

# Case Study

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## Presentation:

14 year old male, asthma, otitis media, sinusitis, eczema, headaches

## History of patient:

- At birth diagnosed with IgA subclass 2 and 4 deficiencies
- Onset of otitis media (OM) at 2 months of age, occurring at least once a month
- Tympanostomy, removal of tonsils and adenoids, sinus flush at 2 years of age (YOA)
- Occasions of very high fevers as an infant with colds
- Bacterial pneumonia at 2 YOA prior to onset of asthma
- Onset of asthma at 2 YOA, eczema onset at 8 YOA (scalp, chest, groin)
- Asthma triggers include viral infections, exercise, cold weather, and allergies
- Symptoms with asthma include croupy cough with barking and/or hacking which is paroxysmal in nature, shortness of breath, no wheezing
- Attacks were occurring every one to 2 months
- In the past, he was treated with Singulair® (montelukast sodium) once daily since 5 years, Ventolin® (salbutamol) 3 puffs t.i.d. since 2 YOA, Atrovent® (ipratropium bromide) 2 puffs b.i.d. since 8 years, and Qvar® (beclamethasone dipropionate) 2 puffs daily since 2 years
- Even on these medications, with various changes and adjustments, he has never been stable with respect to the asthma, peak flows never > 300 L/min
- Naturopathic treatment started in June 2004

## Treatment Plan:

**06/30/04**

- **Pulsatilla compositum:** 1 ampoule 3 times weekly, per os
- **Tartephedreel:** 10 drops t.i.d.

**07/21/04**

- **Tartephedreel:** 10 drops t.i.d.
- **Pulsatilla compositum, Engystol, Zeel comp., Ubicoenzyme:** by inhalation, 1 ampoule of each 3 times weekly
- Pyridoxal-5-Phosphate 50 mg daily
- Beta carotene 7500 UI, ascorbic acid 500 mg, vitamin E 150 IU, selenium (citrate) 50 micrograms (ACE+ Se by Thorne Research®) 1 capsule b.i.d.
- DHA 200 mg, EPA 900 mg, other omega-3 oils 100 mg, vitamin E 22 IU (ProEPA® by Nordic Naturals®) 1 capsule daily

**08/11/04**

- Not needing any inhalers at all
- No cough, no shortness of breath
- When walking dog, no coughing at all
- Peak flows average 370 L/min, 1 week ago was 450 L/min

**09/08/04**

- With physical education class at school, remaining asymptomatic with exertion, taking Ventolin® 15 minutes prior to class with no difference

Treatment change:

- **Pulsatilla compositum, Tuberculinum-Injeel forte, Funiculus umbilicalis suis-Injeel:** by inhalation, 1 ampoule of each 2 times weekly
- Continue **Tartephedreel** and other supplements

**10/27/04**

- Peak flows generally around 400+ L/min now
- Not using any puffers at all
- Treatment:
- Finish and stop inhalations for now
- Continue with supplements

**11/09/04**

- All medications finished, starting to feel worse again
- Peak flows now decreased to below 300 L/min

Treatment:

- Restart inhalation with **Pulsatilla compositum, Engystol, Zeel comp., and Ubicoenzyme,** 1 ampoule of each 3 times weekly, along with **Tartephedreel,** 10 drops t.i.d., continue other supplements

**11/17/04**

- Improvement within several days of restarting inhalation treatments
- Peak flows back to 370-400 L/min

Treatment:

- Continue inhalation until the end of December 2004, along with supplements

**12/21/04**

- Peak flows 380-400 L/min on average, with very occasional drops
- Not using puffers at all
- Sinuses bothering lately, eczema on scalp becoming worse lately

Treatment:

- Continue as per 11/09/04 with inhalation, **Tartephedreel,** and supplements
- Add **Euphorbium compositum nasal spray,** bilaterally 1-2 sprays b.i.d.

**02/10/05**

- Peak flows now maintained between 400-450 L/min daily
- One incidence of a decline (to 350 L/min) with a cold for 4 days, but no significant change in symptoms
- **Tartephedreel** and inhalation therapy ceased
- **Euphorbium compositum nasal spray** PRN
- Supplements decreased: Pyridoxal-5-Phosphate 50 mg daily, ACE+Se 1 capsule daily, ProEPA 1 capsule daily

## Conclusion

Patient and parents are very satisfied with the outcome of treatment. He has not suffered from any asthma attacks since initiation of treatment. Incidentally, the eczema has also improved. Headaches and sinusitis have been resolved. There has been no other incidence of otitis media since the beginning of treatment.