

The use of homeopathic remedies for medical rehabilitation of patients with chronic diseases of the bronchopulmonary system

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The use of homeopathic remedies in the rehabilitation of patients with chronic lung disease

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SUMMARY

The aim of the study is to comparatively evaluate the recovery effect in patients with chronic obstructive pulmonary disease with the differentiated use of one of the two complex homeopathic medicines.

For the study, two groups of patients were used (32 people each).

The paper presents the features of the temporal dynamics of homeopathic therapy in the form of positive changes in the elements of the clinical symptom complex in patients in each of the groups.

A comparative analysis of the results of the scoring of the clinical symptom complex, electrocutaneous conduction, indicators of the function of external respiration, the Kerdo index before and after the course of homeopathic therapy revealed a greater result when using the homeopathic remedy - Mucose compositum compared with Echinacea compositum HF in patients with chronic obstructive pulmonary disease.

The results of the study proved the possibility of correcting respiratory disorders with complex homeopathic preparations in patients with chronic obstructive pulmonary disease. Reflected positive recovery dynamics in functional disorders of the gastrointestinal tract, as the most frequent concomitant pathology in patients of the studied groups.

Key words: chronic diseases of the bronchopulmonary system, chronic obstructive lung disease, homeopathic therapy, complex homeopathic preparations, electropuncture diagnostics according to the method of R. Voll.

RESUME

The aim of the study was to compare restorative effect in patients with chronic obstructive pulmonary disease for various application of one of the two complex homeopathic preparations.

To evaluate the restorative effect of homeopathic therapy two equivalent groups of patients with chronic obstructive pulmonary disease (32 people in each) on the basis of a positive medicament test with electropuncture diagnostics by R. Voll were formed.

The paper presents the features of temporal dynamics of homeopathic therapy in the form of positive change in elements of the clinical symptoms in patients of each group.

Comparative analysis of clinical symptoms scoring, electrodermal conductivity, indicators of respiratory function, Kerdo index before and after homeopathic treatment of patients with chronic obstructive pulmonary disease showed better results when homeopathic remedy - Mucosa compositum was used in comparison to Echinacea compositum.

Results of the study demonstrated the possibility for correction of respiratory disorders by complex homeopathic preparations in patients with chronic obstructive pulmonary disease. The positive rehabilitation dynamics of the gastrointestinal tract functional disorders as most frequent comorbidity in patients of the studied groups was observed.

Keywords: chronic lung disease, chronic obstructive pulmonary disease, homeopathic therapy, complex homeopathic preparations, electropuncture diagnostics by R. Voll.

INTRODUCTION

The modern approach to therapy and medical rehabilitation of patients with chronic diseases takes into account integrative aspects [1, 2, 3]. The growing influence of stress-modulating factors in the modern world actualizes the study of possible psychosomatic characteristics in the course of various nosologies [4]. At the same time, for a correct assessment of the individual

the symptom complex in each patient and the implementation of an integrative approach, it is important to determine the main etiopathogenetic and functional elements that form the clinical picture in patients in the study groups [5]. Along with psychogenic factors, tobacco smoking plays an important role in the chronicity of somatic pathology, especially in diseases of the bronchopulmonary system [6].

Among chronic diseases of the bronchopulmonary system, chronic obstructive pulmonary disease (COPD), which accumulates chronic bronchitis and pulmonary emphysema, has acquired the greatest relevance in recent decades [6, 7]. The special medico-social significance and the continuous growth in the number of patients with this nosology prompts the scientific community to search for new restorative means and methodological approaches in the formation of respiratory medical rehabilitation programs [8, 9, 10]. The development of the method of homeopathy and the availability of advanced biotechnologies have led to the emergence in the arsenal of naturopathic medicine of an additional spectrum of complex homeopathic drugs (antihomotoxic agents) recommended in homeopathic therapy for various diseases, including pathology of the bronchopulmonary system [11, 12]. With that said,

Objective of the study: comparative assessment of the recovery effect in patients with chronic obstructive pulmonary disease with the differentiated use of one of the two complex homeopathic medicines *Echinacea compositum* CH and *Mucose compositum*.

