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A case of allergic rhinitis managed by homoeopathic medicine tuberculinum: A case report

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Abstract

Allergic Rhinitis is an extremely common condition and it has been estimated that 20% of the population exhibit symptoms either as Seasonal or Perennial Allergic Rhinitis. A case report is presented below. Patient came with chiefly for complaints of frequent sneezing and nose block He was suffering from allergic rhinitis for past 1 year. After unsatisfactory outcome with modern medicine, patient turned to homoeopathic treatment. After detailed case-taking and on the basis of totality tuberculinum was given in low potency. The result was analyse by using score for allergic rhinitis (SFAR).

Keywords: Allergic rhinitis, homoeopathy, tuberculinum, SFAR

Introduction

An allergen is a harmless substance that causes an allergic reaction. Allergic rhinitis or hay fever is an inflammatory condition which effect nasal mucosa and its characteristics are sneezing, nasal congestion nasal itching and nasal discharge. Allergic rhinitis is an allergy to some specific allergens like pollen, domestic allergens as mites, insects or of plant origin. Latex, tobacco smoke, automobile exhaust include ozone oxides of nitrogen and sulphur dioxide, aspirin and NSAIDs are some occupational triggers. 10-40% of people with allergic rhinitis have concomitant Asthma. Allergic rhinitis is not a life threatening condition unless it is accompanied by asthma.

Case Study

Complaint and brief history

The patient

A patient aged 32 male about 5 feet 10 inch weighing around 74 kg. by his occupation he was worked in company who visited in OPD for treatment on 12/12/2021.

Physical examination past and personal history

Patient was apparently well 1 year back, then he developed gradually attack of violent sneezing which aggravates more in morning with yellow green discharge from nose & itching in nose and he also suffers from pain in forehead on & off. At night he feels nose block because of this he had disturbed sleep. Patient takes cold easily on slightest exposure. On examination mucosa was swollen.

Mental and Disposition

He told that he was very irritable when waking up in the morning. Always want to travel and want a change. He was very anxious and hopeless.

Past history

Appendectomy 6 yrs back.

Prescription and follow up

Prescription was made on the basis of totality of symptoms and results were compared on the bases of score of SFAR before and after. The score before treatment was 12. Therefore the treatment was started with Tuberculinum 30. Homoeopathic treatment is given as per principle of homoeopathy.

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Totality of case

- Yellow green secretion from nose.
- Aching of ears and teeth with coryza in evening.
- Sneezing 15-18 at a time.
- Itching in nose.
- Nose obstruction at night with headache.
- Irritable when wake up in morning.
- Anxious and hopeless.
- Want to travel.
- <From cold, early morning.
- >Better in open air.

Follow Up

Date	Symptom	Prescription
31/12/21	Discharge from nose slight better pain in ears and corza >	Tuberculinum. 30 sac lac3 0 TDS/ 15 days SFAR-12
	Violent sneezing 12-15 at a time, obstruction of nose slight better headache slight better irritation> itching>	
15/01/22	Frequency of sneezing decrease 8-9 at a time Headache better	Tuberculinum 30 Sac lac30 /1 month SFAR- 09
	No pain in ears Obstruction of nose reduced	
	No itching in nose	
17/04/22	Frequency of sneezing decrease 5-7 at a time Headache better	Sac lac30/ TDS /1month SFAR-6
	No pain in ears Obstruction of nose reduced	
	No itching in nose.	
17/05/22	Discharge absent Obstruction of nose absent Sneezing 1-2 time at a time No discharge from nose No itching No pain in ears	Sac lac30/TDS/ 1 month SFAR- 03

SFAR (Score for allergic rhinitis)

S. No	Symptoms/Causations	Marks	Before Treatment	After Treatment
1.	Sneezing	1	1	
2.	Nasal Obstruction	1	1	
3.	Watery Nasal discharge	1	1	
4.	Thick purulent discharge	1	1	
5.	Sticky discharge	1		
6.	Pollens	1	1	1
7.	House dust mites	1	1	1
8.	Dust	1	1	1
9.	Months of year- for perennial	1	1	1
10.	Itching in eyes	1	1	
11.	Itching in ear	1	1	
12.	Tickling in Nostril	1	1	
13.	Previous positive allergic tests	1		
14.	Previous medical diagnosis of allergy	1		
15.	Familial history of allergy	2		
	Total Marks	16	12	4

Results and Discussion

After prescription of tuberculinum patient condition was improved and his SFAR score are convincing the results. Before treatment score was 12 and after treatment score was 04. In this case study homoeopathy medicine had shown homoeopathic result in allergic rhinitis and tuberculinum found to be very effective. So this study shown that homoeopathic treatment based on holistic basis rather than particular pathological diagnosis.

Conflict of Interest

Not available

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Not available

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