

Individualized Homoeopathic Treatment of Acute Upper Respiratory Tract Infections: A Case Series with WURSS-21 Assessment

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ABSTRACT

Introduction: Upper respiratory tract infections (URTIs) are common acute illnesses, predominantly caused by viruses. This case series aimed to describe the clinical outcomes of individualized homoeopathic treatment in URTI using the Wisconsin Upper Respiratory Symptom Survey-21 (WURSS-21).

Materials and Methods: Ten patients with acute URTI attending a Government Homoeopathic Hospital OPD between February and December 2024 were included. Individualized homoeopathic medicines were prescribed following detailed case taking, repertorial analysis and Materia Medica consultation. Symptom severity and functional impact were assessed using WURSS-21 during follow-up.

Results: Improvement in symptoms including cough, sore throat, coryza, sneezing and fever was observed in all 10 cases, with no adverse effects reported. *Bryonia alba* was the most frequently indicated remedy (40%), followed by *Arsenicum album* (20%). *Rhus Toxicodendron*, *Calcarea carbonica*, *Rumex crispus*, *Sepia* was each indicated in one case (10%).

Conclusion: Individualized homoeopathic treatment was associated with clinical improvement in these 10 cases. However, the uncontrolled case-series design and small sample size limit conclusions regarding efficacy. Further controlled studies using validated outcome measures such as WURSS-21 are warranted.

Keywords: Upper respiratory tract infection, Homoeopathy, individualized homoeopathic medicine, Wisconsin Upper Respiratory Symptom Survey- 21, case series.

INTRODUCTION

Upper respiratory tract infection (ICD 11 CA07.0) [1] such as coryza (common cold), acute pharyngitis and acute tracheobronchitis, are the most common of all communicable disease and represent most frequent cause of short-term absenteeism from work and school. Typically, coughing, sneezing, and nasal discharge are the initial symptoms. Most of these diseases are brought on by viruses. The most prevalent kind of URTI, acute coryza, is mostly brought on by rhinovirus infection, other viruses include enterovirus, adenovirus, and influenza virus. [2,3] Among all the causes 81.7% viruses, 11.6% bacteria and 6.7% both [4]. Respiratory infections rank among the important causes of respiratory morbidity and mortality worldwide. Lower respiratory infections, in particular, remained among the leading causes of death globally, accounting for approximately 2.5 million deaths in 2021 [5] In 2019, 17.2 billion URTIs occurred worldwide, accounting for 42.83% of all cases from all causes of the Global Burden of Disease. [6] The elderly and children under five accounted for the majority of URI-related fatalities. [7] Winter is when URTIs are most prevalent, and fall is when they are most common because of rhinovirus infections. [3] ARI is highly prevalent in northern Indian states, with Jammu and Kashmir having the greatest prevalence. [8]

With the exception of influenza, which can cause primary influenza viral pneumonia, secondary bacterial pneumonia, sinusitis, otitis media, and exacerbation of pre-existing medical conditions, especially asthma and chronic obstructive pulmonary disease, complications from upper respiratory tract infections are rather uncommon. One of the most frequent side effects of influenza in children is pneumonia, which also greatly increases morbidity and death. [3]

It is evident from the explanation above that URTIs pose a significant burden to the population. People suffer more, especially

in the cold. In contemporary medicine, nasal decongestants and medicines are used to treat symptoms. Since the majority of cases are viral in nature, antibiotics are also commonly recommended even when they are not necessary. The overuse of antibiotics to treat URTIs has caused worry among the general public worldwide. [9] Numerous awareness campaigns are also in place to lessen the overuse of antibiotics. People in this situation look for alternative medical systems to address their ailments.

A study in 2014 shows patients who consulted with homeopathic general practitioner used less antibiotics and antipyretic/anti-inflammatory drugs for URTI than those receiving conventional treatment. Though it needed further to be studied. [10] In a meta-analysis study on homeopathic preparation for prevention and treatment of Acute URTI in children, concluded studies with low risk of bias showed no benefit from homeopathy, trials with uncertain and high risk of bias showed beneficial effects. Two individualized treatment studies did not show benefit on short-term or long-term cure. Prevention trial shows no significant outcome. [11] Max Haidvogel et al. conducted an international, multi center, comparative cohort study of non-randomized design with more than 1500 patients showing symptoms of URTI and treated either in homeopathic or conventional treatment. Outcome measured after 14 days of therapy shows homeopathic treatment not inferior to conventional treatment and, it is safe and beneficiary treatment for acute disease in primary care settings. [12] A Prospective observational study conducted by Ramchandani (2010) on 30 patients of URTI; as a results of that Individualized homoeopathic medicine acts on Upper respiratory tract infection and remarked Decrease of episodes of URTI after homoeopathic treatment. [13]