MATERIALS AND METHODS

For scientific research, from the flow of patients, two groups of 32 people in each were formed, of which 40 men and 24 women aged 42 to 55 years (average age - 48 years). The duration of COPD disease in patient groups is from 2 to 5 years (average - 3.2 years). In the period preceding COPD, the patients were diagnosed with chronic bronchitis for 3-7 years.

Inclusion criteria for the study: patients with mild or moderate COPD outside the exacerbation phase, a positive result of a medical test for electropuncture diagnostics using R. Voll's method for one of the two investigational drugs, informed consent of patients. Exclusion criteria: patients with severe chronic diseases of the lungs and other organs and systems of the body; minors, women during pregnancy and lactation.

The individual characteristics of the patient's condition were determined by the methods of complex diagnostics:

- clinical survey, including clarification of patient complaints and collection of anamnesis;
- physical examination;
- laboratory and instrumental research;
- electropunctural diagnostics according to R. Voll's method (EPF).

The EPF was performed on devices for electropuncture "MINI-EXPERT-DT" (LLC "CIMS" IMEDIS ", Russia, registration number 95 / 311-121) and included the study (before and after the course of homeopathic therapy) of electrocutaneous conduction at the points of measurement adopted in the SME system. When analyzing the data obtained, the indicator of measurement "arrow drop" (PS) was used, as well as the results of drug testing (EPF medtest) of complex homeopathic preparations *Echinacea compositum* SN and *Mucose compositum*. To analyze the results of electrocutaneous conduction (ECP), control and measuring points (CTI) of the meridians were selected: lymphatic system, lungs, degeneration of nervous tissue, blood circulation, endocrine system and stomach, since it was on them that the largest number of deviations in ECP values were recorded.

Patients who received the complex homeopathic drug *Echinacea compositum* SN are conditionally assigned to the first study group - none (or the group "*Echinacea compositum* CH"), and those who received the complex homeopathic remedy *Mucose compositum* are conditionally assigned to the second group - n2 (or the group "*Mukoza compositum*"). The course of treatment consisted of 10 intramuscular injections with an interval of one day.

When characterizing the condition of patients with COPD, three groups of symptoms were assessed:

first - respiratory symptoms: cough, presence (including scanty or difficult to separate) sputum, difficulty in coughing up sputum, expiratory dyspnea (severity according to the MRC classification);

the second - abdominal symptoms: pain sensations (localized mainly in gastroduodenal zone), heartburn, heaviness after eating, belching with air (or acidic contents) and flatulence;

third - general somatic symptoms: hyperhidrosis, general weakness, moderate tachycardia, fast fatiguability.

The choice of symptoms associated with dysfunction of the gastrointestinal tract is due to the fact that almost all patients in the study groups revealed these features, and also, taking into account the results of scientific research, on the functional effect of COPD on the development of pathology of the gastrointestinal tract [1] ...

The results of homeopathic therapy were assessed using a three-point system, in which the total score was separately calculated for each of the three parts of the symptom complex (respiratory, abdominal, general somatic symptoms) in each group of patients. At the same time, the improvement in the condition (positive stable dynamics of at least 2 analyzed symptoms in the corresponding part of the symptom complex) corresponded to a value of 2 points, partial improvement (the presence among a certain part of the symptom complex - individual symptoms with unexpressed or unstable positive dynamics) - 1 point, no positive dynamics or worsening - 0 points. This methodological approach (scoring the dynamics of the clinical symptom complex) was formed taking into account: existing clinical standards for assessing respiratory and other functional symptoms, implemented scientific and methodological aspects in the field of restorative medicine, own scientific and practical experience [4, 6, 10]. Along with this, such a characterological element of the clinical and physiological action of complex homeopathic preparations was taken into account as the "primary positive reaction" of the patient's body.

The dynamics of other information and diagnostic elements reflecting the implementation of the restorative effect of homeopathic therapy was also studied - the results of a study of a number of indicators of external respiration function (according to spirometry data): forced expiratory volume in the first second (FEV_{one}); instantaneous expiratory flow rates characterizing the state of large, medium and small bronchi (MSV_{75%}, MSV_{50%}, MSV_{25%}); Kerdo index (regulation of structures of the autonomic nervous system). Sympathicotonia (positive results of the Kerdo index) characterizes a low level of adaptation; and the minimum values of the index (with a negative sign) reflect more physiological mechanisms of adaptation. The nonparametric Mann-Whitney test was used to assess the reliability of the differences in the mean values of respiratory function and the Kerdo index in the compared groups.

