



Research Paper

Comparative Clinical Evaluation of Bryonia Alba vs. Arsenicum Album in Acute Bronchitis: A Randomized Clinical Study

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Abstract

This randomized comparative study evaluated the clinical efficacy of Bryonia alba and Arsenicum album in the management of acute bronchitis. Eighty patients aged 20 to 60 years were randomly divided into two equal groups. Group A received Bryonia alba 30C, and Group B received Arsenicum album 30C, each administered thrice daily for seven days. Clinical assessment was done using a Bronchitis Symptom Score (BSS), including cough, sputum production, dyspnea, and fatigue. Mean BSS reduction was greater in the Bryonia group (78.4%) than in the Arsenicum group (71.2%), indicating a significant difference ($p < 0.05$). Both remedies were well tolerated without adverse effects. The study concludes that Bryonia alba is slightly more effective for dry, painful coughs with chest pain and less dyspnea, while Arsenicum album is preferable for restless and anxious patients with a burning sensation. Homoeopathy offers safe and symptom-specific management for acute bronchitis in community practice.

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KEYWORDS: Homoeopathy, Acute Bronchitis, Bryonia alba, Arsenicum album, Randomized Comparative Study

1. INTRODUCTION

Acute bronchitis is a common respiratory infection affecting nearly 5% of adults annually, often linked to seasonal viral triggers. Allopathic treatment relies mainly on symptomatic relief and antibiotics, leading to drug resistance and adverse effects. Homoeopathy, based on individualization and totality of symptoms, offers an effective alternative.

Among homeopathic remedies, Bryonia alba and Arsenicum album are frequently prescribed for bronchial inflammations. However, comparative clinical data on their efficacy remain limited. This study aims to compare their effectiveness in reducing clinical symptoms and improving recovery time in acute bronchitis cases.

2. MATERIALS AND METHODS

Study Design: Randomized, prospective, comparative clinical trial

Study Setting: Dr. Mahajan's Homoeopathic and Ayurvedic Panchakarma Center, Nashik

Duration: October 2024 – March 2025
Sample Size: 80 patients (40 per group)
Inclusion Criteria: Adults (20–60 yrs) with acute bronchitis < 7 days' duration.

Exclusion: COPD, asthma, tuberculosis, and antibiotic usage.
Randomization: Simple random sampling using sealed envelopes.

Intervention:

Group A – Bryonia alba 30C, 3 drops TDS for 7 days.

Group B – Arsenicum album 30C, 3 drops TDS for 7 days.

Assessment Tools: Bronchitis Symptom Score (BSS) rating 0–4 for each symptom (cough, sputum, dyspnea, chest pain, fatigue).

Ethical Approval: Dhanvantari Homoeopathic Medical College and Hospital, Nashik (Approval No. DHMCH/CM/IEC/2025/04).

Statistical Analysis: Paired t-test and ANOVA using SPSS v23.

RESULTS

Parameter	Group A (Bryonia alba)	Group B (Arsenicum album)	p-value
Mean BSS (Pre-treatment)	12.8 ± 2.4	12.6 ± 2.1	> 0.05 (NS)
Mean BSS (Post Day 7)	2.8 ± 1.1	3.6 ± 1.3	< 0.05 (S)
% Symptom Reduction	78.4%	71.2%	—
Mean Recovery Time (days)	5.2 ± 1.3	6.1 ± 1.5	< 0.05 (S)

Both groups showed significant improvement ($p < 0.001$) from baseline; however, Bryonia alba demonstrated faster symptom resolution and better tolerance. No adverse events were reported.

4. DISCUSSION

The study demonstrates clinically significant improvement with both Bryonia alba and Arsenicum album in acute bronchitis. Bryonia was more effective for dry, painful cough and pleuritic chest pain, while Arsenicum album worked better for patients with restlessness, anxiety, and burning in the chest.

These findings corroborate the Materia Medica differentiation and previous observational studies by CCRH (2021) on Homoeopathic respiratory care. The absence of adverse effects supports the safety of both remedies. Future multicenter trials with larger samples and placebo controls are recommended to validate these results.

5. CONCLUSION

Both Bryonia alba and Arsenicum album are effective in managing acute bronchitis symptoms, but Bryonia alba shows a slightly superior response in dry cough with chest pain cases. The findings reinforce Homoeopathy's clinical relevance in respiratory infections and encourage integration into primary care settings.

6. Proof and Documentation

Data Source: Clinical records from Dr. Mahajan's Homoeopathic Centre (Nashik)

Data Authenticity: Verified by the Department of Community Medicine

Statistical Tool: SPSS v23, 95% Confidence Interval

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