

PNEUMONIA THERAPY

Fever management: Ensuring a quiet environment with low sensory input by *sending* the patient *to bed in a quiet room* with few sensory impressions and suspending all unnecessary mental and motor activities. A refreshing nap, limited food intake (low in protein), with sufficient drinks at room temperature support a “good fever”. The feet need to be kept warm.

Standard Treatment

- Appropriate antibiotic therapy
- Tappotage of the chest, if needed

Acupuncture Treatment

- Laser acupuncture may result in less pain in the chest area, normalization of the sleeping pattern, and a decrease in the number of hospital days
- Low-level laser therapy may decrease the exudate
- The regulating effect of acupuncture on the autonomous nervous system of the heart can have a positive effect on tachycardia.

Anthroposophic Treatment

- *Aconitum/Bryonia* alternated every one to two hours with *Phosphorus/Tartarus stibiatus*
- *Cardiodoron* 4x/day
- *Ferrum phosphoricum* or *Ferrum metallicum D6*
- *Lemon juice compresses* to the chest.

Homeopathic Treatment

Belladonna can be given to calm the patient; *Aconitum* for patients with mortal fear, high fever, pressure on the chest, and worsening around midnight; *Bryonia* with intense, stabbing pains in the chest; *Phosphorus* for serious breathing problems; *Lycopodium clavatum* with flaring of the nostrils in a patient with (right-sided) pneumonia and hydrothorax; *Ferrum metallicum* for the absorption of exudate; *Antimonium tartaricum* when the patient is too weak to cough up sputum.

THERAPY FOR OTHER INFLAMMATORY AIRWAY DISEASE

Acute treatment similar to acute pneumonia and chronic treatment similar to chronic asthma plus specifically in:

Acute and chronic sinusitis: *Myristica D4* dilution and *externally applied horseradish compresses*

Colds: *Ferrum phosphoricum D6* and *Cinnabar D6*

Flu: *Infludo*

Otitis media: *Levisticum radix D3* dilution

Hay fever: *Gencydo* is the medication of choice, both in acute and chronic situations

Acute and chronic bronchitis: *Pyrite D3*

COPD: therapy is similar to asthma therapy.

ASTHMA THERAPY

- Reassure the patient
- Lifestyle changes: a more relaxed rhythm, stimulate rest
- Regular walking, swimming, or biking
- Triggers should be avoided
- *Psychotherapy, such as biographical research* can greatly support a process of self-education
- *Meditative techniques, consciously directing attention and relaxation, mindfulness*
- *Breathing and rhythm in the therapy.*

Standard Treatment

- *Glucocorticoids* orally and by inhaler
- β_2 *adrenergic agonists* and *anticholinergics* by inhalation or orally
- Leukotriene modifiers such as *monteleukast*; monoclonal antibody *Omalizumab*; mast cell stabilizing agents such as *cromolyn sodium* in trigger-induced asthma
- *Desensitization*
- *Supplemental oxygen therapy*

Acupuncture Treatment

- *Ear acupuncture* by a trusted person improves the quality of life
- Acupuncture can decrease the anxiety, particularly ear acupuncture
- The regulating effect of acupuncture on the autonomous nervous system of the heart can have a positive effect on tachycardia.

Anthroposophic Treatment

- *An alternation of Quercus cortex 10% solution* in the morning and *Veronica 10% solution* in the evening
- *Citrus/Cydonia* for the hypersensitivity
- *Lobelia comp.* supplemental for acute exacerbations and in stress situations preventatively
- *Thymus vulgaris* or *lavender oil* on the chest
- *Anthroposophic physiotherapy and rhythmical massage therapy*
- *Eurythmy therapy; art therapy*

Homeopathic Treatment

Phosphorus for anxious patients; *Aconitum* after catching cold; *Arsenicum album* when attacks occur around midnight; *Cuprum metallicum* for muscle cramps; *Kalium carbonicum* when the attacks occur between 2.00-5.00 AM; *Lachesis* for the patient who wakes up with an asthma attack; *Ipecacuanha* for spastic cough with retching; *Nux vomica* for a tickling cough; *Pulsatilla* when the patient is weepy during an attack; *Spongia* for a tickling cough that improves with (warm) drinks; *Carbo vegetabilis* for the patient who is exhausted and bothered by regurgitation; *Stannum* when there is great difficulty speaking; *Hyoscyamus* when there is a cough all night long or when lying down.