Assessment of symptom severity and functional impact is important in evaluating the effectiveness of treatment in patients with URTI. The Wisconsin Upper Respiratory Symptom Survey-21 (WURSS-

21) is a validated, illness-specific patient-reported outcome measure developed to assess the severity of upper respiratory symptoms and their impact on daily functioning. The instrument has demonstrated good reliability, validity and responsiveness and can therefore be used to quantify changes in symptom burden during acute respiratory illness. [14]

In view of the burden of URTIs, the predominantly viral nature of these infections, concerns regarding unnecessary antibiotic use, and the limited evidence regarding individualized homoeopathic treatment, the present case series was undertaken to assess the effectiveness of individualized homoeopathic medicine in the management of URTIs, using the WURSS-21 as an outcome measure.

MATERIALS & METHODS

This study included a series of 10 patients diagnosed with upper respiratory tract infections (URTI) who presented to OPDs of a Govt. Homeopathic Hospital outdoor between February 2024 and December 2024. Patients of all ages and genders with acute symptoms such as cough, sore throat, nasal congestion, runny nose, and mild fever were included. Patients with chronic respiratory diseases, immunocompromised status, or concurrent severe infections were excluded.

Demographic data, medical history, and presenting symptoms were recorded for each patient. Clinical evaluation included physical examination and assessment of presenting symptoms. Management was provided according to the indicated individualised homeopathic medicine.

The Wisconsin Upper Respiratory Symptom Survey-21 (WURSS-21) was used as the patient-reported outcome measure to assess the severity of URTI symptoms and their impact on daily functioning. The WURSS-21 is a validated illness-specific instrument consisting of symptom and functional-impact items, with responses scored on a 0–

7 scale, where higher scores indicate greater symptom severity or functional impairment. The questionnaire was administered at baseline and during follow-up to assess changes in symptom burden following treatment. Management was provided according to the indicated individualized homoeopathic medicine following detailed case taking, repertorial analysis and consultation of Materia Medica. Patients were followed up until improvement or resolution of symptoms, and changes in WURSS-21 scores, clinical symptoms and duration of illness were recorded. The most frequently indicated homoeopathic remedies were also documented.

CASE REPORTS

Case No. 1

A female patient of age 40 years reported to the OPD on 2nd February 2024 complaining of throat pain with soreness associated with coryza which is ameliorated by walking and aggravation from morning, ice cold drinks since last 7 days. She also complains of lower back pain for last 2-3 years which is aggravated specially in cold weather. The patient has profuse thirst; tongue was moist and red. Her sleep was good though it gets disturbed due to cough. Patient is angry and irritable. On auscultation vesicular sound heard with no added sound. Baseline WURSS-21 Score was assessed which was 60.

Evaluation of symptoms:

- Patient is angry and irritable
- Throat pain with soreness
- Coryza which ameliorated by walking
- Thirst was profuse
- Back pain increased specially in cold weather
- General complaints aggravated in morning

Figure 1 displays the repertorization of Case 1 based on the characteristic symptoms identified during case taking.

Repertorisation							
Symptoms: 6 Remedies: 291 Applied Filter							
Remedy Name	Rhus-t	Nit-ac	Nux-v	Calc	Cham	Sulph	Dulc
Totality / Symptom Covered	14 / 6	12 / 5	12 / 5	11 / 4	11 / 4	11 / 4	10 / 5
[Kent] [Mind]Anger,irascibility (see irritability,quarrelsome): (137)	2	3	3	2	3	3	2
[Kent] [Throat]Pain:Sore: (135)	2	3	2	3	2	2	
[Kent] [Nose]Coryza:Walking,amel: (5)	2						2
[Kent] [Stomach]Thirst: (211)	3	2	2	3	3	3	2
[Kent] [Back]Pain:Air:In cold: (9)	2	1	2				2
[Kent] [Generalities]Morning: (180)	3	3	3	3	3	3	2

Fig. No. 1: Repertorization of Case No. 1

Intervention:

After thorough case taking and repertorial consultation and after final study of Materia Medica, *Rhus Toxicodendron* 200C, 4 doses were prescribed in globules no. 20 for two consecutive days, four globules to be taken twice in empty stomach. Followed by Placebo, 28 doses in globule no. 40, four

globules to be taken every morning in empty stomach once every day for 28days on 02.02.2024 and advised to take warm vapor inhalation 3times every day and report after 28 days. The follow-up observations and prescriptions for Case 1 are presented in Table 1.

