all those involved to understand causes, the pathological processes involved, diagnostic considerations, the course and prognosis and approaches to treatment. This book is set in four parts to provide a comprehensive and synoptic account of asthma and rationale for its effective management.

Part I deals with the history, and anatomical, physiological, pathological, epidemiological and aetiological aspects of asthma.

Part II describes clinical presentations, complications and natural history of the disease. The methods of early recognition of acute attack and various investigations are also clearly outlined in this section.

Part III covers the homoeopathic concept and asthma management. The aim is to set out a simple step-by-step effective plan for coping with asthma, which is easy to follow and can be quickly put into effect. A special emphasis has been given to primary and secondary prophylactic strategies, and control of mild to moderate asthma.

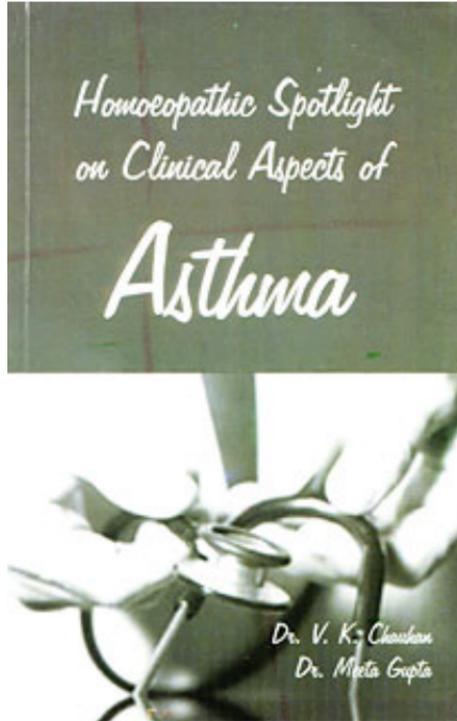
Part IV consists of discussion on homoeopathic therapeutics, with indications of most suitable drugs. A case-taking proforma, with a repertorial synopsis is also added for ready reference.

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