



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2022; 6(4): 464-466
Received: 21-07-2022
Accepted: 24-09-2022

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Utility of homoeopathic medicine in allergic rhinitis

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DOI: <https://doi.org/10.33545/26164485.2022.v6.i4g.699>

Abstract

Allergic rhinitis is a frequent attack of rhinitis after exposure to allergens. It is 6 most common disease in the world. More than 40% of people affected with this disease in society according to survey. It is due to hypersensitivity response towards allergens. Person having allergic rhinitis becomes hypersensitive to substance by which the normal person cannot generate any response. It is due to individual tendency to react more to that particular allergen. Homoeopathy is based on the principal of “similia similibus curentur” according to this law the medicine must given to the patient who produces similar symptoms during proving. So homoeopathy Materia Medica has many medicine which produces allergic rhinitis like symptoms so we can think of Homoeopathic Medicine in cases of allergic rhinitis for betterment of patient.

Keywords: Allergic rhinitis, hypersensitive reaction, individualization, homoeopathic medicine

Introduction

An allergen like dust, pollen is an otherwise harmless substance for the normal individual but it causes an allergic reaction in hypersensitive individual hypersensitivity reaction can be manifest many diseases like urticaria, eczema, food allergy. One of them is allergic rhinitis. In allergic rhinitis, or hay fever, the nasal mucosa is sensitive to allergens and it will generate a hypersensitivity reaction for particular allergen. Rhinitis is common term which is use for coryza or watery discharge from nasal mucosa. When the coryza or inflammation of nasal mucosa is generate due to allergic response the term use for it is allergic rhinitis. Here the IgE mediated response is generate.

Signs and symptoms of allergic rhinitis

The symptoms or signs has been generated in response of allergens it can be various from person to person. Most commonly we found running nose and sneezing but patient can also suffer from headache with complain or fever. It can be having watery eyes and burning eyes. Patient may have coughing after developing coryza and it may be associate with the other allergic affection like urticaria and eczema. Sometimes it can be continuous with asthma or allergic bronchitis in some individual here the patient is suffers from same set of symptoms frequently after exposure to allergens. And due to this continuous complain their normal life is get hampered.

Predisposing factors and ethology

Allergic rhinitis are often affects to atopic individual who is suffers from other allergic diseases like asthma, atopic eczema, urticaria here the female sex are more prone to affect and the person who is expose to allergens having more chance to develop allergic rhinitis than the other.

Allergens

This are the substance which triggers the immune response and as a result episode of allergic rhinitis starts common allergens are

- Pollens like tree pollen, weed, flower pollen
- Dust
- Animal dander, which is old skin
- Cat saliva
- Mold

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Allergic rhinitis can have seasonal variation because in certain season the pollens can find more which triggers the immune response. Like flower pollen are more likely find in spring so during this time the sensitive person develops more episodes of allergic rhinitis.

Pathophysiology

On the first exposure to allergens to atopic individual IgE (immunoglobulin E) which is a type of antibody is bind with the mast cell IgE receptor present on respiratory mucosa and basophiles which is found in circulation. On subsequent exposure of same antigen IgE make a bridge to the cell surface of basophiles and mast cells which is activated now. And this activated mast cell and basophiles degranulate now and it will secrets the mediators like histamine which is responsible for inflammatory response in nasal mucosa and other part of body.

Immunogenetics

MHC (Major histocompatibility Gene) which is located on chromosome 6 is alter over here. Which is responsible for abnormal protein generation in immune system.

Diagnosis

It can be diagnosed by its sign and symptoms as well as confirmed by following laboratory investigation.

- Blood cell count- Eosinophilia due to allergic reaction
- Percutaneous allergic test
- Radiosensitive IgE antibody test

This last two confirmed specific allergens to whom the patient is sensitive.

Here the individual having alter response to specific antigen or substance from which the normal individual is not going to produce any reaction. Here the hypersensitivity of person is reason. As we know that homoeopathic system is based on individualization we have to prescribe the medicine according to individual character of affected person also we can found characteristic on local level also. Like type of discharge and other associate complain from this we have certain medicine in Materia Medica which can be useful for the cases of allergic rhinitis.

Some homoeopathic medicine can be useful for allergic rhinitis are ^[3, 4, 5].

Allium cepa

Here you find coryza after northeast wind, in damp weather. Coryza is also occurs after odour of flower and skin of peach. it is affected with coryza in august month.

