

## **A Case of Chronic Obstructive Pulmonary Disease COPD) treated with SEPIA (Homoeopathy)**

A 65 yr old male presented with DOE (dyspnea on exertion). He had difficulty performing daily activities of life. He was compelled to take inhalers few times a day to carry on with any kind of activity. He was from a coastal town and noted that whenever he went to his hometown, his asthma would aggravate. Sometimes he would eat to get relief from the attack of asthma. He also had a slight salty expectoration in the morning. These modalities led to a prescription of SEPIA 10M, one dose. He was also given ARS ALB 30 as SOS. He felt much better for some time but the symptoms started returning. 3 months after the first dose, he was given SEPIA 50M one dose. This time the improvement progressed beautifully till he was completely off inhalers and was able to carry out his activities without any difficulty in a follow up 6 months later. He had stopped taking ARS ALB also as SOS medicine.

### **Explanation**

The strong modalities which were elicited in this case led to the prescription of sepia (generality; air; seashore agg. Generality; eating >. Kent Repertory). There was a salty taste of expectoration which supported the choice of remedy. The potency 10m helped initially but failed to carry forward the improvement, hence it was decided to go to a higher potency instead of repeating same.

Aude Sapere

Shivangi Jain  
BHMS, MD, PGDMLE, PGDHHM  
drshivangijain79@gmail.com  
<https://drshivangihomoeopathy.com/>