Table No. 1: Follow up of Case No. 1

Date	Observation	Prescription
02.02.2024	Sore pain in throat with coryza for last 7days.	Rhus Toxicodendron 200C, 4Doses were given.
01.03.2024	Patient was improved	Placebo was given
15.03.2024	Sore pain in throat and back pain persists.	Rhus Toxicodendron 200C, 2Doses were given
20.05.2024	Patient was better than before.	Placebo was prescribed
12.07.2024	Sore pain in throat was ameliorated. No complain of hoarseness at present.	Placebo was given.

The WURSS-21 score decreased from 60 at baseline to 13 at the final visit.

Case No.2

A male patient of 64year of age reported to the OPD on November 2024, with complaints of sore throat and mucous dropping posterior nares and cough. Ameliorates after expectoration since last 1week. General aggravation of complaints was at night and weather change. Patient had tendency to take cold easily. Tongue and mouth are dry. Appetite was good. Desire for boiled egg and sweet was present.

Thirst was moderate approximately 3lit/day. Thermal relation of patient was chilly. On auscultation wheezing sound is present. Baseline WURSS-21 Score was assessed which was 64.

Evaluation of symptom:

1. Sore throat, post nasal drooping.
2. Cough with expectoration.
3. Cough < Morning, >expectoration
4. Tendency to take cold easily.

5. Tongue dry.

Figure 2 displays the repertorization of Case 2 based on the characteristic symptoms identified during case taking.

Repertorisation						
Symptoms: 6 Remedies: 265 Applied Filter						
Remedy Name	Calc	Sulph	Psor	Caust	Alum	Merc
Totality / Symptom Covered	14 / 6	12 / 6	12 / 5	11 / 6	11 / 5	11 / 5
[Kent] [Throat]Pain:Sore: (135)	3	2	2	2	2	3
[Kent] [Throat]Mucus:Drawn from posterior nares: (50)	2	1	2	2	2	1
[Kent] [Cough]Morning: (147)	3	3	2	2	3	1
[Kent] [Cough]Expectoration amel: (24)	1	1		1	1	
[Kent] [Generalities]Cold :Tendency to take: (93)	2	2	3	1	3	3
[Kent] [Mouth]Dryness:Tongue: (127)	3	3	3	3		3

Fig. No. 2: Repertorization of Case No. 2

Intervention:

After thoroughly case taking and repertorial consultation and final study of Materia Medica, *calcareo carbonicum* 200C, 3 doses were prescribed in globules no. 20 for three consecutive days, four globules to be taken once in empty stomach. Followed by

Placebo, 18 doses in globule no. 40, four globules to be taken every morning in empty stomach once every day for 18days on 21.11.2024. The follow-up observations and prescriptions for Case 2 are presented in Table 2.

Table No. 2: Follow up of Case No. 2

Date	Observation	Prescription
21.11.2024	Sore throat, cough with expectoration aggravate in morning	Calcarea carbonicum 200, 3doses
20.12.2024	Previous symptoms ameliorated	Placebo was given
9.1.2025	Patient was improved but slight cough still persisting	Calcarea carbonicum 1M, 2Doses were given.
17.01.2025	Patient was better. No complaints.	Placebo was given

The WURSS-21 score decreased from 64 at baseline to 7 at the final visit.

Case No. 3:

A female patient of 18 years of age reported to the OPD on September 2024, complaint of fever, watery discharge from nose, sneezing frequently, cough with expectoration but inability to expectorate, sore throat since last 4days. Sharp stitches pain in chest aggravation from deep breathing and coughing. Thirst for large quantity of cold water. Complaints were better while lying down and warm liquid intake. Stool was hard, irregular at one day interval. On auscultation rales sound is

present. Baseline WURSS-21 Score was assessed which was 94.

Evaluation of symptom:

1. Fever, watery discharge from nose, sneezing frequently.
2. Cough with expectoration but can't expectorate easily.
3. Throat pain aggravated on swallowing.
4. Pain in chest during cough.
5. Thirst for large quantity of cold water at long interval.
6. Stool not clear, hard.

Figure 3 displays the repertorization of Case 3 identified during case taking. 3 based on the characteristic symptoms

Repertorisation						
Symptoms: 8 Remedies: 36 Applied Filter						
Remedy Name	Bry	Sulph	Puls	Lach	Carb-v	Apis
Totality / Symptom Covered	20 / 8	20 / 8	18 / 7	14 / 7	13 / 6	12 / 7
[Kent] [Fever]Heat in general: (152)	3	2	3	2	1	3
[Kent] [Nose]Coryza:Discharge,with (fluent): (160)	2	3	3	2	2	1
[Kent] [Nose]Sneezing: (177)	3	3	3	2	3	1
[Kent] [Expectoration]Difficult: (95)	1	1	3	2		1
[Kent] [Throat]Pain:Swallowing:On: (138)	2	2	1	2	2	2
[Kent] [Chest]Pain:Cough,during: (105)	3	3	3	1	3	1
[Kent] [Stomach]Thirst:Large quantities:For: (23)	3	3				
[Kent] [Rectum]Constipation (see inactivity): (213)	3	3	2	3	2	3

