

Allergic Rhinitis Cured Permanently by Homoeopathy - A Case Report

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Abstract: ***Introduction:** - Allergic rhinitis which is also known as hay fever is an allergic reaction that causes sneezing, nasal congestion, itchy nose and watery eyes. Allergic rhinitis occurs when body's own immune system reacts to an allergen present in the air. These allergens include pollen grains, dust, mold spores, cockroaches etc. Treatment of allergic rhinitis in modern medicine is mainly antihistamines, nasal congestants, corticosteroid nasal sprays, leukotriene inhibitors and immunotherapy. These treatments have side effects as well as these treatment provides only temporary relief and not cure. In Homoeopathy treatment is individualized and which have no side effects as well as permanent cure. **Case profile:** A female patient aged 22 years consulted for the complaints of excessive sneezing and runny nose along with headache since 8 - 10 years. Her sneezing frequency was 25 - 30 per day. On the basis of her totality of symptoms Homoeopathic similimum Pulsatilla in 200 potency was prescribed. She took treatment for 4 months and after taking Homoeopathic treatment for 4 months her allergic rhinitis was cured completely. **Conclusion:** This case report signifies the importance of Homoeopathic constitutional similimum in curing allergic rhinitis.*

Keywords: Allergic rhinitis, homoeopathy, cure

1. Introduction

Allergic rhinitis (hay fever) is allergic reaction to tiny particles in the air called allergens. When you breathe in allergens¹ through your nose or mouth, your body reacts by releasing a natural chemical called histamine. Despite being called hay fever, hay doesn't cause hay fever and most people don't get a fever.

Common hay fever triggers include: Pollen from trees, weeds and plants, Mold spores, Pet dander, Dust mites. Cockroach droppings and saliva.

Symptoms of allergic rhinitis: - Nasal stuffiness (congestion), sneezing and runny nose, Itchy nose, throat and eyes, Red or watery eyes, Headaches, sinus pressure and dark circles under your eyes. More mucus in your nose and throat. Tiredness. Sore throat from mucus dripping down your throat (postnasal drip), Wheezing, coughing and trouble breathing.

Causes of allergic rhinitis: - Allergic rhinitis occurs when your body's immune system reacts to an irritant in the air. The irritants (allergens) are so tiny that you can easily inhale them through your nose or mouth. Allergens are harmless to most people. But if you have hay fever, your immune system thinks the allergen is intruding. Your immune system tries to protect your body by releasing natural chemicals into your bloodstream. The main chemical is called histamine. It causes mucous membranes in your nose, eyes and throat to become inflamed and itchy as they work to eject the allergen from your body.

Allergic rhinitis comes from many allergens, including: Dust mites that live in carpets, drapes, bedding and furniture, Pollen from trees, grass and weeds, Pet dander (tiny flakes of dead skin cells), Mold spores, Cockroaches (their saliva and waste). Food allergies¹ can also cause inflammation in your nose and throat. Food allergies can be life - threatening, so get medical help right away if you're concerned that a certain food is consistently causing allergy symptoms.

Diagnosis of allergic rhinitis: - a blood allergy test measures antibodies to an allergen in a sample of your blood. This blood test is called an immunoglobulin E (IgE) test. It can detect most types of allergies, including food allergies.

Treatment of allergic rhinitis in modern medicine is mainly antihistamines, nasal congestants, corticosteroid nasal sprays, leukotriene inhibitors and immunotherapy.

In Homoeopathy the treatment of allergic rhinitis is based on the totality of the symptoms which is taken after careful complete case taking. Therapeutically as suggested by Dr. Samuel Lilenthal the main medicines indicated are Antipyrin², Arsenicum, Ailanthus - glan, Arsenicum - iod, Aralia - rac, ars iod, arum - t, sabadilla, dulcamra, euphrasia, gelsemium, sticta, sambucus etc.

Case Report: - a 22 years old female consulted for her complaints of daily sneezing and coryza since 8 - 10 years. Her daily sneezing frequency was 25 - 30. Along with sneezing she used to have itching in the nose and heaviness in the head. Sneezing used to get worse with change of weather and in cold air. Sneezing used to get better in open air and warmth. The patient used to feel very weak after sneezing. She had headaches whenever her sneezing got worse. The discharge from nose was sometimes watery, sometimes yellow, sometimes green and sometimes thick.

Past history: - nothing specific

Family History: - Father - IBS (Irritable Bowel Syndrome), Mother - Hypertension

Physical Generals: - She had desire for Bread, She was thirstless (she used to drink only 1 glass even in summers), sleep was refreshing. She told that her stool was regular but whenever she eat bread, pastry she used to have diarrhea.