RESULTS OF THE STUDY

According to the data of complex diagnostics, the study groups showed signs of functional disorders typical for patients with COPD (mild or moderate severity) outside the exacerbation phase.

Clinical and anamnestic examination revealed the presence of: almost constant shortness of breath (during exercise), formed obstructive disorders - when controlling the function of external respiration (based on spirometry indicators), pulmonary emphysema - according to the results of radiation diagnostics; signs of persistent inflammation - according to bronchoscopy, with multiple sputum examination - an increase in the level of neutrophils and bacterial microflora (which also reflects the presence of a chronic infectious and inflammatory process). Taking into account the smoker's index, the majority of patients belong to the group of "heavy smokers". It was revealed that the exacerbation of COPD in the previous period in patients was influenced by a complex of factors: seasonal respiratory infections, unfavorable climatic conditions (cold, with high humidity weather) and exceeding the average number of cigarettes smoked per day (by 20-30%). The anamnestic data obtained in the patients of the study groups indicate the etiopathogenetic effect of tobacco smoking, an infectious-inflammatory factor, and impaired adaptive capabilities of the patient's body on the progression of COPD.

Clinical questioning noted: complaints of cough (more morning cough) with a moderate amount of mucous or mucopurulent sputum, alternating with episodes of unproductive cough; feeling of difficulty when coughing up phlegm, shortness of breath when performing physical activity. Additional complaints: recurrent pain in the epigastric region (on an empty stomach or after eating),

feeling of heaviness in this area after eating, belching, flatulence, sweating, heart palpitations, rapid fatigue. Physical examination revealed a heterogeneous auscultatory picture of the lungs - against the background of hard breathing, alternating zones of varying degrees of audibility were determined within the same and (or) different lobes; scattered dry wheezing. During auscultation of the heart and large vessels, almost all patients showed a not sharply pronounced accent of the second tone in the projection of the pulmonary artery, moderate tachycardia. Physical examination of the abdominal areas revealed tenderness to palpation, mainly in the epigastric region (with a positive Mendel's symptom).

The results of the conducted homeopathic therapy were characterized by temporal dynamics and presented in the form of initial positive changes in the elements of the clinical symptom complex in patients in the study groups (Table 1).

Table 1

Primary positive reaction against the background of therapy with complex homeopathic medicines

Components symptom complex	The first group "Echinacea compositum SN" n _{one} = 32	The second group "Mucose compositum" n ₂ = 32
Respiratory symptoms	6th-8th day, positive dynamics in the form of individual symptoms (after the third-fourth injection)	2nd-4th day, positive dynamics in the form of individual symptoms (after the first - the second injection)
Abdominal symptoms	6th-8th day, positive dynamics in the form of individual symptoms (after the third-fourth injection)	2nd-4th day, positive dynamics in the form of individual symptoms (after the first - the second injection)
General somatic symptoms	2nd-4th day, positive dynamics in the form of individual symptoms (after the first - the second injection)	6th-8th day, positive dynamics in the form of individual symptoms (after the third-fourth injection)

As follows from the table. 1, the earliest primary positive reaction was noted in the Echinacea compositum HF group on the 2nd - 4th day (after the first - second injection) and consisted in a decrease in the manifestation of certain general somatic symptoms - hyperhidrosis, general weakness and a number of others. On the part of the respiratory and abdominal groups of symptoms, the primary positive reaction was manifested in a later period (6th – 8th day) - a decrease in the intensity of unproductive cough, improved expectoration of sputum, transformation of negative symptoms from the gastrointestinal tract.

The primary positive reaction was detected in the group of patients "Mukoza compositum" on the 2nd-4th day (after the first-second injection) and consisted in the correction of respiratory symptoms, - a decrease in unproductive cough and shortness of breath, in a more "comfortable" sputum discharge during cough maneuver. In the positive dynamics of abdominal symptoms - a decrease in the intensity of pain in the epigastric region, a decrease in belching and a feeling of heaviness after eating. General somatic symptoms (on the 2nd – 4th day) in the studied aspect of dynamics during homeopathic therapy did not undergo significant changes. This feature was also confirmed by physical examination - the preservation of moderate tachycardia in the same volume and the presence of hyperhidrosis in patients in the analyzed group.

