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An observational retrospective study on prevalence of allergic rhinitis in children below 15 years

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Abstract

Allergic rhinitis is a frequent upper respiratory tract infection affecting school-age children. Predictable therapy options are generally palliative because this illness is self-limiting. In the diagnosis of acute upper respiratory tract infections in children, homoeopathic treatments are a functional alternative to conventional pharmaceuticals, offering faster symptom resolution, cost-effectiveness, and fewer side effects. The goal of this study was to see how effective homoeopathic medicines are at treating the symptoms of seasonal allergies in children under the age of 15. The goal of the study is to determine the frequency of Allergic Rhinitis in children as well as the most usually prescribed treatment. From January to June 2021, an observational retrospective study was undertaken in the Outpatient department at Sarada Krishna Homoeopathic Medical College.

Results: According to a retrospective study on allergic rhinitis in children, allergic rhinitis is more common in children aged 1 to 5, and the most frequently prescribed drug is Phosphorus 200, which provided children with a stable treatment.

Keywords: Allergic rhinitis, homoeopathy, phosphorus, school-aged children

Introduction

Allergic rhinitis is among the most frequent chronic disorders in children, with high morbidity and physical and psychological consequences. Paediatric allergic rhinitis is becoming more common, as it is with many other diseases. Complaints such as congestion, itching, sneezing and rhinorrhoea, are common early in life and are regulated by geographical region and local antigen exposure. An allergen is a chemical that triggers an allergic reaction despite its otherwise benign nature. Hay fever, also known as allergic rhinitis, is an allergic reaction to certain allergens. In seasonal allergic rhinitis, pollen is by far the most prevalent allergen. These are seasonal allergy symptoms.

Allergic rhinitis is a worldwide health issue that leads to significant sickness and impairment. Because of air pollution, urbanisation, and lifestyle changes, it has been one of the world's most serious issues.

It is fairly prevalent among school-aged youngsters and occurs even during cooler fall or winter. With or without medicine, the majority of the population makes progress. Allergic rhinitis is inflammation inside of the nose carried on by an allergen including dust, mould, pollen, or animal skin flakes. Cold-like symptoms, such as running nose, itching, sneezing, and a clogged nose, are common symptoms of allergic rhinitis. These symptoms frequently appear immediately after an allergen has been introduced.

Mild running nose, sneezing, stuffy nose, post-nasal drip, and nasal pruritis are all signs of allergic rhinitis (AR), an atopic condition. It affects one out of every six people and is linked to severe morbidity, productivity loss, and healthcare expenses.

Materials and methods

Selection of samples

- Sample size – 72 cases.
- Sample technique – Purposive sampling.

Inclusion criteria

- Age group 1-15yrs
- Children of both sexes.
- Children with Allergic Rhinitis.

Exclusion criteria

- The patient is below 1 year and above 15 years.
- Unwilling patients.

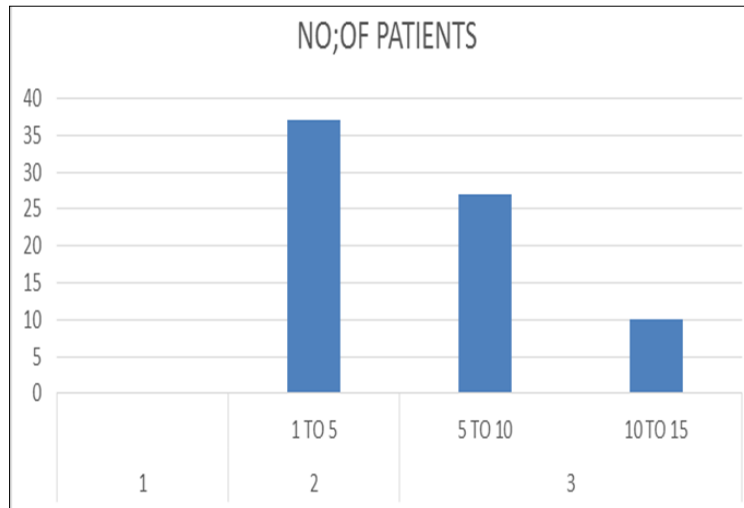


Fig 1: Prevalence of cases

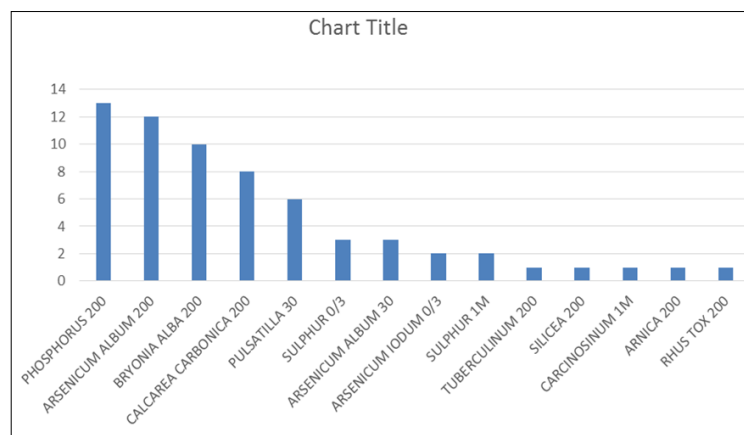


Fig 2: Distribution of medicines used in allergic rhinitis

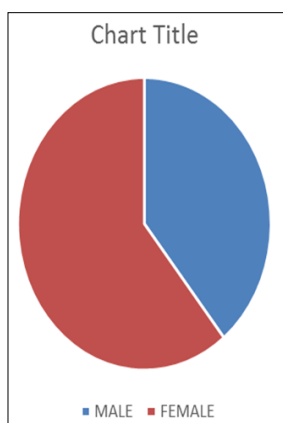


Fig 3: Distribution of patients based on sex

Conclusion

According to the incidence of allergic rhinitis in children, children aged 1 to 5 years are more vulnerable to allergic rhinitis, according to the above study. In 37 of the 72 instances, the children are aged 1 to 5 years (44 %). Females account for 29 % of these cases, while males account for 43 % (61 %). Females are more commonly affected than males. Phosphorus 200 (17.56%), Arsenicum album (16.21%), *Bryonia alba* (13.51%), and *Calcarea carbonica* 200

(13.51%) are the most widely used drugs (10.81 %). In the majority of situations, phosphorus 200 (17.56 %) is recommended. Overall, according to the findings of the study about the frequency of allergic rhinitis in children, children aged 1 to 5 years are more vulnerable to allergic rhinitis.

According to the findings of a retrospective analysis on allergic rhinitis in children, allergic rhinitis is more common in female children aged 1 to 5, and the most commonly prescribed drug is phosphorous 200, which provides a lasting cure in children. Hygiene should be maintained in addition to medicine.

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