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Dr. Sreevidhya JS
Associate Professor, H.O.D,
Department of Obstetrics &
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

Dr. Tummala Aarathi Reddy
Assistant Professor,
Department of Obstetrics &
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

Yerramatam Lavanya Sneha
Intern, MNR Homoeopathic
Medical College, Sangareddy,
Telangana, India

Valavala Lakshmi Neeraja
Intern, MNR Homoeopathic
Medical College, Sangareddy,
Telangana, India

Corresponding Author:
Dr. Sreevidhya JS
Associate Professor, H.O.D,
Department of Obstetrics &
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

A study to evaluate the efficacy of homoeopathy in allergic rhinitis

Dr. Sreevidhya JS, Dr. Tummala Aarathi Reddy, Yerramatam Lavanya Sneha and Valavala Lakshmi Neeraja

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Abstract

Allergic rhinitis is an IgE mediated immunologic response of nasal mucosa to airborne allergens and is characterized by watery nasal discharge, nasal obstruction, sneezing and itching in the nose. It may also be associated with itching in eyes, palate and pharynx. It is also called as hay fever. Clinically it is recognized to be of two types

Seasonal: Symptoms appear in or around a particular season

Perennial: Symptoms are present throughout the year.

Keywords: Homoeopathy, allergic rhinitis, hay fever, nasal discharge, nasal obstruction, sneezing

Introduction

A chronic inflammatory illness of the nasal mucosa known as allergic rhinitis, or hay fever, is characterized by symptoms such as nasal congestion, sneezing, itching, and rhinorrhea (excessive nasal discharge). It is brought on by the immune system overreacting to different environmental allergens such as pollen, dust mites, pet dander, and mold spores. The usual symptoms of allergic rhinitis are brought on by an allergic reaction that is brought on by these allergens, which results in the production of histamine and other inflammatory mediators.

A sizeable fraction of the world's population suffers from allergic rhinitis, while the prevalence of the condition varies by area and among different age groups. It can have a substantial negative effect on a person's quality of life, impairing their ability to sleep, be productive at work, and feel generally well. Asthma and atopic dermatitis are two other allergic diseases that frequently occur with allergic rhinitis to form the "allergic triad."^[2]

A combination of the patient's medical history, physical examination, and allergen-specific testing is used to make the diagnosis of allergic rhinitis. For the purpose of creating an effective management strategy, it is essential to identify the specific allergens that are responsible for inducing symptoms.^[3] Avoiding allergens, pharmacology (with medications such as antihistamines, nasal corticosteroids, and leukotriene receptor antagonists), and immunotherapy (allergen desensitization) are all possible treatments for allergic rhinitis.^[4]

Causes

- **Pollen:** Seasonal allergic rhinitis is frequently brought on by pollen from weeds, grasses, and trees. Depending on the region and the season, several forms of pollen are present^[5].
- **Dust mites:** These tiny creatures are common in household dust, especially in carpets, bedding, and upholstery. Perennial allergic rhinitis symptoms can be brought on by dust mite allergens^[6].
- **Pet dander:** In those who are sensitive, allergens from the skin, fur, saliva, and urine of animals, such as cats and dogs, can result in allergic rhinitis^[7].
- **Mold spores:** In humid and moist places like bathrooms, basements, and outdoor spaces, mold can grow. Mold spore inhalation can cause allergic rhinitis symptoms^[8].
- **Occupational allergens:** Some jobs or work places expose people to substances that can cause allergic rhinitis, such as latex, chemicals, or particular proteins^[9].

Symptoms

- **Sneezing:** Sneezing, which frequently comes in fits, is a common symptom of allergic rhinitis. It is a reflex action brought on by nasal lining discomfort ^[10].
- **Nasal Congestion:** Nasal mucosal inflammation and nasal tube edema are the two main causes of nasal congestion, also known as a stuffy nose ^[2].
- **Rhinorrhea:** Runny noses and profuse nasal discharge, which may be watery or thicker in nature, are referred to as rhinorrhea.^[2]
- **Itching:** Allergic rhinitis is characterized by itching of the nose, throat, and eyes. It could be uncomfortable and persistent ^[11].
- **Eye symptoms:** Symptoms of Allergic Conjunctivitis include redness, itching, and watery eyes. Allergic rhinitis can also damage the eyes, causing same symptoms ^[12].