Fig. No. 3: Repertorization of Case No. 3

Intervention:

After thoroughly case taking and repertorial consultation and final study of Materia Medica, *Bryonia alba* 200C, 6 doses were prescribed in globules no. 20 twice daily for three consecutive days, four globules to be taken once in empty stomach. Followed by

Placebo, 7 doses in globule no. 40, four globules to be taken every morning in empty stomach once every day for 7 days. The follow-up observations and prescriptions for Case 3 are presented in Table 3.

Table No. 3: Follow up of Case No. 3

Date	Observation	Prescription
12.09.2024	Fever, sore throat, cough, sneezing which ameliorate by lying down and warm liquid intake	Bryonia alba 200, 6doses were given
26.09.2024	Patient was improved but slight heaviness of head was present.	Placebo was given
3.10.2024	Other complaints were better. Sore throat reappeared which was better by drinking warm liquid	Bryonia alba 200, 6doses
25.10.2024	All complaints were better	Placebo was given

The WURSS-21 score decreased from 94 at baseline to 19 at the final visit.

Case no. 4

A female patient of 40 years of age reported to the OPD on December 2024, complaint of dry cough and coryza aggravated on morning, cold exposure, open air. Tickling and burning sensation in throat ameliorated by warmth for last 7days. Cough also aggravated from undressing. Appetite of the patient was less. Thirst was less. Desire for egg and sweet. Stool was clear. Sweat

was profuse more on axilla, stain white. Thermal relation was chilly. On auscultation vesicular sound heard with no added sound. Baseline WURSS-21 Score was assessed which was 52.

Evaluation of symptom:

1. Cough with expectoration, coryza,

2. Cough aggravated at morning, cold exposure, Going to open air, from undressing
3. Tickling and burning sensation in throat. > warmth

4. Chilly patient.

Figure 4 displays the repertorization of Case 4 based on the characteristic symptoms identified during case taking.

Repertorisation						
Symptoms: 5 Remedies: 61 Applied Filter						
Remedy Name	Rumx	Ars	Phos	Nux-v	Kali-c	Hep
Totality / Symptom Covered	12 / 5	12 / 4	12 / 4	11 / 5	10 / 4	9 / 4
[Kent] [Cough]Morning: (147)	3	3	3	3	3	1
[Kent] [Cough]Dry:Tickling in larynx,from: (52)	1			1	2	
[Kent] [Generalities]Heat:Vital,lack of: (108)	2	3	3	3	3	3
[Kent] [Cough]Air:Cold:Agg: (78)	3	3	3	3	2	3
[Kent] [Cough]Air:Open :Agg: (46)	3	3	3	1		2

Fig. No. 4: Repertorization of Case No. 4

Intervention:

After thoroughly case taking and repertorial consultation and final study of Materia Medica, *Rumex crispus* 200C, 2doses were prescribed in globules no. 20 twice daily for one days, four globules to be taken once in empty stomach. Followed by Placebo, 14

doses in globule no. 40, four globules to be taken every morning in empty stomach twice every day for 7 days on 31.12.2024. The follow-up observations and prescriptions for Case 4 are presented in Table 4.

Table No. 4: Follow up of Case No. 4

Date	Observation	Prescription
31.12.2024	Cough with expectoration, running water from nose, tickling and burning sensation in throat ameliorated by warmth, tickling sensation in throat	Rumex 200, 2doses were given
10.01.2025	Patient was better	Placebo was given
17.01.2025	Patient was better	Placebo was given

The WURSS-21 score decreased from 52 at baseline to 11 at the final visit.

Case no. 5

A female patient of 28 years of age reported to the OPD of on December 2024, complaint of dry cough without expectoration in morning, evening, when going to move for 15days associated with sore throat. Thirst was profuse. Cough aggravated from slightest motion and ameliorated from absolute rest. Tongue was moist. Thermal relation was hot. She had a

tendency to take cold specially during change of weather. On auscultation vesicular sound heard with no added sound. Baseline WURSS-21 Score was assessed which was 82

Evaluation of symptom:

1. Cough without expectoration.
2. Cough < morning, evening, from motion.

3. Thirst profuse.
4. Thermal relation hot.
5. Tendency to catch cold specially during change of weather.

Figure 5 displays the repertorization of Case 5 based on the characteristic symptoms identified during case taking.