Thermal: - Ambithermal

Menses: - Menarche - at 14 years of age, menses were irregular in time period and in quantity of blood
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Mental symptoms: The patient told that due to her sneezing she used to feel low. She was very shy and timid type of person. She told that whatever I do, I do with the permission of my parents. She needs assistance in all her works as well as in shopping. She used to get confuse whenever there are multiple choices or works. She said that I need to be appreciated for the works I do. She told that whenever someone talks loudly I used to cry. She said that whenever I feel sad I used to go to outside to take open air. She loved to be in company and fears to be alone.

On systemic and general examination: On Auscultation, there was no abnormal sound heard over both the side of lungs. Body temperature was 98.0 F. Blood pressure and pulse rate were 120/80 mmHg and 76 beats/min respectively. Local Examination: Swollen nasal turbinate. Redness and congestion of nose.

Therapeutic Intervention: - Repertorial totality was taken was using HOMPETH ECO TEAK³ software. Following symptoms were taken for repertorization.

- 1) Sneezing coryza with
- 2) Sneezing weather change
- 3) Headache sneezing agg
- 4) Nasal coryza changeable
- 5) Menese changeable in appearance
- 6) Thirstlessness
- 7) Confidence want of self
- 8) Mild
- 9) Weeping disposition
- 10) Indecisiveness
- 11) Bread desire
- 12) Sneezing air open amel
- 13) Sneezing cold air agg
- 14) Symapthy desire

Remedy	Puls	Ars	Phos	Bry	Nat - m	Kali - c	Nat - c	Nux - v	Bell	Merc	Lyc	Sil	Arg - n	Calc	Bar - c
Totality	30	24	24	24	22	22	21	21	20	20	20	19	19	19	18
Symptoms Covered	11	9	8	7	9	7	8	8	8	8	6	8	7	7	8
[Complete] [Nose]Sneezing: Coryza: With:	0	3	0	3	3	2	3	4	0	3	0	1	3	3	1
[Complete] [Nose]Sneezing: Weather, in change of:	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
[Complete] [Head]Pain, headache: Sneezing: Agg.:	0	0	4	3	3	3	0	1	4	0	0	0	0	0	1
[Murphy] [Nose]Discharge, nasal, (see Coryza): Changeable:	2	0	0	0	0	0	0	0	0	1	0	0	0	1	0
[Kent] [Genitalia female]Menses: Changeable in appearance:	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Complete] [Stomach]Thirstlessness:	4	4	4	4	3	3	3	4	4	3	4	3	4	2	1
[Complete] [Mind]Confidence: Want of self:	3	0	1	3	3	3	1	1	1	1	3	4	1	3	4
[Murphy] [Mind]Timid, (see Bashful, Mild, Yielding):	3	2	3	3	2	3	3	2	1	2	4	4	2	3	4
[Complete] [Mind]Company: Desire for:	3	4	4	4	1	4	4	3	1	4	4	1	4	3	0
[Complete] [Mind]Weeping, tearful mood:	4	4	4	4	4	4	4	4	4	4	4	4	3	4	3
[Murphy] [Food]Bread, general: Desires:	2	2	0	0	2	0	2	0	2	2	1	1	0	0	0
[Complete] [Nose]Sneezing: Air: Open: Amel.:	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0
[Complete] [Nose]Sneezing: Air: Cold, in:	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0
[Boericke] [Mind]Mood, disposition: Indecisive, irresolute:	3	0	0	0	0	0	0	2	0	0	0	0	2	0	3
[Murphy] [Mind]Sympathy, (see Consolation): Desire, for:	2	3	3	0	1	0	1	0	3	0	0	0	0	0	1

Figure 1: Repertorial sheet

Remedy selection and justification: - Pulsatilla was selected on the basis of totality of symptoms. Pulsatilla patient is mild gentle in disposition, thirstless and having changeability in symptoms along with indecieve nature, weeping disposition and open air desire. According to H. C ALLEN in his ALLEN’S KEYNOTE this remedy is suited to “Adapted to persons of indecisive⁴, slow, phelgmatic temperament; sandy hair, blue eyes, pale face, easily moved

to laughter or tears; affectionate, mild, gentle, timid, yielding disposition - the woman's remedy”. According to William Boericke “The weather - cock⁵ among remedies. The disposition and mental state are the chief guiding symptoms to the selection of Pulsatilla. It is pre - eminently a female remedy, especially for mild, gentle, yielding disposition. Sad, crying readily; weeps when talking; *changeable*, contradictory. *The patient seeks the open air; always feels*

better there, even though he is chilly. Mucous membranes are all affected. Discharges thick, bland, and yellowish - green. Often indicated after abuse of Iron tonics, and after badly - managed measles. Symptoms ever changing. Thirstless, peevish, and chilly". In this patient all these characteristics symptoms of Pulsatilla was present. Hence Pulsatilla was prescribed.

