

EXPLORING THE EFFECTIVENESS OF CORDYCEPS SINENSIS IN TREATING BRONCHIAL ASTHMA: A PROSPECTIVE STUDY

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ABSTRACT

Bronchial asthma is characterized by airway inflammation, hyperreactivity, and reversible airflow obstruction. Traditional Tibetan and Chinese medicines have long used Cordyceps Sinensis for lung-related ailments. This study aims to explore its potential in managing bronchial asthma. This prospective experimental study will include a minimum of 30 cases from in-patients and out-patients of Sri Sai Ram Homoeopathic Medical College and Research Centre and Tambaram Peripheral, Mobile OPD. Diagnostic criteria include clinical presentation, pulmonary function tests, allergic tests, and other relevant investigations. Data were collected from in-patients and out-patients of Sri Sai Ram Homoeopathic Medical College & Research Centre and Tambaram Peripheral Mobile OPD over a period of six months. A minimum of 30 cases were selected based on inclusion criteria, including patients of all age groups and both sexes, diagnosed with bronchial asthma. Exclusion criteria encompassed irreversible diseases and severe chronic lung pathologies. The efficacy of Cordyceps Sinensis was assessed using standard homoeopathic case-taking proforma, Asthma Control Test (ACT), and Asthma Control Questionnaire-6 (ACQ-6). Symptomatic improvement and investigatory findings were utilized for prognostic evaluation. Among the 30 cases included in the study,

44% were men, 33% were women, and 23% were children. Marked improvement was observed in 57% of cases, moderate improvement in 36%, and mild improvement in 7%. This prospective study demonstrates promising results regarding the efficacy of Cordyceps Sinensis 30 in the management of bronchial asthma, indicating its potential as a therapeutic option. Further research is warranted to elucidate its mechanism of action and long-term effects.

KEYWORDS: Bronchial asthma, Cordyceps Sinensis, Hyperreactivity, Homoeopathic

INTRODUCTION:

Bronchial asthma is a chronic respiratory condition characterized by recurrent episodes of wheezing, breathlessness, chest tightness, and coughing. It is a complex disorder involving inflammation and constriction of the airways, often triggered by various environmental factors such as allergens, pollutants, respiratory infections, or physical exertion. Asthma affects individuals of all ages, from children to adults, and its prevalence has been steadily increasing worldwide, posing significant challenges to public health systems.

Homoeopathic management offers a holistic approach to treating bronchial asthma, aiming not only to alleviate the symptoms but also to address the underlying causes and predispositions. Unlike conventional medicine, which primarily relies on bronchodilators and anti-inflammatory drugs, homeopathy focuses on stimulating the body's inherent healing mechanisms to restore balance and promote overall well-being.^[1]

In homeopathy, the selection of remedies is based on the principle of "like cures like," where substances that would produce similar symptoms in a healthy individual are used to treat the symptoms in a diseased person. This individualized approach takes into account the unique constitution, symptomatology, and triggers of each patient, ensuring tailored and effective treatment.^[2]

Homoeopathic remedies for bronchial asthma may include substances derived from plants, minerals, or animal sources, prepared in highly diluted forms to minimize toxicity and enhance their therapeutic effects. These remedies are prescribed after a thorough evaluation of the patient's medical history, family history, lifestyle factors, and emotional state, aiming to address both the physical and emotional aspects of the condition.^[3]

The goal of homoeopathic management in bronchial asthma is not only to provide symptomatic relief during acute episodes but also to reduce the frequency and intensity of attacks, improve lung function, and enhance the overall quality of life. By stimulating the body's innate healing capacity and restoring harmony on a deeper level, homeopathy offers a gentle yet potent approach to managing bronchial asthma, empowering individuals to achieve long-term health and vitality. [4-6]

MATERIALS AND METHODS:

The study was conducted at Sri Sai Ram Homoeopathic Medical College & Research Centre and Tambaram Peripheral Mobile OPD, encompassing both in-patients and out-patients over a period of 6 months. A minimum of 30 cases afflicted with the disease were selected based on specific inclusion criteria.

Inclusion and Exclusion criteria's:

Inclusion criteria comprised patients of all age groups and genders, regardless of socio-economic status, with diagnostic criteria primarily reliant on clinical presentation. Exclusion criteria encompassed patients with irreversible diseases, severe chronic lung pathology, or complications of asthma such as pneumonia, respiratory failure, or status asthmatics.