Diagnosis and investigation

1. **Medical History and Physical Examination:** To correctly diagnose allergic rhinitis, it is crucial to have a thorough medical history that includes details about the symptoms and how long they have been present. A physical check of the nose, throat, and eyes can also aid in spotting inflammation- or congestion-related symptoms ^[2].
2. **Allergen-Specific IgE Testing:** Testing for particular IgE antibodies against common allergens, known as allergen-specific IgE, is done using a blood test. It can assist in locating the allergens in charge of causing allergic rhinitis symptoms ^[13].
3. **Skin prick testing:** It involves applying tiny quantities of allergen extracts to the skin, typically on the back or forearm. A raised bump or wheal will show up where the allergen was applied if a person has an allergy to that particular allergen ^[14].
4. **Nasal Provocation Testing:** In this test, certain allergens or irritants are carefully introduced into the nasal passages to elicit allergy symptoms. It can be useful for confirming allergen-specific triggers or for identifying non-allergic rhinitis ^[15].
5. **Nasal endoscopy:** In this technique, the nasal passages are examined to look for any indications of inflammation, polyps, or other abnormalities ^[16].

Management ^[17]

- Avoidance of triggering factors
- Antihistamines
- Steroids
- Corticosteroids
- Decongestants

Homoeopathic approach

Rubrics

1. **Boericke ^[18]:** Nose - Internal Nose - Inflammation (Rhinitis): Acute, catarrhal from pollen irritation, HAY Fever, rose cold, summer catarrh (pg. no 737).
2. **Kent ^[19]:** Nose - Coryza – Hay fever (pg. no 328).
3. **BBCR ^[20]:** Nose - Congestion (pg. no 369).
4. **TPB ^[21]:** Nose - Nasal catarrh (pg. no 46).
5. **TPB ^[21]:** Nose - Nasal discharges (pg. no 47).

Homoeopathic Therapeutics ^[18]

Allium Cepa: This remedy has been found out to be the

best indicated remedy for sneezing, especially on entering into a warm room with the discharge from nose which is copious watery and extremely acrid in nature associated with bland lachrymation. It is also indicated for hay fever, coryza with headache, cough and hoarseness.

Arsenicum Album: It is the best indicated remedy for hay fever with thin watery excoriating discharge. Nose feels stopped, sneezing is without any relief and the symptoms seems to get worse in open air and better indoors.

Arundo: It is best indicated for hay fever that begins with burning and itching of palate and conjunctiva. There will be annoying itching in the nostrils and roof of the mouth. There will be excess coryza with loss of smell and sneezings.

Dulcamara: It is indicated for dry coryza. There is complete stoppage of nose. The nose feels stuffed up when there is cold rain. There will be thick, yellow mucus, bloody crust with profuse coryza. Least cold air stops the nose.

Euphrasia: It is proven to be the best remedy for the profuse fluent coryza with violent cough and profuse expectoration. Nasal discharge will be bland associated with profuse acrid lachrymation which is worse in the evening.

Natrum Muriaticum: It is indicated for violent, fluent coryza which is lasting from 1-3 days then changing into stoppage of nose making breathing difficult. Discharge from nose is thin, watery like raw white of egg. Along with this there is loss of smell and taste with internal soreness of nose.

Sabadilla: It is indicated for coryza with severe frontal pain, along with that there is redness of eyes and lachrymation. The nasal discharge will be copious watery with running nose.

Wytheia: It is best indicated for dry, hacking cough which is caused by tickling of epiglottis. There will be burning sensation in the bronchial tubes. Tendency to get hoarse talking or singing. The throat will be hot and dry.

Gelsemium: It is well indicated remedy for sneezing, fullness at root of nose. Dryness of nasal fossae. There will be swelling of turbinates. The discharge from nose is watery, excoriating. With coryza there will be dull headache and fever.

Pulsatilla: It is indicated for coryza with stoppage of right nostril. There will be pressing pain at root of nose. Large green fetid scales will be present in nose. There is loss of smell with yellow mucus abundant in morning, stoppage of nose in evening. The nasal bones will be sore.

Conflict of Interest

Not available

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Not available

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