Dose: - Pulsatilla in 200 potency was given

Date & Prescription: - 30/7/2023

- 1) Pulsatilla 200 x OD x weekly (4 pills of Pulsatilla 200 at bed time once in a week)
- 2) Placebo x TDS x 1 month

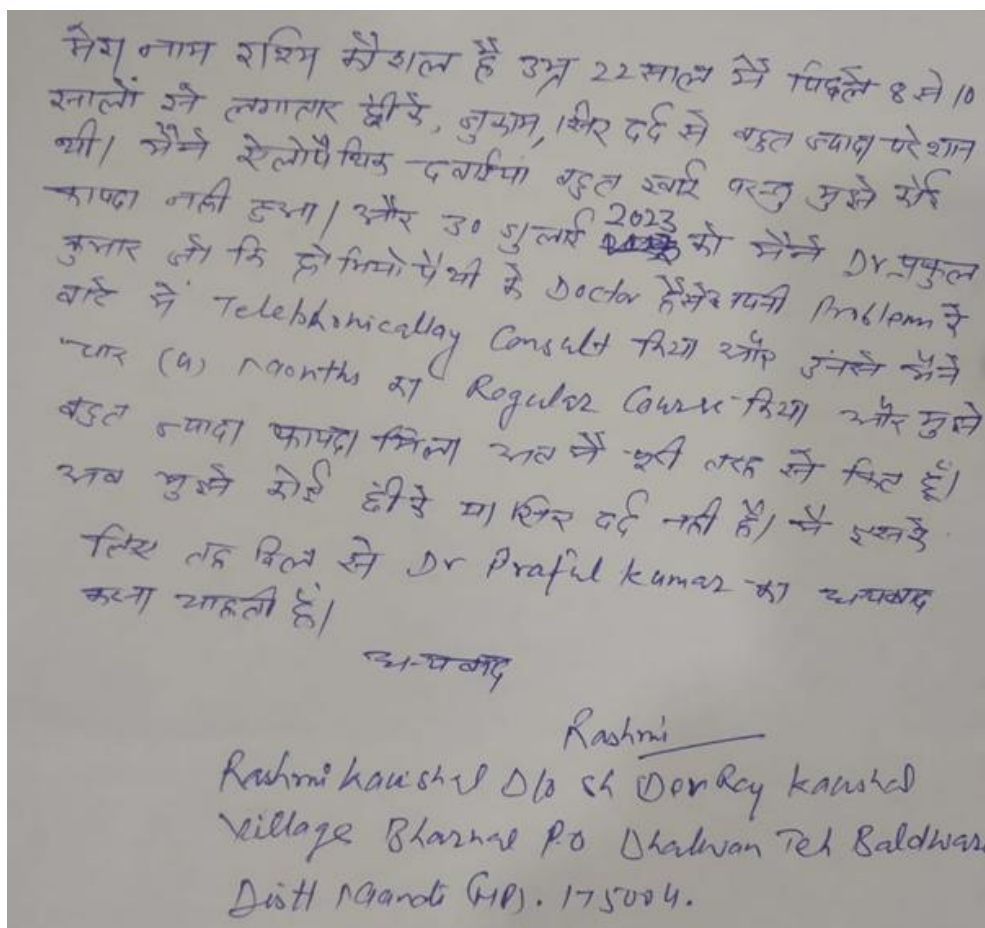
Sr. No.	Date	Symptoms	Prescription
1.	30/8/2023	1. Sneezing was reduced to 10 sneeze per day 2. Coryza was thick and yellow and in reduced quantity 3. Patient was feeling in general 40 % relief	1. Pulsatilla 200 x OD x Fortnight x 1 month 2. Placebo x TDS x 1 month
2.	2/10/2023	1. Sneezing was reduced to 5 sneeze per day 2. Coryza was thick and yellow and very much reduced in quantity 3. Patient was feeling in general 60 % relief	1. Pulsatilla 200 x 1 dose 2. Placebo x TDS x 1 month
3.	4/11/2023	1. Sneezing was reduced to 1 - 2 sneeze per day 2. Coryza was absent 3. Patient was feeling in general 80 % relief	Placebo x TDS X1 month
4.	10/12/2023	1. Sneezing was absent since 1 month 2. Coryza was absent since 1 month 3. Patient was feeling in general 100 % relief with no remission of attacks of allergic rhinitis	Hence patient was cured completely. so no remedy was given

2. Discussion and Conclusion

This case report signifies that a correctly chosen Homoeopathic constitutional remedy is able to cure chronic Allergic rhinitis in less than 6 months. The treatment not only cured her Allergic Rhinitis but also boosted her confidence which she had lost due to embarrassment and shame due to her sneezing and runny nose complaints.

Homoeopathy corrected her immunity and brought cure. There was a complete cure and not the temporary one along with no side effects. According to my viewpoint more research should be done on large scale to investigate the curative role of constitutional Homoeopathic similimum in chronic Allergic rhinitis cases.

Patient's Perspective towards treatment:



Informed consent: - Written consent was taken from the patient

Conflict of Interest: - None

Source of Funding: - None

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