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Mining of unmapped remedies for allergic rhinitis within homoeopathy

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Abstract

Homeopathy treatment is well known for the holistic approach in treating all the patients. There are conditions stated in Organon of medicine by Dr Samuel Hahnemann about certain peculiarities and chronic disease due to the acute miasms which were mentioned in the aphorism 117 and 73 correspondingly. Allergic rhinitis is one of the utmost commonly met condition in which the change of weather in harvest season for which we must understand it quickly and prescribe to the patient for their relief. Its exhaustive bothersome condition which has a major impact in the day to day life of the person. Homoeopathic medicines have a great role in dropping the frequency and the intensity of the acute episodes of the allergic rhinitis accomplished by acute prescription, well along with a holistic and individualized approach must be chosen. Repertory also helps us in individuating and choosing the exact medicine.

Keywords: Allergic rhinitis, perennial allergic rhinitis, seasonal allergic rhinitis, homoeopathy

Introduction

Sneezing, nasal flow which is watery, and nasal congestion are symptoms of this sickness. It is either seasonal or perennial, and the nasal mucosa's immediate hypersensitive reaction is the cause. Seasonal antigens include pollen from grasses, flowers, weeds, and trees. Hay fever, the most prevalent type of seasonal allergic rhinitis in northern Europe, is being caused by grass pollen and peaks between May and July. In reality, it was thought that allergic rhinitis was a condition that affected the nasal airways. However, this is a worldwide issue that worsens during the harvest times. The antigens found in household dust, fungus spores, or animal dander produce a unique reaction in perennial allergic rhinitis, although comparable symptoms can also be brought on by physical or chemical irritants^[1].

Epidemiology of allergic rhinitis: A 10–30% worldwide population is distressed by it. Up to 60 million individuals might be affected in the US alone, according to estimates. About 26% of the population in India has allergic rhinitis. Seasonal allergies that are linked to pollen allergies and ongoing allergies to house dust mites. In males, advanced occurrence was noted. In India, allergic rhinitis is a minor illness^[2].

Etiology

Early and late phase reactions to allergies have been classified. An immunoglobulin (Ig)E-mediated response to the inhaled allergens that will be producing inflammation is the early stage of allergic rhinitis^[3]. The host mast cells degranulate as a result of the initial reaction, which takes place five to fifteen minutes after the antigen exposure. Sneezing is brought on by histamine stimulating the trigeminal nerve. Following the first reaction, the mast cells released cytokines like interleukin (IL)-4 and IL-13, indicating that the late response was progressing. Cytokines cause nasal edema, which leads to congestion, by allowing eosinophils, T lymphocytes, and basophils to infiltrate the nasal mucosa^[4].

The nasal mucosal obliteration and eosinophilic infiltration will cause a non-IgE mediated hyper response to occur^[5].

Dizygotic twins exhibit a concordance rate of about 25%, while monozygotic twins exhibit a range of 45% to 60%. Specific areas on chromosomes 3 and 4 have also been linked to allergy reactions^[6].

Eczema (atopic dermatitis) and asthma are predisposing factors for allergic rhinitis. The atopic triad is the combination of these three conditions that can happen.

Additionally, environmental exposures like air pollution and maternal cigarette use might be thought of as increasing a person's likelihood of having allergies [7].

Types of allergic rhinitis: Two clinical types have been classified. They are as follows:

- **Seasonal:** The symptoms seem in or about a specific season when the pollens of an exact plant, to which the patient become sensitive, are existing in the air.
- **Perennial:** The symptoms are existing all over the year.

Clinical features: There is no specification in sex or age preference. It could start in infants as the young as 6 months or in the older people.

The indications of the seasonal nasal allergy include

- Uncontrollable sneezing which can be 10 – 20 sneezes at a time.
- Obstruction in the nasal
- Watery thin nasal discharge
- Itching present in the nose

The indications of the perennial nasal allergy include

- Recurrent colds
- Insistently stuffing of the nose
- Sense of smell will be lost
- Postnasal drip
- Chronic cough and Hearing impairment [8].

People may also exhibit cross-reactivity [9]. For example, the people who are allergic to the birch pollen may find that they have an allergic reaction to the skin of the apples or potatoes [10]. A throat itching after eating an apple or sneezing while peeling potatoes or apples are both apparent signs. This occurs as a result of the protein similarities between pollen and meals. Hay fever is not a true fever at all, so it cannot raise the body's temperature above 37.5-38.3 °C (99.5-100.9 °F) during a fever [11].

Signs of allergic rhinitis

- **Nasal sign:** Consist of a transverse black line running through the middle of the dorsum of the nose and a transverse nasal wrinkle.
- **Ocular sign:** Includes the cobblestone-like appearance of the conjunctiva, a black circle around the eyes, and edema of the congested lids.
- **Auto logic sign:** Includes tympanic membrane or serous otitis media withdrawal as a result of Eustachian tube obstruction.
- **Pharyngeal sign:** Includes the proliferation of the submucosal lymphoid tissues, which causes granulated pharyngitis.
- **Laryngeal sign:** Includes the huskiness of the voice and the oedema of the vocal cords [8].

Differential diagnosis [3, 12, 13]

- Vasomotor rhinitis
- Infectious rhinitis
- Non-allergic rhinitis with eosinophilia syndrome
- Nasal polyposis
- Nasopharyngeal neoplasm
- Sickle cell anaemia

Diagnosis: Based on New Allergic Rhinitis and Its Impact on Asthma (ARIA).

