

# Ayurveda, Homeopathy and Chinese Medicine

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## Evaluation of role of individualized homeopathy in the management of acute exacerbations in mild and moderate cases of COPD: An open prospective observational study

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Chronic Obstructive Pulmonary Disease (COPD) is a common preventable and treatable disease which is characterized by persistent airflow limitation that is usually progressive and associated with an enhanced chronic inflammatory response in the airways and the lung to noxious particles or gases. Exacerbations and comorbidities contribute to the overall severity in individual patients. It remains a leading cause of morbidity and mortality worldwide and results in an economic and social burden that is both substantial and increasing. The aim of the study is to evaluate the role of individualized homeopathy in the management of acute exacerbations in mild and moderate cases of COPD. Objective was to assess the usefulness of individualized homeopathic medicines and the management of acute exacerbations in mild and moderate cases of COPD by MMRC scale. An open prospective observational study was conducted on mild and moderate COPD cases. An 18 months study was conducted on patients coming to OPD of Dr. M P K Homoeopathic Medical College and Research Centre, Jaipur (Rajasthan). Mild and moderate cases of COPD were selected on the basis of Spirometry readings and Global Initiative for Chronic Obstructive Lung Disease criteria. The patients were evaluated on Modified Medical Research Council Dyspnoea (MMRC) scale. The study resulted in improvement in mild and moderate COPD patients by giving them individualized homeopathic medicines. There was a significant change in grade 3, and 2 of Modified Medical Research Council Dyspnoea Scale. It can be inferred that individualized homeopathic medicines are useful in the management of acute exacerbations in mild and moderate cases of COPD.

### Biography

Vatsana Kasana is a Homoeopathic Doctor working as a Medical Officer in Rajasthan State Services in Jaipur, India since 2009. She completed her MD in 2006 and PhD in Homoeopathy (Materia Medica) from Homoeopathy University (Jaipur) in 2016. She has published papers in various national and international journals.

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