Diagnostic assessments

Diagnostic assessments involved a range of tests including pulmonary function tests (SPIROMETRY), skin prick tests for allergies, fractional exhaled nitric oxide tests, sputum eosinophil counts, complete blood counts, Immunoglobulin E (IgE) tests, identification of triggering factors, X-ray chest, and CT chest scans. Prognostic evaluation was based on symptomatic improvement and investigative findings post-treatment, employing standard homoeopathic case-taking proforma and administering *Cordyceps sinensis* 30 according to the severity of the case, adhering to Kent's 12 observations.

Medication and Scales Used:

Medication was orally administered, and data collection involved interviews during initial and subsequent follow-up visits. Asthma Control Test (ACT) and Asthma Control Questionnaire-6 (ACQ-6) were employed to assess symptom scores and changes during follow-up. Prognosis

was determined based on symptomatic relief, with statistical analysis conducted using the Wilcoxon signed rank sum test.

RESULTS AND DISCUSSION:

Analysis of the study's data revealed that among the 30 cases included, 44% were men, 33% were women, and 23% were children (**Fig 1**) In terms of improvement following treatment, 57% of cases showed marked improvement, 36% demonstrated moderate improvement, and 7% exhibited mild improvement (**Fig 2 & 3**). These findings suggest a significant disparity in symptom alleviation and scores subsequent to the administration of homoeopathic medicines for Bronchial Asthma. This study underscores the efficacy of Cordyceps Sinensis Homoeopathic treatment in effectively managing Bronchial Asthma, as evidenced by the notable improvements observed in the majority of cases examined.

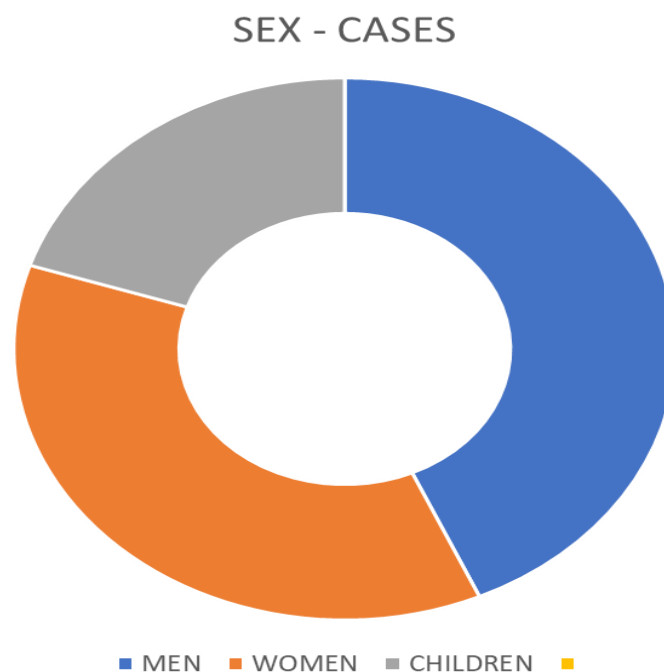


Fig 1: Distribution of Cases based on sex

Demographic Distribution:

The study's data analysis revealed an interesting demographic distribution among the 30 cases included. Notably, 44% of the cases were men, 33% were women, and 23% were children. This distribution sheds light on the prevalence of bronchial asthma across different age and gender

groups. Understanding these demographics is crucial for tailoring treatment approaches and addressing potential variations in response to therapies.^[7]

