

To Study the Role of Homoeopathy in the Cases of Allergic Rhinitis

Abhineet Sethi

BHMS, MD Scholar, Department of Organon of Medicine and Homoeopathic Philosophy, Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana, Punjab, affiliated to Guru Ravidas Ayurved University, Hoshiarpur, Punjab, India
abhineet00093[at]gmail.com

Abstract: Allergic Rhinitis is a common disease affecting approx 500 million individuals in which 10 to 30% of adults and 40% of children globally¹. Allergic rhinitis itself is not life-threatening (unless accompanied by severe asthma or anaphylaxis), morbidity from the condition can be significant. Allergic rhinitis often coexists with other disorders, such as asthma, and may be associated with asthma exacerbations. My aim of this study was to manage allergic rhinitis and to prevent its recurrent attack with the help of Homoeopathic medicine administered on the basis of Homoeopathic principles, & we fulfilled our objective to show effectiveness of Homoeopathically similar medicine in taking the case towards improvement & cure. The patients were selected from OPD & IPD of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana. The patient's improvement was assessed on the basis of level of AEC and Serum IgE Levels using paired t test. In the study, we found 72% patients showing marked improvement & 26% patients showing moderate improvement

Keywords: Allergic Rhinitis, Sneezing, Recurrent cough and Cold, Coryza, Homoeopathy

1. Introduction

Allergic rhinitis, also known as "hay fever". It is an (IgE)-mediated immunologic response² of the nasal mucosa to airborne allergens such as pollens, dust, or animal dander. Inhalation of allergens in individuals with a sensitized immune system produces degranulation of mast cells with the release of chemical mediators. These mediators are responsible for the symptoms of AR.

AR is clinically defined by the presence of rhinorrhea, nasal obstruction, nasal itching, and sneezing. The Allergic Rhinitis and its Impact on Asthma (ARIA) 2008 updated document estimates that there are 500 million subjects in this world who suffer with allergic rhinitis (AR). Although allergic rhinitis is not considered a serious condition it can interfere with many important aspects of life. Nasal allergy sufferers often feel tired, miserable, or irritable. It can interfere with work or school performance. If left untreated, Allergic rhinitis patients often have increased risk of developing asthma, recurrent middle ear infections, Sinusitis.

Homoeopathic Approach

There is a special mention about allergic diseases in Homoeopathic literatures under the heading IDIOSYNCRASY. Samuel Hahnemann, founder of Homoeopathic system of medicine defined idiosyncrasy 200 years ago in his famous book Organon of Medicine in aphorism 117 as to the latter category belong the so-called idiosyncrasies, by which are meant peculiar corporeal constitutions which, although otherwise healthy, possess a disposition to be brought into a more or less morbid state by certain things which seem to produce no impression and no change in many other individuals.

That these agents do actually make this impression on every

healthy body is shown by this, that when employed as remedies they render effectual homoeopathic service to all sick persons for morbid symptoms similar to those they seem to be only capable of producing in so-called idiosyncratic individuals.³

The homoeopath recognizes a wide range in susceptibility, including things that the allopath is not acquainted with. There may be a chronic idiosyncrasy from a chronic miasm and an acute idiosyncrasy from an acute miasm. There are acquired idiosyncrasies and idiosyncrasies that are born with a patient. Such patients have often been able to ferret out the thing that they are susceptible to; but psora is at the bottom of all these troubles.⁴

Common Homoeopathic Remedies

- **Arsenic alb⁵** -There is thin watery discharge from the nose with burning sensation, recurrent sneezing one after another with runny nose. Burning and tearing of eyes. There is puffiness around eyes, stuffy nose. The person has an asthmatic tendency with breathing difficulties, and oppression of chest which is generally worse when he lies down. With nightly aggravation.
- **Sulphur** – There is itching with redness of eyes in allergic condition. The itching is followed by burning sensation and relieved by cold application. Sulphur patient is always irritable, depressed, thin and weak, but good appetite. He is having forgetful nature, difficulties in thinking. He has many good ideas but cannot implement it. Selfish⁶ type person, no regards for others. Very lazy person, not cleanliness, never look after about his dressing and clothing. Don't like to take bath.
- **Natrum mur⁷** – Natrum mur is generally well indicated in case of allergic condition which gives the symptoms of more itching of nose, throat, ear with recurrent sneezing one after another. The characteristic discharge from the

Volume 11 Issue 10, October 2022

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mucous membranes is watery or thick whitish, like the white of an egg. Natrum mur patient is very sensitive in nature. Consolation aggravated the state of the mind.

- **Sabadilla**- It has good action on mucous membrane of the nose and the lachrymal glands, producing coryza and symptoms like hay-fever. There is spasmodic sneezing one after another. Symptoms of hay-fever or allergic rhinitis with itchy nose and fluent coryza.
- **Allium cepa**: Allium Cepa is one of the most commonly used Homeopathic medicines for Allergic Rhinitis or Hay Fever. It is generally used in the symptoms of severe runny nose that drips from the tip of nose with watery eyes. There is burning of nose due to over secretion mucous.
- **Tuberculinum**⁸- The patient is very susceptible to catch cold. The physical constitution is lean and thin like natrum mur, but not obese like calcarea carb. If there is family history of tuberculosis or bronchial asthma then is more suitable to give this medicines in any allergic or asthma condition. The person is very depressed, melancholic, taciturn sulky nature.

2. Methodology

It was an exploratory study. The study was undertaken at OPD & peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana. The cases, from 15 to 45 years of age, suffering from mild, moderate & severe Allergic Rhinitis were taken into the study. Pregnant and lactating women & cases suffering from life threatening diseases were excluded. Assessment was done on the basis of ARIA and on the levels of IgE and AEC . Each case was followed up at an interval of 15-30 days.

3. Result and Discussion

In the study, we found 72% (36 patients) showing marked improvement & 26% (13 patients) showing moderate improvement, 2% (1 patient) didn't show any improvement. Out of 50 cases 27 (53%) male and 23 (47%) were female, 36 cases reported with Nasal discharge, sneezing and nose itching (73.33%), 14 cases (26.66%) presented with nasal discharge, sneezing, Itching of nose and nose block. Allium cepa was most indicated as an acute remedy in 18 patients (36.66%), Euphrasia and Arum triphyllum was the least indicated as an acute remedy in 2 case (3.33%) each. Sabadilla was prescribed to 8 patients (26.66%). Dulcamara in 5 patients (16.66%), Belladonna in 5 patients (10%).Arundo in 2 patients (6.66%).

4. Conclusion

Each case totality was further analysed, repertorised and referred in materia medica in order to arrive at the most appropriate remedy that would benefit the case under consideration. After going through the whole research study, the analysis & observations, we conclude that there has been a remarkable improvement in Allergic rhinitis cases with homoeopathy.

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