← Repertorisation						
Symptoms: 6 Remedies: 270 Applied Filter						
Remedy Name	Bry	Phos	Sulph	Ars	Kali-c	Brom
Totality / Symptom Covered	12 / 6	13 / 5	12 / 5	11 / 5	11 / 5	9 / 5
[Kent] [Cough]Dry: (253)	3	3	3	3	3	3
[Kent] [Cough]Dry:Morning: (52)	1		1		2	1
[Kent] [Cough]Dry:Evening: (82)	1	2	3	2	2	3
[Kent] [Stomach]Thirst:Large quantities:For: (23)	3	3	3	3		
[Kent] [Cough]Motion:Agg: (55)	2	2		2	2	1
[Kent] [Generalities]Change of:Weather :Agg: (52)	2	3	2	1	2	1

Fig. No. 5: Repertorization of Case No. 5

Intervention:

After thoroughly case taking and repertorial consultation and final study of Materia Medica, *Bryonia alba* 30C, 4doses were prescribed in globules no. 20 twice daily for two days, four globules to be taken once in

empty stomach. Followed by Placebo, 14 doses in globule no. 40, four globules to be taken every morning in empty stomach once every day for 14 days on 10.12.2024. The follow-up observations and prescriptions for Case 5 are presented in Table 5

Table No. 5: Follow up of Case No. 5

Date	Observation	Prescription
10.12.2024	Cough without expectoration in morning, evening and from slightest motion with sore throat	Bryonia alba 30, 4doses
24.12.2024	Cough and cold was better. Slight Cough was present which was ameliorated after expectoration	Bryonia alba 30, 4doses were given
31.12.2024	Cough ameliorated. Patient is improved.	Placebo was given.

The WURSS-21 score decreased from 82 at baseline to 16 at the final visit.

Case No. 6

A male patient of 38 years of age reported to the OPD of Mahesh Bhattacharyya Homoeopathic Medical College and Hospital on December 2024, complaint of fever and body ache along with cough for last 15 days. clear. Dry cough without expectoration aggravated by motion, sore bruised pain all over the body. Complaints were better by rest and sleep. Appetite was

good, can tolerate hunger. Tongue was dry and slight white coated. Stool clear. On auscultation wheezing sound is present. Baseline WURSS-21 Score was assessed which was 74

Evaluation of symptom:

1. Fever, body ache, cough
2. Sore bruised pain all over the body

3. Cough without any expectoration aggravate by motion
4. Complaints better by rest and sleep.
5. Tongue was dry and slight white coated

Figure 6 displays the repertorization of Case 6 based on the characteristic symptoms identified during case taking.

← Repertorisation						
Symptoms: 5 Remedies: 33 Applied Filter						
Remedy Name	Bry	Arn	Puls	Lach	Spong	Sulph
Totally / Symptom Covered	13 / 5	11 / 5	11 / 4	10 / 5	10 / 5	9 / 4
[Kent] [Fever]Heat in general: (152)	3	3	3	2	3	2
[Kent] [Generalities]Pain :Sore,bruised: (122)	2	3	2	1	1	1
[Kent] [Cough]Dry: (253)	3	2	3	3	3	3
Kent] [Cough]Motion:Agg: (55)	2	1		1	1	
Kent] [Mouth]Dryness:Tongue: (127)	3	2	3	3	2	3

Fig. No. 6: Repertorization of Case No. 6

Intervention:

After thoroughly case taking and repertorial consultation and final study after Materia Medica, *Bryonia alba* 30C, 4doses were prescribed in globules no. 20 twice daily for two days, four globules to be taken once in

empty stomach. Followed by Placebo, 14 doses in globule no. 40, four globules to be taken every morning in empty stomach once every day for 14 days on 10.12.2024. The follow-up observations and prescriptions for Case 6 are presented in Table 6.

Table No. 6: Follow up of Case No. 6

Date	Observation	Prescription
10.12.2024	Fever, cough and body ache ameliorated by rest and sleep	Bryonia alba 30, 4doses were given
02.01.2025	Patient improved	Placebo was given
12.02.2025	Patient better. No new complaint was present	Placebo was given

The WURSS-21 score decreased from 74 at baseline to 16 at the final visit.

Case No. 7

A male patient of 53 years of age reported to the OPD on July 2024, complaint of dry cough without any expectoration and sore throat which were aggravated in morning. He had a tendency to catch cold. Desire for egg and sweet, aversion to meat. Sweat was profuse, more on face. Thermal relation was chilly. Stool was not clear, irregular, hard. On auscultation wheezing sound is present. Baseline WURSS-21 Score was assessed which was 72.

Evaluation of symptom:

1. Cough without any expectoration, dry cough aggravated at day time.
2. Pain in throat with soreness.
3. Tendency to catch cold easily.
4. Desire for sweet.
5. Stool was not clear, irregular, hard.

