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Homoeopathic approach to paediatric allergic rhinitis in children: A case report

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Abstract

This is a case of 7 yrs old female presents with breathlessness and nose block in the out patient department and suffering from allergic rhinitis. A proper case taking and repertorization was done, ARSENIC ALBUM 200C was prescribed. After 4 sessions of treatment, the patient had completely recovered.

Keywords: Allergic rhinitis, homoeopathy, arsenic album, case report, individualized treatment

Introduction

It is an IgE-mediated immunological response of nasal mucosa to airborne allergens and is characterized by watery nasal discharge, nasal obstruction, sneezing and itching in nose. This may also be associated with symptoms of itching in eyes, palate, pharynx ^[1].

Types

1. **Seasonal:** Symptoms appear in a particular season when allergens to which the patient is sensitive, are present in the air.
2. **Perennial:** Symptoms are present throughout year¹.

Etio-Pathogenesis

Allergic rhinitis is triggered by allergens such as pollens, mould spores, house dust, insect or mite debris, cockroach residues, and animal dander; occupational exposures may also contribute. These allergens bind to IgE on mast cells and basophils, causing cross-linking and activation. Degranulation then releases mediators like histamine, leukotrienes, and prostaglandins, producing immediate symptoms. A late-phase response (4-12 hours later) involves recruitment of Th2 cells, eosinophils, and mast cells, which release cytokines and enzymes, sustaining inflammation and chronicity ^[2].

Symptoms

- Watery rhinorrhoea.
- Sneezing attacks - often violent and prolonged.
- Nasal obstruction.
- Conjunctival irritation and lacrimation ^[3].

Signs

- Oedematous nasal mucosa.
- Excess clear mucus within the nose ^[3].

Case Report

A case of 7 years old female patient reported at BVVS homoeopathic medical college and hospital, Bagalkot on date 1/8/2025.

Present complaints

- Breathlessness since 1 week.
- Nasal block (bilateral) since 1 week.

Details of Presenting Complaints

- Complaints began after consuming outside food and ice cream.

- Initially associated with fever and sore throat (only on first day) which subsided with allopathic medicine.

Nasal symptoms

- Bilateral nasal obstruction
- Thick yellow nasal discharge
- Must breathe through mouth
- Associated with increased lacrymation

Breathlessness

- Due to nasal obstruction
- Gasps for air during sleep

Modalities

- Aggravation- at night, while lying down, during sleep
- Amelioration- during day time, while sitting

Past History

- Recurrent episodes of similar complaints in past 1 year (3-4 episodes / year)

Family History

- Father- Diabetes Mellitus
- MGM- Low blood pressure

Personal History

- Diet:** Mixed
- Appetite:** Good
- Thirst:** Adequate
- Desire:** Cold drinks and food, non veg
- Aversion:** Vegetables
- B/M:** Once daily, satisfactory
- Micturition:** 3-4/0-1, D/N
- Sleep:** Sound
- Perspiration:** Profuse, especially on face
- Thermals:** Chilly patient, yet aversion to cover.

Life Space Investigation

Child was born and brought up in Bagalkot. The delivery was conducted by c-section. There were no complications at birth. Her developmental milestones were achieved normally. She currently lives and studies in Bagalkot. She is active, sociable and mingles well with peers, enjoys company. She is good academically. She is emotionally sensitive and shows strong desire for company especially during times of illness.

Mentals

- Desire for company
- Fear of being alone

General Physical Examination

- Built & nourishment:** well built & nourished. Fair and flabby.

Ht: 118cm **Wt:** 25kg

Systemic Examination: Nad

Local Examination of Nose and Throat

- Nose:** congestion present
 - Throat:** tonsils-swollen, red
- No tenderness on palpation

Provisional Diagnosis: acute exacerbation of chronic allergic rhinitis.

Differential Diagnosis

- Allergic rhinitis (acute exacerbation)
- Upper respiratory tract infection (URTI)
- Acute rhinosinusitis with allergic predisposition
- Adenoid hypertrophy

Final Diagnosis: Acute exacerbation of chronic allergic rhinitis.

Analysis of Symptoms

Common symptoms	Uncommon symptoms
• Bilateral nasal obstruction	• Desire for company
• Must breathe through mouth	• Fear of being alone
• Breathlessness	• Desire for cold drinks and food, non-veg
	• Aversion to vegetables
	• Profuse perspiration especially on face
	• Chilly patient yet aversion to cover
	• Thick yellow nasal discharge
	• Gasps for air during sleep
	• Aggravation: at night, while lying down, during sleep
	• Amelioration: during day time, while sitting.

Evaluation of Symptoms

Mental generals	Physical generals	Particular symptoms
• Desire for company	• Desire for cold drinks and food, non veg	• Bilateral nasal obstruction with thick yellow nasal discharge
• Fear of being alone	• Aversion to vegetables	• Must breathe through mouth
	• Profuse perspiration especially on face	• Breathlessness
	• Chilly patient yet aversion to cover	• Gasps for air during sleep
		• Aggravation: at night, while lying down, during sleep
		• Amelioration: during day time, while sitting.