According to the results of a physical examination of the chest and abdominal organs, taking into account the temporal characteristics of changes in respiratory and abdominal symptoms, in patients of the Echinacea compositum SN groups (on the 6th-8th day) and Mucose compositum (2- th – 4 th day), a similar objective dynamics was revealed. Also, in patients of both groups, there was a tendency to the formation of a relatively uniform auscultatory picture in the projection of the bronchopulmonary segments and a decrease in abdominal pain sensations was revealed: when using superficial palpation, the disappearance of the positive Mendel's symptom, with deeper palpation, not sharply expressed pain sensations remained in the projection of the stomach and duodenum. intestines. A positive reaction, in the form of a decrease in certain general somatic symptoms (hyperhidrosis, moderate tachycardia and a number of others) was determined on the 6th-8th day, after the third-fourth injection of the drug Mukoza compositum. Based on the results of the entire course of homeopathic therapy, a comparative assessment of the results in the groups "Echinacea compositum SN" and "Mucose compositum" was carried out. Changes in the condition of patients are presented below (Table 2).

table 2

Scoring the dynamics of the clinical symptom complex in patients with COPD after the course homeopathic therapy

Components of the symptom complex	First group "Echinacea compositum SN", n _{one} = 32	Second group "Mucose compositum", n ₂ = 32
Respiratory symptoms	13 patients - 2 points 19 patients - 1 point Total - 45 points	27 patients - 2 points 5 patients - 1 point Total - 59 points
Abdominal symptoms	12 patients - 2 points 20 patients - 1 point Total - 44 points	31 patients - 2 points 1 patient - 1 point Total - 63 points
General somatic symptoms	18 patients - 2 points 14 patients - 1 point Total - 50 points	20 patients - 2 points 12 patients - 1 point Total - 52 points
Total score (192 possible points <small>- one hundred %</small>)	139 points (72%)	174 points (91%)

From the data presented in table. 2, it follows that the positive dynamics of the clinical symptom complex is present in both groups of patients. At the same time, the difference in the results in them was established: the greatest restorative effect was observed in the "Mucose compositum" group (especially on the part of the respiratory and abdominal parts of the clinical symptom complex). In the group of patients "Echinacea compositum SN", a more pronounced positive reaction on the part of general somatic symptoms and, to a lesser extent, on the part of other elements of the symptom complex. The difference in positive results (according to the points of the total assessment) in the group "Mucosea compositum" (91%) compared with the group "Echinacea compositum SN" (72%) was revealed. The clinical expression of the restorative effect in both groups was expressed: in a decrease in the duration of episodes of unproductive and unproductive cough (in the "Mucose compositum" group in 97%, in the "Echinacea compositum SN" group in 56% of patients), in better expectoration of sputum (without a clinically significant increase in its volume and purulence) for the Mucose group compositum "and" Echinacea compositum SN ", respectively, 94% and 50% of patients, reduction of shortness of breath when performing the same volume of daily physical efforts in the group" Mucose compositum "- in 88%, in the group" Echinacea compositum SN "- in 34 % of patients. These improvements in the condition of patients were confirmed by the results of a physical examination. At the same time, the patients of the "Mucose compositum" group (in comparison with the "Echinacea compositum SN" group) showed a more physiological auscultatory picture - in the form of a close to vesicular respiration,

Almost all patients of the "Mukoza compositum" group showed the disappearance of the accent of the second tone over the pulmonary artery and the heart rate close to normal (94% of the patient). Also in this group, the patients showed relief of abdominal symptoms (in 97% of patients) - the disappearance of pain, belching, heaviness after eating, flatulence, which was confirmed by the results of a physical examination. At the same time, in comparison with them, in the group "Echinacea compositum SN", in a number of patients (50%), some of the abdominal symptoms persisted to a moderate degree (taking into account the positive dynamics).

In the process of homeopathic therapy, the dynamics of electrocutaneous conduction was studied (according to the indicator of measurement of "arrow drop": M is the arithmetic mean of the indicator and m is the standard error of the arithmetic mean) (Table 3).