In coryza there is profuse watery secretion in the nose which is acrid and eye water with coryza in coryza there is too much sneezing. Here there is dryness of nose and stoppage of nostril constant sneezing especially in morning when rising from the bed. Coryza is usually < on coming in warm room. with cooryza there is sever headache and cough on inspiration of air

Ambrosia artemisiaefolia

This is good medicine for hay fever lacrymation and intolerance itching of eye lid there is whooping cough, respiratory tract in entire length is stopped up. Coryza with watery discharge bleeding from nose. Asthma with cough.

Aralia Racemosa

Complains are seen in spring. It is good medicine for Hay fever as well as Asthma there is much tickling in throat cough with drenching sweat. It is usually indicate for dry cough which comes in first sleep. Asthma is seen at night cough in first sleep. Feeling of foreign body in throat. The least current of air causes sneezing, with copious watery, excoriating nasal discharge, of salty acrid taste.

Arsenicum iodatum

It is useful for chronic coryza. There is tendency to coryza. Frequent sneezing with coryza,

Arsenicum album

Character of coryza is thin, watery and acrid. With coryza there is stoppage of nose with sneezing without relief. Coryza < in open air better in side

Arum triphyllum

Discharge is watery but acrid. Good medicine for hay fever. It causes obstruction of nose, they have to breath through mouth. Pricking of nose until it bleeds. sneezing is much at night with constriction in throat can not able in account of phlegm in the posterior nares.

Ammonium muriaticum

Acrid, hot coryza with stuffy nose. Loss of smell. Bluish discharge of mucus. Nose is either dry or having watery discharge.

Calcarea Carbonicum

Yellowish discharge from nose. Sneezing frequent without cold. obstruction in nose. Take cold at every changes of weather. Catharrhal symptoms with hunger. Coryza alternates with colic.

Justicia Adhatoda

It is indicated for cough with sneezing. Dry suffocative cough cough with dyspnea and tightness of chest it is also useful for asthma where warm and dry room aggravates

Eucalyptus globules

Watery coryza where nose does not stop running stuffed up sensation it is also useful for chronic catarrhal where patient is having purulent and fetid discharge.

Kali Iodatum

Red nose Profuse, watery, thin discharge. Here it is having syphilitic outcome so we are having Ozena with perforation of nasal septum indicated for sneezing cool, greenish, irritating discharge from the nose. Coryza aggravate in cool air with salivation. Violent sneezing. Take cold and at every damp day.

Natrum muraticum

Violent fluent coryza, for one to three days followed by stoppage of nose which is making breathing difficult. Discharge is thin and watery, like white of an egg. Violent sneezing and coryza. Sneezing in early morning. loss of smell and taste.

Pulsatilla

Yellow mucus abundant in morning. Stoppage of nose in evening. Bad smell as from old catharrha. Coryza and

obstruction of nose aggravate on lying down or in the warm room, ameliorated by going in open air.

Rhus Tox

Sneezing, coryza from getting wet. Tip of the nose is red, sore, ulcerated. Sneezing with fluent coryza. Red sensitive tip it drips water.

Abadilla

Spasmodic sneezing with running nose coryza with sever frontal pain and redness of eyes and lacrymation. Copious, watery nasal discharge. Fluent coryza discharge Is worse from odour of the flower, even tinkling of flower increase the discharge. Hay fever. Persistent violent or abortive sneezing itching and tickling of the nose.

Till we have many homoeopathic medicine but constitutional treatment is more useful as it is chronic disease so it is necessary to see person as a whole and give treatment accordingly.

Arundo Mauritanica

It is prepared from reed. Useful for hay fever. Hay-fever begins with burning and itching of palate and conjunctiva. There sever itching in nostril and palate and throat it annoying the patient. Coryza loss of smell Sneezing, itching of nostrils.

Conclusion

Homoeopathic material medica is full of Medicine which produces the symptoms like allergic rhinitis. So we have number of medicine which is useful in treatment of allergic rhinitis. Here also one type of treatment is constitutional therapy by which we see the patient as whole and prescribe the medicine accordingly.

Acknowledgement

Not available

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

Dr. Vani Oza. Utility of Homoeopathic Medicine in Allergic Rhinitis. International Journal of Homoeopathic Sciences. 2022;6(4):464-466.