

**A STUDY ON THE EFFICACY OF A HOMOEOPATHIC  
SIMILLIMUM REMEDY IN THE TREATMENT OF CHRONIC  
ASTHMA IN ADULTS**

A dissertation submitted to the Faculty of Health Sciences,  
Technikon Witwatersrand, Johannesburg, in partial fulfillment for the  
degree of Master of Technology: Homoeopathy

by

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# DECLARATION

I, Arnike Redelinghuys, declare that this dissertation is original. It is being submitted to the Technikon Witwatersrand for the degree: Master of Technology: Homoeopathy. It has not been submitted previously to this or any other institution for the purpose of obtaining a qualification.

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(Signature of Candidate)

\_\_\_\_\_ day of \_\_\_\_\_, 2004

**To my Grandmother**  
**Gré de Chavonnes Vrugt**

## **ACKNOWLEDGEMENTS**

Dr Sonya van Es

for supervision, homoeopathic input and greatly appreciated advice in this research

Dr Henriette Niehaus

for encouragement, enthusiasm and input as co-supervisor

Dr Radmila Razlog

for guidance, expertise, advice and support as research promotor

Dr Kanellie Hatzikonstandinou

for valuable assistance and advice during the first part of this research

Dr Robbie Potenza

for guidance and support in this research

Mr Leon Brits

for advice and willingness to make his consultation room available

Mrs Riëtte Eiselen and Mr Eugene Redelinguys

for advice on computation and analysis of the research statistics

Mr Jan Pieter Bosman and Mrs Marieke Redelinguys

for advice, editing and unfailing patience in proofreading

and

to family and friends, whose support over the past five years

has made the study of Homoeopathy possible

## **ABSTRACT**

Chronic asthma is characterised by widespread inflammation and reversible narrowing of the bronchial airways. Inflammation of the bronchial mucous membrane renders it hyper-responsive to a variety of stimuli, resulting in wheezing, coughing, chest tightness and breathing difficulty. Asthma was first recognised by the Chinese, four thousand years ago and Hippocrates described it in the fourth century BC. Despite the amount of literature and information available on asthma, this disease is still on the increase world-wide.

This research study was undertaken to establish the efficacy of homoeopathic simillimum remedies in the reduction of the frequency and severity of asthmatic symptoms, in adult individuals who suffered from chronic asthma.

The research was carried out at the TWR health clinic at Doornfontein, from 1 June 2003 to 31 December 2003. Ten participants, eight males and two females, of all ethnic groups and between the ages of twenty-one and thirty-one, took part in this research. Each participant was interviewed during a homoeopathic consultation. Simillimum remedies were given and the participants were monitored over a period of fourteen weeks, at fortnightly follow-up consultations.

Each participant received his/her own peak flow meter and a peak flow rate chart (Appendix E). Morning and evening PEFr were obtained by using the peak flow meter. These readings were recorded, along with any relevant symptoms experienced and/or bronchodilating medication used that day. Participants were required to record the above-mentioned data for two weeks before the homoeopathic treatment commenced and for the remaining twelve weeks of the study.

The following results were obtained:

- Most participants reported less frequent and less severe acute asthmatic attacks, as well as fewer nocturnal asthmatic symptoms.
- Most participants reported an increased ability to participate in exercise without the need for bronchodilating medication during these activities.

- No statistically significant changes were found on the morning or evening peak expiratory flow rates recorded over fourteen weeks.
- No statistically significant change was found on the frequency of bronchodilating medication used over fourteen weeks.

The following conclusions may be drawn from the recorded results:

- Homoeopathic simillimum remedies appear to have been effective in the treatment of chronic asthma in adults.
- Homoeopathic simillimum remedies appear to have been effective in the reduction of acute asthmatic attacks and nocturnal asthmatic symptoms.
- Homoeopathic simillimum remedies appear to have been effective in increasing the participants' abilities to partake in physical exercise, as well as in decreasing their need for bronchodilating medicine during exercise.

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