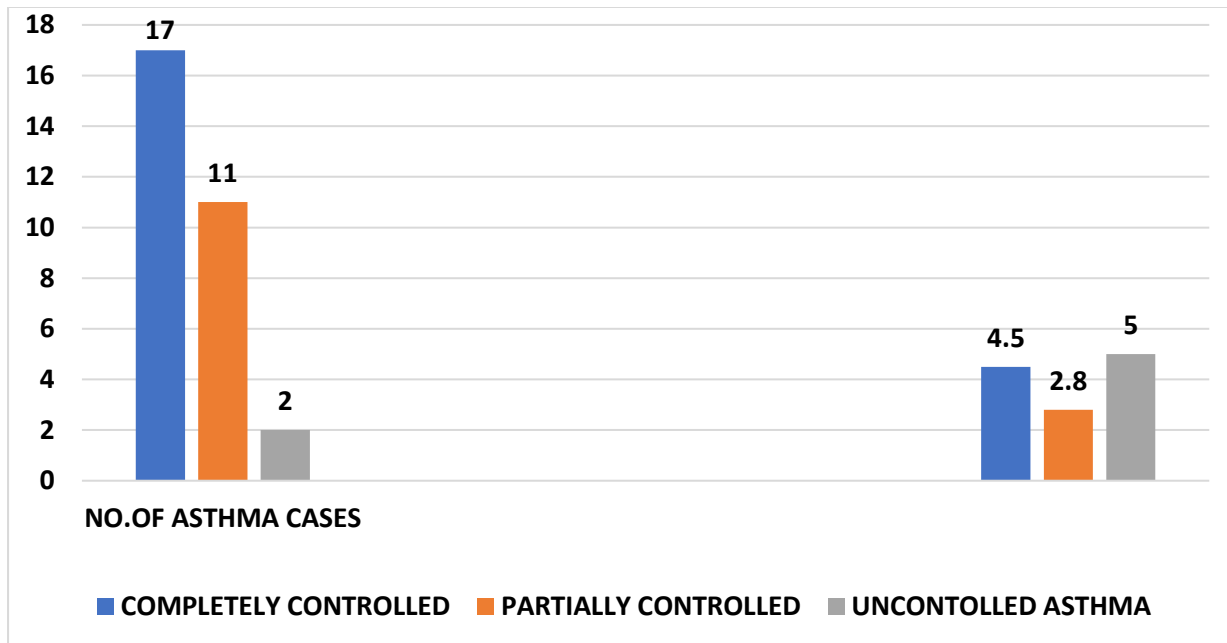


Fig 2: Number of Asthma Controlled, Uncontrolled and Partial cases

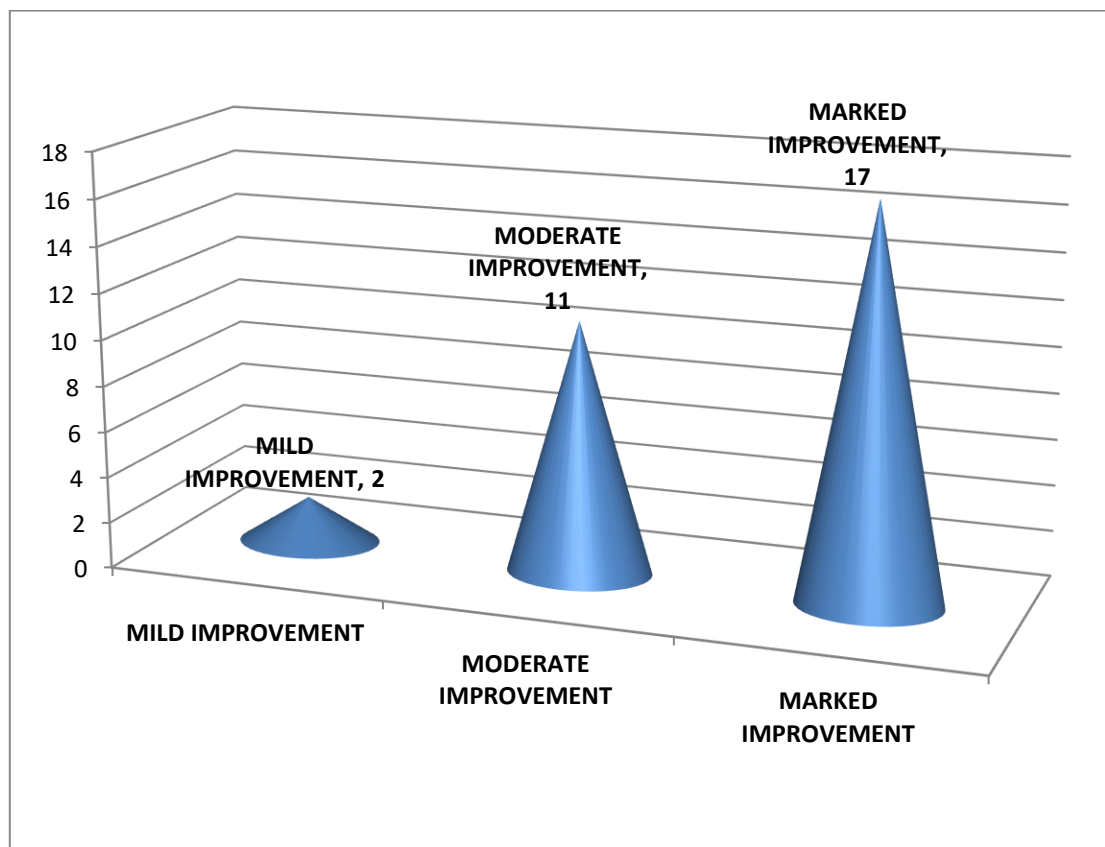


Fig 3: Improvement Status

Symptom Alleviation and Treatment Response:

One of the key findings of the study is the significant improvement observed following Cordyceps Sinensis Homoeopathic treatment. The data indicate that 57% of cases showed marked improvement, 36% demonstrated moderate improvement, and 7% exhibited mild improvement. These results underscore the potential efficacy of homoeopathic medicines in managing bronchial asthma symptoms, ranging from mild to severe cases.^[8]

Disparity in Treatment Response:

An intriguing aspect highlighted by the study is the observed disparity in treatment response among patients. While the majority of cases showed significant improvement, a proportion demonstrated only moderate or mild improvement. This raises questions about factors influencing treatment response, such as individual variability, disease severity, and underlying mechanisms of action of homoeopathic remedies. Further research is warranted to explore these factors and optimize treatment outcomes for all patients.^[9]

Efficacy of Cordyceps Sinensis Homoeopathic Treatment:

The findings of this study provide compelling evidence for the efficacy of Cordyceps Sinensis Homoeopathic treatment in managing bronchial asthma. The notable improvements observed across the majority of cases suggest the therapeutic potential of this homoeopathic remedy in alleviating respiratory symptoms and improving quality of life for patients. However, more extensive clinical trials are needed to validate these findings and establish the safety and effectiveness of Cordyceps Sinensis in bronchial asthma management.^[10]

CONCLUSION:

The analysis of study data underscores the potential of Cordyceps Sinensis Homoeopathic treatment as an effective approach for managing bronchial asthma. The observed improvements in symptoms among patients highlight the promising role of homoeopathy as a complementary therapy in respiratory care. Moving forward, further research and clinical trials are essential to elucidate the mechanisms of action, optimize treatment protocols, and ensure the safe and efficacious use of Cordyceps Sinensis in bronchial asthma management. The culmination of this study sheds light on the potential of Cordyceps Sinensis in managing bronchial asthma,

presenting promising avenues for future therapeutic interventions. Bronchial asthma, characterized by airway inflammation, hyperreactivity, and reversible airflow obstruction, poses significant challenges in treatment, often requiring a multifaceted approach to symptom management. ^[11]

Traditional Tibetan and Chinese medicines have long recognized the beneficial effects of Cordyceps Sinensis on lung-related ailments, providing a strong rationale for its investigation in bronchial asthma management. Through a prospective experimental study encompassing a minimum of 30 cases from in-patients and out-patients, this research sought to explore the efficacy of Cordyceps Sinensis in alleviating asthma symptoms and improving patient outcomes.

The inclusion criteria, spanning various age groups and both sexes, ensured a comprehensive evaluation of Cordyceps Sinensis' efficacy across different demographic profiles. Diagnostic criteria, including clinical presentation, pulmonary function tests, allergic tests, and other relevant investigations, provided a robust framework for assessing treatment response and prognostic evaluation.

The findings of this study revealed notable improvements in a significant proportion of cases following Cordyceps Sinensis Homoeopathic treatment. Marked improvement was observed in 57% of cases, while 36% demonstrated moderate improvement, and 7% exhibited mild improvement. These results underscore the potential of Cordyceps Sinensis as a therapeutic option in bronchial asthma management, offering hope for patients seeking alternative or complementary approaches to conventional treatments. However, while these findings are promising, further research is warranted to elucidate the mechanism of action of Cordyceps Sinensis and its long-term effects on bronchial asthma management. Additionally, larger-scale clinical trials are needed to validate these results and establish the safety and efficacy of Cordyceps Sinensis as a standardized treatment option. ^[12]

This prospective study provides valuable insights into the potential of Cordyceps Sinensis in managing bronchial asthma, highlighting its role as a promising therapeutic agent. By continuing to explore its efficacy and mechanism of action, we can pave the way for the development of novel and effective treatments for bronchial asthma, ultimately improving the quality of life for millions of affected individuals worldwide. ^[13]

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