Figure 7 displays the repertorization of Case 7 based on the characteristic symptoms identified during case taking.

Repertorisation						
Symptoms: 5 Remedies: 112 Applied Filter						
Remedy Name	Sep	Calc	Alum	Nux-v	Nit-ac	Kali-c
Totality / Symptom Covered	12 / 5	11 / 5	10 / 4	9 / 4	9 / 3	8 / 4
[Kent] [Cough]Dry:Daytime: (19)	2	1	2			
[Kent] [Throat]Pain:Sore: (135)	2	3	2	2	3	1
[Kent] [Generalities]Cold :Tendency to take: (93)	3	2	3	3	3	3
[Kent] [Stomach]Desires:Sweets: (36)	2	2		1		2
[Kent] [Rectum]Constipation (see inactivity): (213)	3	3	3	3	3	2

Fig. No. 7: Repertorization of Case No. 7

Intervention:

After thoroughly case taking and repertorial consultation after final study of Materia Medica, *Sepia 200*, 2 doses were prescribed in globules no. 20 once daily for three days, four globules to be taken once in empty

stomach. Followed by Placebo, 21 doses in globule no. 40, four globules to be taken every morning in empty stomach once every day for 21 days on 11.07.2024. The follow-up observations and prescriptions for Case 7 are presented in Table 7

Table No. 7: Follow up of Case No. 7

Date	Observation	Prescription
11.07.2024	Cough without expectoration with sore throat which aggravate in morning	Sepia 200, 2 doses were given
14.08.2024	Patient was better than before. Cough reduced.	Placebo was given.
10.09.2024	Patient better. No new complaints.	Placebo was given.

The WURSS-21 score decreased from 72 at baseline to 17 at the final visit.

Case no. 8

A female patient of 30 years of age reported to the OPD of on June 2024, with complaint of dry cough for last 10 days, there was no expectoration with the cough. Along with the cough there was dryness of mouth, throat and tongue. There was general aggravation from motion and she preferred to rest by lying down. Appetite was good, but can't tolerate hunger for a long time. Desire for sweet, Meat. Intolerance to spicy food. Stool was hard, dry, must strain to pass stool. On auscultation vesicular sound heard with no added sound. Baseline

WURSS-21 Score was assessed which was 78

Evaluation of symptom:

1. Dryness of throat
2. Cough dry
3. General aggravation was from motion, prefers lying down.
4. Mouth and tongue are dry
5. Stool dry

Figure 8 displays the repertorization of Case 8 based on the characteristic symptoms identified during case taking.

Repertorisation							
Symptoms: 5 Remedies: 322 Applied Filter							
Remedy Name	Bry	Sulph	Nat-m	Nux-v	Phos	Calc	Bell
Totality / Symptom Covered	15 / 5	14 / 5	13 / 5	13 / 5	13 / 5	12 / 5	12 / 4
[Kent] [Throat]Dryness: (195)	3	3	3	2	3	3	3
[Kent] [Cough]Dry: (253)	3	3	3	3	3	3	3
[Kent] [Generalities]Motion :Agg: (167)	3	3	2	3	2	1	3
[Kent] [Mouth]Dryness:Tongue: (127)	3	3	2	2	2	3	3
[Kent] [Stool]Dry: (63)	3	2	3	3	3	2	

Fig. No. 8: Repertorization of Case No. 8

Intervention:

After thoroughly case taking and repertorial consultation and after final study of Materia Medica, *Bryonia alba*200, 3doses were prescribed in globules no. 20 once daily for three days, four globules to be taken once in

empty stomach. Followed by Placebo, 12 doses in globule no. 40, four globules to be taken every morning in empty stomach once every day for 12 days on 20.06.2024. The follow-up observations and prescriptions for Case 8 are presented in Table 8.

Table No. 8: Follow up of Case No. 8

Date	Observation	Prescription
20.06.2024	Dry cough with dryness of throat, mouth and tongue. Motion aggravates and desire rest.	Bryonia alba 200, 3doses were given
11.07.2024	Patient was improving	Placebo was given
25.07.2024	Patient was better.	Placebo was given

The WURSS-21 score decreased from 78 at baseline to 20 at the final visit.

Case no.9

A male patient of 48 years of age reported to the OPD on December 2024, with complaint of cough without expectoration, fever, body ache for last 4-5 days. Cough was aggravated at night and daytime. Cough was temporarily relieved by warm drink. Appetite was good can tolerate hunger. Desire for sweet, warm food. Tongue was clear and reddish. Stool was clear once daily. Thermal relation was ambi thermal. On auscultation vesicular sound heard with

no added sound. Baseline WURSS-21 Score was assessed which was 82.