According to the table. 3, in both observed groups of patients with COPD, there is a positive dynamics of electrocutaneous conduction (taking into account the indicator of measurement "arrow drop") along all analyzed meridians. At the same time, the results of the SME in each of them have their own individual characteristics. In the patients of the Echinacea Compositum HF group, the most pronounced positive dynamics is observed in the CTE of the Lymphatic System meridian and the CTI of the Endocrine System meridian, while, according to the CTI of the Lungs meridian and a number of others, changes are less pronounced. In patients of the "Mucose compositum" group, the maximum positive dynamics is observed in the CTE of the "Lungs" and "Stomach" meridians.

While controlling the restorative effect, the dynamics of clinical and physiological

indicators - a series of data on the function of external respiration and the Kerdo index (Table 4).

Table 3

The dynamics of the indicator of measurement "arrow falling" in the process of homeopathic therapy according to data of electropunctural diagnostics according to the method of R. Voll

КТИ меридианов	Среднее арифметическое значение показателя «падение стрелки» и стандартная ошибка среднего арифметического значения (в условных единицах шкалы)			
	Первая группа «Эхинацея композитум СН»		Вторая группа «Мукоза композитум»	
	До терапии, $M \pm m$	После терапии, $M \pm m$	До терапии, $M \pm m$	После терапии, $M \pm m$
КТИ меридиана лимфатической системы	$12,0 \pm 0,7$	$3,0 \pm 0,5$	$11,0 \pm 0,4$	$5,0 \pm 0,4$
КТИ меридиана легких	$14,0 \pm 0,5$	$6,0 \pm 0,4$	$13,0 \pm 0,6$	$3,0 \pm 0,5$
КТИ меридиана дегенерации нервной ткани	$9,0 \pm 0,4$	$3,0 \pm 0,6$	$8,0 \pm 0,6$	$4,0 \pm 0,9$
КТИ меридиана кровообращения	$12,0 \pm 0,4$	$9,0 \pm 0,4$	$11,0 \pm 0,5$	$5,0 \pm 0,5$
КТИ меридиана эндокринной системы	$11,0 \pm 0,6$	$3,0 \pm 0,5$	$11,0 \pm 0,4$	$5,0 \pm 0,6$
КТИ меридиана желудка	$14 \pm 1,5$	$7,0 \pm 0,4$	$15 \pm 1,4$	$2,0 \pm 0,4$

Table 4

Dynamics of clinical and physiological indicators before and after a course of homeopathic therapy

Показатель	Группа «Эхинацея композитум СН»			Группа «Мукоза композитум»			P_{1-2}	P_{1-3}	P_{2-4}
	До терапии $M_1 \pm m_1$	После терапии $M_2 \pm m_2$		До терапии $M_1 \pm m_1$	После терапии $M_2 \pm m_2$				
ОФВ ₁ (%)*	$74,2 \pm 0,7$	$77,3 \pm 0,5$	$< 0,05$	$75,1 \pm 0,6$	$82,4 \pm 0,4$	$< 0,01$	$> 0,05$	$< 0,01$	
МСВ _{75%} (%)*	$57,4 \pm 1,1$	$65,2 \pm 0,8$	$< 0,01$	$58,7 \pm 1,2$	$73,3 \pm 0,9$	$< 0,01$	$> 0,05$	$< 0,01$	
МСВ _{50%} (%)*	$62,6 \pm 0,9$	$68,1 \pm 0,9$	$< 0,01$	$63,2 \pm 1,0$	$76,7 \pm 0,8$	$< 0,01$	$> 0,05$	$< 0,01$	
МСВ _{25%} (%)*	$69,4 \pm 1,0$	$78,3 \pm 0,9$	$< 0,01$	$68,2 \pm 1,1$	$88,6 \pm 1,0$	$< 0,01$	$> 0,05$	$< 0,01$	
Индекс Кердо	$16,85 \pm 0,92$	$7,23 \pm 0,78$	$< 0,01$	$16,67 \pm 0,94$	$-5,13 \pm 0,85$	$< 0,01$	$> 0,05$	$< 0,01$	

(%)* – процентное отношение от значения нормы.