Duration of the disease

- **Intermittent:** Symptoms which will be present are:
 - Not as much of than 4 days a week or
 - For not as much of than 4 weeks.
- **Persistent:** Symptoms which will be present are:
 - Added than 4 days a week or
 - For further than 4 weeks.

Severity of the disease

Mild: Not a single symptom of the following is present:

- Sleep troublesome
- Weakening of the daily events, relaxation and hobby
- Diminishing of the school going or the work
- Bothersome symptoms will be present.

Moderate to the severe: Single or more than of the above symptoms will be present.

Investigations

Total and differential count, Nasal Smear, Skin prick test, Specific IgE measurements, Radioallergo Sorbant test (RAST), Nasal provocation test, Anterior rhinoscopy [8].

On physical examination

- Mouth breathing, repeated sniffles and/or throat clearing, the transverse supra-tip nasal wrinkle, and the under-eye bags (allergic shiners).
- The nasal mucosa may develop cobble stoning and the inferior turbinate's colour may turn bluish [14].

Patients with mild, moderate, or severe symptoms may get intranasal corticosteroid therapy alone or in conjunction with oral antihistamines. According to studies, intranasal corticosteroids are more effective than antihistamines at reducing nasal inflammation and improving mucosal pathology [15].

Prognosis

Patients who began experiencing symptoms earlier in life were more likely to exhibit recovery. The severity of allergic rhinitis can change over time and is influenced by a number of factors, including the environment and the time of year [16].

Complication

- Recurrent sinusitis
- Nasal polyp
- Serous otitis media
- Orthodontic problem bronchial asthma [8]

Management

Simple steps, including thoroughly cleaning the area around the bed, constantly attempting to keep a window open, and replacing worn-out pillows and pillowcases will frequently help people who are sensitive to house dust. Avoiding pollen and antigens from domestic animals is healthy and desirable, although it is frequently impractical [8]. The responsibility of advising patients to avoid recognised allergies is time-consuming yet vital [17].

Repertorial approach

Rubrics of allergic rhinitis from various repertoires:

Rubrics in knerr repertory

Hay fever, Coryza, Sneezing, Nose inflammation ^[18]

Rubrics in BTPB repertory

Lachrymation, Nose odour from, nasal discharge, acrid burning, purulent, discharge watery, Sneezing.

Sensation as Dust, internal sensation of, Amelioration sneezing ^[19].

Rubrics in kent repertory

Nose: Coryza, Discharge, , Sneezing ^[20].

Rubrics in boericke repertory

Nose as

Inflammation (rhinitis); Acute, catarrhal from pollen irritation, HAY FEVER, rose cold

Summer catarrh

Inflammation, acute, catarrhal, ordinary cold in head

Coryza; dry (stuffy colds, snuffles)

Alternately dry and fluent

Crazy, Fluent, watery (running cold)

Lachrymation, sneezing

Inflammation, chronic atrophic (Sicca)

Inflammation, chronic catarrhal

Inflammation, purulent in children

Discharges in rhinitis: Acrid, watery, fluent, hot, or thin mucus

Albuminous, clear mucus, Bland mucus, Bloody mucus, Green, yellow, fetid (purulent or mucus-purulent)

Sensitiveness of nose to air, touch

Sneezing (sternutation)

Sneezing, chronic tendency, Sneezing, ineffectual

Stoppage, Stuffiness

Stoppage, alternating nostrils, Swelling ^[21].

Rubrics in phatak repertory

Nose

Open air amel, Discharges: Acrid, Glutinous, Night, Purulent, Obstructed ^[22].

Homoeopathic medicines

Allium Cepa: Watery eyes with hay fever. In addition to watery discharge from the nose, there will also be watery discharge from the eyes. Nasal secretion that is runny, thin, and acidic.

Arsenicum Album: Rhinitis due to an allergy and increased thirst. In the fresh air, the sufferer becomes agitated. There will be a lot of excoriating, watery discharge from the nose. Both anxiety and restlessness are present in the patient. The patient consumes a small amount of water at a time as their thirst grows. Nighttime is worse.

Merc Sol: Sensitivity to both cold and heat. Inability to endure either cold or heat due to increased sensitivity to both. Sneezing on a regular basis and watery discharge.

Natrum Mur: Sneezing along with allergic rhinitis. ongoing sniffing. There will be severe mucous membrane and mouth dryness. A thin, watery discharge that resembles the white of an egg will come from the nose. increased appetite for salt.

Ranunculus bulbosus: Eye stinging, root pressure, tingling, crawling in the cavity, hoarseness, and discomfort in the muscles.

Sabadilla: There will be frontal aches and a watery nasal discharge with hay fever. Spasmodic with persistent sneezing and a minimal catarrhal discharge.

Lemna minor: Putrid odour, scent is gone, post-nasal drip, nasal blockage reduces, naso-pharynx will be dry, discharge will be profuse ^[21].

Conclusion

Allergic rhinitis is one of the utmost commonly met condition in which the change of weather in harvest season for which we must understand it quickly and prescribe to the patient for their relief. Homoeopathic medicines have a great role in dropping the frequency and the intensity of the acute episodes of the allergic rhinitis accomplished by acute prescription, well along with a holistic and individualized approach must be chosen.

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