Totality of Symptoms

- Desire for company
- Fear of being alone
- Desire for cold drinks and food, non-veg
- Aversion to vegetables
- Profuse perspiration especially on face
- Chilly patient yet aversion to cover
- Bilateral nasal obstruction with thick yellow nasal

discharge

- Must breathe through mouth
- Breathlessness
- Gasps for air during sleep
- Aggravation: at night, while lying down, during sleep
- Amelioration: during day time, while sitting.

Repertorial Result

symptoms: 13	Remedies: 790	Show Repertorisation Tools												Prescribe	Remedy List	Record	Replace	View All	More Results
Remedy Name		Ars	Lyc	Puls	Phos	Kali-c	Sep	Merc	Apis	Bry	Lach	Calc	Sulph						
Totally		34	32	31	29	25	22	22	21	21	21	21	20						
Symptoms Covered		9	9	11	9	8	11	7	8	8	8	7	9						
Kingdom																			
[Complete] [Mind]Company:Desire for: (249)		4	4	3	4	4	3	4	3	4	1	3	1						
[Complete] [Mind]Fear:Alone, being: (152)		4	4	3	4	4	3	3	3	1		3							
[Complete] [Generalities]Food and drinks:Cold:Drinks:Desires: (333)		4	3	3	4	2	3	4	3	4		3							
[Complete] [Generalities]Food and drinks:Vegetables:Aversion: (81)		3	3	1	3	1	1				4	3	3						
[Complete] [Face]Perspiration:Profuse: (40)				1			1	3		1	1		1						
[Complete] [Generalities]Coldness, lack of vital heat:Covering, aversion ...				3			3		3			2							
[Complete] [Nose]Obstruction, stopped sensation: (519)		4	4	4	4	4													
[Complete] [Nose]Discharge:Yellow:Thick: (60)		4	4	3	1	3	1		2	4	4	4	4						
[Complete] [Respiration]Gasping:Night: (7)										3	3	3	1						
[Complete] [Respiration]Difficult:Night:Bed, in:Agg.: (17)		4					1		1		1		3						
[Complete] [Respiration]Lying:Agg.:Down, on: (52)		4	3	4	3														
[Complete] [Generalities]Daytime:Amel.: (81)			4	3	3	3	1	4	3		3	3	3						
[Complete] [Respiration]Sitting:Amel.: (162)		3	3	3	3	4	1	1	3	3	4		1						

Arsenic alb-34/9

Lycopodium-32/9

Pulsatilla-31/11

Phosphorus-29/9

Final Remedy Selected: Arsenic Album

The choice of Arsenic album was based on the principle of individualization and the totality of symptoms, where both mental generals and physical generals pointed strongly towards this remedy.

Prescription: ARSENIC ALBUM 200c, single dose, followed by placebo.

Follow Up

Date	Progress	Treatment	Explanation
2/8/25 (1 st visit)	Case reported with breathlessness, nasal block, thick yellow nasal discharge, gasping during sleep. Mentally anxious, and chilly patient.	ARSENIC ALBUM 200C, single dose; placebo for 7 days.	Remedy selected based on complete totality
9/8/25	Moderate improvement. Discharge reduced in thickness and quantity. Breathlessness less frequent. Sleep slightly better.	Pl (4-0-4) 7 days	Remedy acting. No repetition needed.
16/8/25	Marked improvement. Almost asymptomatic. Emotionally stable.	Pl (4-0-4) 7 days	Healing continues
23/8/25	Mild relapse: nasal blockage returns after cold exposure; slight breathlessness; anxiety returns.	ARSENIC ALBUM 200C, single dose + placebo 7 days	Same totality reappeared. No change in remedy required. Remedy repeated to maintain healing.
30/8/25	All symptoms resolved again. No nasal complaints. Sleep normal. Mentally calm.	No treatment	Remedy acted well again. No repetition needed.

Result

The patient showed significant improvement after a single dose of *ARSENIC ALBUM 200C*, with gradual resolution of nasal obstruction, discharge, and breathlessness. Emotional symptoms also reduced. A mild relapse in the fourth week was effectively managed with a repetition of the same remedy. No recurrence was noted in subsequent follow-ups, and the child remained symptom-free and in good general health.

Conclusion

This case highlights the efficacy of individualized homoeopathic treatment in managing acute exacerbations of chronic allergic rhinitis. *ARSENIC ALBUM 200C*, prescribed based on totality, not only relieved acute

symptoms but also improved the child's overall well-being. The case supports the role of homoeopathy in managing recurrent allergic conditions safely and effectively.

Conflict of Interest

Not available

Financial Support

Not available

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