From the data presented in table. 4, it follows that positive dynamics of clinical and physiological parameters (after treatment in comparison with baseline) is present in both groups of patients ($p < 0,01$), with the exception of FEV1 results in the Echinacea compositum HF group ($p < 0,05$). At the same time, recovery of speed characteristics (at the level of large, medium and small bronchi) is more pronounced in the "Mucose compositum" group (compared with the "Echinacea compositum SN" group) with $p < 0,01$. Analysis of the Kerdo index data also reveals the maximum changes in the second group of the study - more ergonomic autonomic regulation is determined (correction and improvement of adaptive mechanisms).

In the course of homeopathic therapy, patients did not show an increase in the symptoms of the disease or negative clinical, instrumental and laboratory dynamics.

DISCUSSION

This study was carried out to study the recovery effect in the differential use of one of the two complex homeopathic medicines (Echinacea compositum SN and Mucose compositum) on the example of 64 patients with mild to moderate COPD outside the exacerbation phase. Since COPD is a combination of chronic bronchitis and pulmonary emphysema, the use of the term chronic diseases of the bronchopulmonary system is justified when discussing the results.

The use of the clinical symptom complex proposed in this work, developed taking into account the scientific and methodological approaches in the field of medical rehabilitation, made it possible to group the main symptoms (characterizing complaints and functional disorders in patients) in the form of three components (respiratory, abdominal and general somatic symptoms) and to evaluate differentially restorative effect of various complex homeopathic preparations.

The subsequent study of the restorative effect in the process of homeopathic therapy and based on the results of its results made it possible to reveal in patients the predominant effect on the respiratory and abdominal parts of the symptom complex - the drug Mucose compositum compared to Echinacea compositum SN. This orientation is associated with the peculiarities of pathogenesis and with a number of functional elements that form the clinical picture in patients with chronic diseases.

bronchopulmonary system in the studied groups, on the one hand, and the complex regulating effect of homeopathic elements in the composition of the studied means, on the other hand.

The revealed positive changes in electrocutaneous conductivity during electropuncture diagnostics according to R. Voll's method confirm the effectiveness of this methodological approach in rehabilitation therapy with complex homeopathic drugs *Mucose compositum* and *Echinacea compositum* SN. In the presented work, the EPF method proved the positive effect of these homeopathic remedies both on the bronchopulmonary system and on other organ systems (taking into account the pathogenesis) damaged in patients with COPD (gastrointestinal tract and neurovascular endocrine structures involved in the formation of adaptive reactions) ...

The peculiarities of the obtained results of the EPF, clinical-physical and instrumental examination suggest different mechanisms of the realization of the therapeutic effect on the organism of the patients of the studied groups. The drug *Echinacea compositum* SN forms a restorative effect through a complex of adaptive nonspecific reactions (which, in our opinion, is evidenced by the early correction of general somatic symptoms, in comparison with respiratory and abdominal symptoms, the direction of the dynamics of electrocutaneous conduction and the results of the Kerdo index).

At the same time, the drug *Mucose compositum* implements a restorative effect through a therapeutic effect on homologous mucous membranes of internal organs (disturbed in the course of a chronic disease), as indicated by the nature of an early positive reaction on the part of the clinical symptom complex, the final indicators of the Kerdo index and the maximum positive dynamics of the EPF results. , first of all along the "Lungs" and "Stomach" meridians, the results of the restorative effect on the speed indicators of the external respiration function.

Thus, the study made it possible to compare the restorative effect of two complex homeopathic preparations, which allows us to use these remedies taking into account a differentiated approach and integrative aspects in modern rehabilitation technologies in patients with chronic diseases of the bronchopulmonary system.

conclusions

1. In patients with chronic diseases of the bronchopulmonary system, it is indicated restorative effect of homeopathic preparations *Echinacea compositum* SN and *Mucose compositum* in the form of correction of the main functional disorders and improvement of respiratory function.

2. Dynamics of the results of electrocutaneous conduction during electropuncture diagnostics according to R. Voll's method reliably reflected the positive changes in the condition of patients with COPD, taking into account the identified criteria for the restorative effect of homeopathic therapy.

3. Revealed features of the therapeutic action of complex homeopathic preparations *Echinacea compositum* SN and *Mucose compositum* allow them to be taken into account in an integrative approach in the rehabilitation treatment of patients with chronic diseases of the bronchopulmonary system.

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