Evaluation of symptom:

1. Fever, body ache, cough without expectoration.
2. Dry cough < Daytime and Night, >warm drink.
3. Desire for sweet.
4. Tongue was clear and reddish.
5. Desire- warm drinks

Figure 9 displays the repertorization of Case 9 based on the characteristic symptoms identified during case taking.

Repertorisation						
Symptoms: 6 Remedies: 67 Applied Filter						
Remedy Name	Ars	Bell	Rhus-t	Phos	Chin	Nux-v
Totality / Symptom Covered	13 / 5	12 / 5	11 / 5	11 / 4	9 / 4	9 / 4
[Kent] [Fever]Heat in general: (152)	3	3	3	3	2	3
[Kent] [Cough]Dry: (253)	3	3	2	3	3	3
[Kent] [Stomach]Desires:Sweets: (36)	1		2		3	1
[Kent] [Cough]Daytime:Night,and: (31)		2	1	2	1	
[Kent] [Stomach]Desires:Warm :Drinks: (23)	3	1				
[Kent] [Mouth]Discoloration:Tongue:Red: (75)	3	3	3	3		2

Fig. No. 9: Repertorization of Case No. 9

Intervention:

After thoroughly case taking and repertorial consultation and after final study of Materia Medica, *Arsenicum album* 200, 4 doses were prescribed in globules no. 20 twice daily for two days, four globules to be taken twice in empty stomach. Followed by

Placebo, 14 doses in globule no. 40, four globules to be taken every morning in empty stomach once every day for 14 days on 31.12.2024. The follow-up observations and prescriptions for Case 9 are presented in Table 9.

Table No. 9: Follow up of Case No. 9

Date	Observation	Prescription
31.12.2024	Cough without expectoration aggravated at night and daytime. Better by warm drink, along with fever and body ache.	Arsenicum album 200, 4 doses were given
15.01.2025	Patient was better. Cough decrease and no fever, body ache present.	Placebo was given.
18.02.2025	No more complaints.	Placebo was given.

The WURSS-21 score decreased from 82 at baseline to 21 at the final visit.

Case No. 10

A female patient of 40 years of age reported to the OPD on June 2024, with complaints of sneezing with running water from nose for last 2-3 days. Complaints aggravated in cold exposure and was better by warm covering. Stool was clear. Thirst was good approximately 3-4lit/day. Patient is better by motion and aggravated from rest. On auscultation vesicular sound heard with no added sound. Baseline WURSS-21 Score was assessed which was 71.

Evaluation of symptom:

1. sneezing with running water from nose.
2. Complaints < cold exposure > warm covering.
3. Thirst was good.
4. Stool was clear.
5. Patient is better by motion and aggravated from rest.

Figure 10 displays the repertorization of Case 10 based on the characteristic symptoms identified during case taking.

Repertorisation						
Symptoms: 4 Remedies: 66 Applied Filter						
Remedy Name	Ars	Nux-v	Rhus-t	Hep	Sabad	Kali-c
Totality / Symptom Covered	12 / 4	12 / 4	12 / 4	10 / 4	10 / 4	9 / 4
[Kent] [Nose]Coryza: (197)	3	3	3	3	2	2
[Kent] [Nose]Sneezing: (177)	3	3	3	1	3	1
[Kent] [Generalities]Cold :Becoming:Agg: (104)	3	3	3	3	3	3
[Kent] [Generalities]Warm :Bed amel: (48)	3	3	3	3	2	3

Fig. No. 10: Repertorization of Case No. 10

Intervention:

After thoroughly case taking and repertorial consultation and after final study of Materia Medica, *Arsenicum Album* 30, 4 doses were prescribed in globules no. 20 twice daily for three days, four globules to be taken twice

in empty stomach. Followed by Placebo, 11 doses in globule no. 40, four globules to be taken every morning in empty stomach once every day for 11 days. The follow-up observations and prescriptions for Case 10 are presented in Table 10.

Table No. 10: Follow up of Case No. 10

Date	Observation	Prescription
27.06.2024	Sneezing with running water from nose for last 2-3 days. Aggravated by cold exposure and ameliorate by warm covering	Arsenicum Album 30, 4 doses were prescribed
11.07.2024	Patient improved	Placebo was given
01.08.2024	Patient improved. Now complaints of tingling and numbness of both hand and palm	Ruta graveolens 200, 2doses were given.
04.09.2024	Patient better than before, no more complaints.	Placebo was given.

The WURSS-21 score decreased from 71 at baseline to 16 at the final visit.

Figure 11 displays the comparison of WURSS-21 scores between baseline and the final visit for all 10 cases. A reduction in

WURSS-21 scores was observed in all cases. Baseline scores ranged from 52 to 94, while final visit scores ranged from 7 to 21.

