

## Effect of Natural Treatments Ipechahcuana 6 and Spongia 6 on COPD in Human Patients

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### Abstract

Ten patients suffering from COPD were included in the 60 days study. They were administered ipecacuana and songia tosta naturally found. Ipecacuanha contains the pseudo-tannin or cephaëlic acid and the alkaloids emetine (methylcephaeline) and cephaeline. The plant based preparations were used with good efficacy with 100-110 ug of emetine. It expels the phlegm or liquefies and facilitates the mucous to expel out for the relief of congestion in chest/lungs. The cephaline also facilitates in mucous expulsion. The lung functional efficacy is improved with solution of Spongia tosta because it has been used in several ailments. It contains Avarol that inhibits inflammatory responses like tumor necrosis factor-alpha (TNF-alpha). The combination of both natural drugs give a synergistic effect to cop up the Emphysema (might be major cause of short breath in COPD) and mucolytic effect along with bronco-dilatation for the symptomatic relief of the COPD patient. Still the role of natural drugs is not clear and it needs further investigation on latest diagnostic tools for the better treatment and quality of the life of the COPD patients.

**Keywords:** Natural treatments; COPD

### Introduction

The COPD is a problem of all the advanced countries [1,2]. Moreover up to 2020 it will be one of the leading cause of death in world as well as in USA [3]. It is always sought to avoid the problems in the medically advanced countries but the problem persists and even can lead to resistance in antibiotic profile [4] the best antibiotics remained fail to treat the effected patient. Mostly the problem is exacerbated by sputum, morning sickness, dyspnea, short of breath and extreme weakness with bronchitis [5]. The problem goes undiagnosed or poor diagnosed even after exhaustive diagnostic tools [6]. The problem like COPD is widening its circle even after the development of third generation antibiotics or chemotherapies [6]. The global strategy to treat the COPD [3,4] was reviewed for the prevention of disease but still it is to be implemented. The advanced chemotherapies like triamcinolone was inhaled in patients [7] that improved the health status but could not stop the lungs dysfunction [8] but the herbs like Ipecacuana commonly used in Asia, Brazil and other countries [9] showed a series of good results and were successfully grown on the local grounds. The purpose of this study is to evaluate the novel combinations to treat the exacerbating syndrome with available natural remedies.

### Materials and Methods

Total ten non-smoker human patients showing COPD signs of five male and five female after getting necessary consent were included in the study. The disease was diagnosed by spirometry [10] and criteria was followed as per guide lines [11,12]. The solution of ipecacuana (*Carapichea ipecacuanha*) and *Spongia tosta* (roasted sponge from the sea) were prepared as described [13-16]. The non-smoker patients were registered and the study was initiated for the 60 days. They were contacted frequently and asked for any complications time to time. The data obtained was analyzed statistically with DMRT [17]. The x-ray of chest was obtained for better diagnosis and better understanding of the internal chest condition (Figure 1). The solutions of ipecacuana (*Carapichea ipecacuanha*) and *Spongia tosta* (roasted sponge from the sea) were given per oral in little sip of water for thrice in day (tid) and monitored regularly.

### Results

Ten COPD suspected patients were showing better results. The study expanded up to 60 days and ipecacuana (*Carapichea ipecacuanha*) and

*Spongia tosta* (roasted sponge from the sea) were given thrice in a day in little amount of water per oral. The phlegm was reduced 60% apparently along with improvement in ability to walk. The short of breath was 20%



Figure 1: X-Ray of chest with COPD.

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less in patients and night cough has decreased in frequency up to 60%.

## Discussion

The COPD patients suffer from chronic cough at night with phlegm along with short of breath (dyspnea) [18]. The lungs suffer from less efficacy of oxygen inhalation due to less expansion of its muscles [19]. The lungs show inflammatory process in the presence IL-6 and IL8 of phlegm [20] along with a variety of inflammatory cells produce CXCL10 in response to antigens (phlegm) in COPD [21] and the continues presence of antigen reduces the lung function [22]. Moreover the COPD patients reduce in their BMI [23]. The presence of antigen and frequent coughing may make the COPD patients vulnerable to other respiratory problems [24]. The ipecacuana (Carapichea ipecacuanha) contains [25] Ipecacuanha contains the pseudo-tannin or cephaëlic acid and the alkaloids emetine (methylcephaline) and cephaline. The plant based preparations are used with good efficacy [26] with 100-110 µg of emetine. It expels the phlegm or liquefies and facilitates the mucous to expel out for the relief of congestion in chest/lungs. The cephaline also facilitates in mucous expulsion [27]. The lung functional efficacy is improved with solution of Spongia tosta [28] because it has been used in several ailments [29]. It contains Avarol that inhibits inflammatory responses [30] like tumor necrosis factor-alpha (TNF-alpha) [31]. The combination of both natural drugs give a synergistic effect to cop up the Emphysema (might be major cause of short breath in COPD) and mucolytic effect along with bronco-dilatation for the symptomatic relief of the COPD patient. Still the role of natural drugs is not clear and it needs further investigation on latest diagnostic tools for the better treatment and quality of the life of the COPD patients.

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