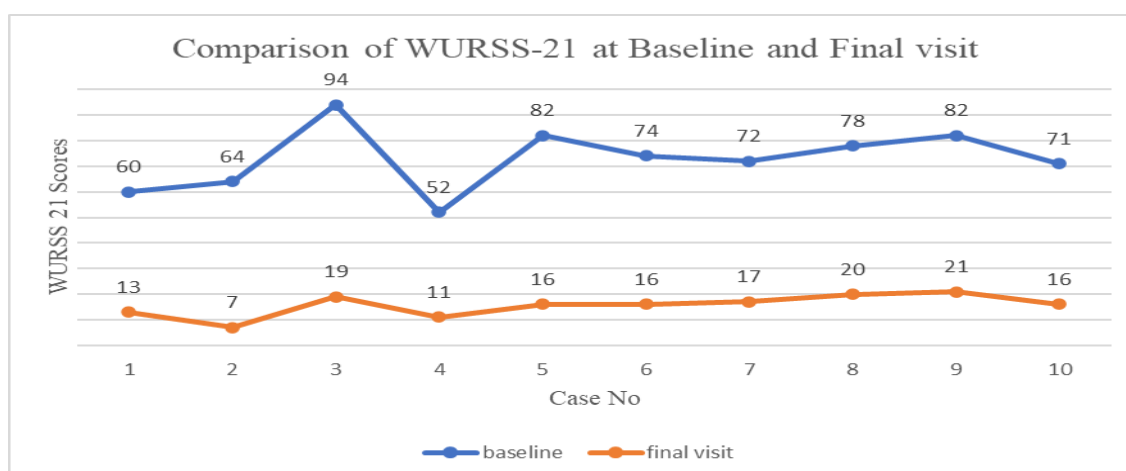


Fig. 11: Comparison of WURSS-21 scores at baseline and final visit among the 10 cases

MEDICINES INDICATED IN CASE SERIES OF URTI

Table 11. Homoeopathic medicines indicated in the case series and corresponding follow-up periods

Sl. No.	Medicine Name	Follow-up period
1	Rhus toxicodendron	02/02/2024-12/07/2024
2	Calcarea carbonicum	21/11/24-17/1/25
3	Bryonia alba	12/09/24-25/10/24
4	Rumex	31/12/2024-17/01/25
5	Bryonia alba	10/12/24-31/12/24
6	Bryonia alba	10/12/24-12/02/25
7	Sepia officinalis	11/07/24-10/09/2024
8	Bryonia alba	20/06/24-25/07/24
9	Arsenicum Album	31/12/24-18/02/25
10	Arsenicum Album	27/06/24-04/09/24

As shown in Table 11, the most frequently indicated homoeopathic remedy was *Bryonia alba*, which was prescribed in 4 out of 10 cases (40%). *Arsenicum album* was indicated in 2 cases (20%), while *Rhus toxicodendron*, *Calcarea carbonica*, *Rumex crispus*, and *Sepia* were each indicated in 1 case (10%).

DISCUSSION

The present case series describes the outcomes of 10 patients with acute URTIs who received individualized homoeopathic treatment. Improvement in clinical symptoms, including cough, sore throat, coryza, sneezing and fever, was observed during follow-up. WURSS-21 scores also decreased in all 10 cases, with baseline scores ranging from 52 to 94 and final scores from 7 to 21. *Bryonia alba* was the most frequently indicated remedy, prescribed in four cases (40%), followed by *Arsenicum album* in two cases (20%).

The use of WURSS-21 provided a quantitative assessment of changes in symptom severity and functional impact during the course of illness. The observed reduction in scores suggests an improvement in the overall symptom burden among the patients included in this series. Previous studies have reported mixed findings regarding homoeopathic treatment for acute URTIs. A systematic review and meta-analysis reported no benefit in studies considered to have a low risk of bias, whereas other observational research has reported favourable outcomes. [11,12] These differences indicate the need for further

well-designed studies to clarify the role of individualized homoeopathic treatment in acute URTIs.

The small sample size, uncontrolled design and absence of a comparison group mean that the observed improvement cannot be attributed solely to the intervention, so further controlled studies with larger sample sizes and validated outcome measures such as WURSS-21 are therefore warranted.

CONCLUSION

Individualized homoeopathic treatment was associated with improvement in clinical symptoms and a reduction in WURSS-21 scores in all 10 cases of acute URTIs. *Bryonia alba* was the most frequently indicated remedy. However, due to the small sample size and uncontrolled case-series design, these findings cannot establish treatment efficacy. Further controlled studies with larger sample sizes and validated outcome measures are needed to evaluate the effectiveness of individualized homoeopathic treatment in acute URTIs.

Declaration

Ethical Approval: Approved

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