

Homoeopathic Management of Allergic Rhinitis

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ABSTRACT

Allergic Rhinitis is a very common disorder that affects people of all ages. It affects quality of life and productivity at work or school. Medication for Allergic Rhinitis are histamines and topical steroids, which suppresses the body immune response to allergens. The study was aimed at homoeopathic management of Allergic Rhinitis. While objectives were to study miasmatic background and causative factors along with management of Allergic Rhinitis.

An observational study was done. 30 patients were taken for study which included patients of both sexes and all age groups. Patients with irreversible pathological changes and immune compromised state were excluded. The outcome was assessed on basis of recurrence and intensity of symptoms on exposure to causative factors. The study showed that that, 28 cases out of 30 (93 %) improved and 2 cases (7%) did not improve. This observational study indicated that homoeopathy is effective in the management of Allergic Rhinitis.

Keywords *Allergic Rhinitis, Homoeopathy.*

I. INTRODUCTION

Allergic Rhinitis represents inflammatory disorder of nasal mucosa initiated by allergic immune response to inhaled allergens in sensitized individuals. Allergic Rhinitis affects up to 40% of the population worldwide. High prevalence is being recorded in developed nations of Northern Hemisphere, with 23-30% affected population in Europe and 12-30% in the USA.

Allergic Rhinitis often restricts the patient's quality of life. Avoiding allergen or de-sensitization

is the ideal treatment. Modern medicine prescribes Antihistamines and Steroids which give temporary relief. Nasal decongestants sprays for long time can make allergic rhinitis worse. This line of treatment lowers the resistance of the patient. Here comes the role of homoeopathy where the resistance of the patient is raised so that he will not remain allergic to a particular substance to which he was allergic before and he will not be susceptible to invading organisms. Hence I undertook the study of homoeopathic management of allergic rhinitis, so that symptoms of allergic rhinitis can be homeopathically cured in a rapid, mild and gentle way.

II. MATERIAL AND METHODS

Study Setting:

Cases were collected from:

1. OPD of the institute
2. Camps conducted by the Institute

Selection Of Samples:

30 cases were taken for study. **Inclusion/Exclusion Criteria: Inclusion Criteria:**

- ✓ Patients of both sexes
- ✓ Patients of all age groups

Exclusion Criteria:

- ✓ Patients with irreversible pathological changes.
- ✓ Immuno compromised patients

Study Design: Observational study

Intervention: Homoeopathic medicines were given.

Selection Of Tools:

Questionnaire for screening of people suffering from Allergic Rhinitis

Various books for Allergic Rhinitis

Journals

Investigations as per needed

ARAI (Allergic Rhinitis and its Impact on Asthma) proposed a new classification for allergic rhinitis which was subdivided into “Intermittent” or “Persistent” disease, and based on severity according to quality-of-life and symptoms.

III. OBSERVATION AND RESULTS

1. Causative Factors

CAUSATIVE FACTORS

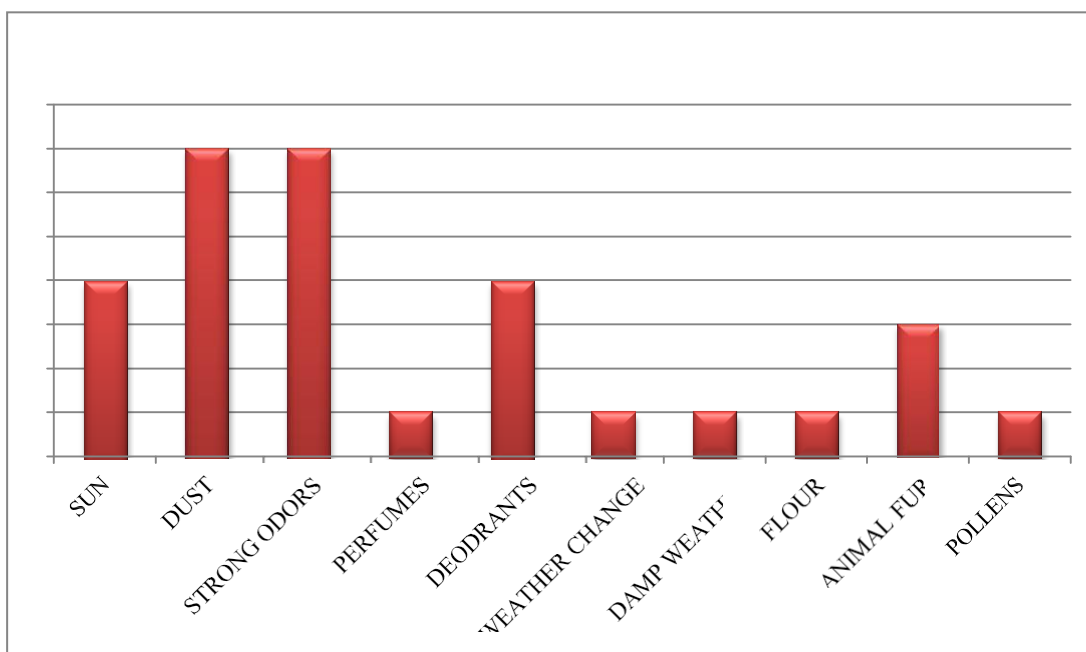


Figure No. - 1 Bar diagram showing Causative Factors

Dust and Strong odors were the causative factors in maximum no. of patients 7 (23.33%) each, followed by Sun and Deodrants in 4 (14.33%) patients each, followed by furred animals in 3 (10%) patients and weather changes, perfumes, damp weather, flour & pollens in 1(3.33%) patient each.

2. Dominant Miasms

DOMINANT MIASM

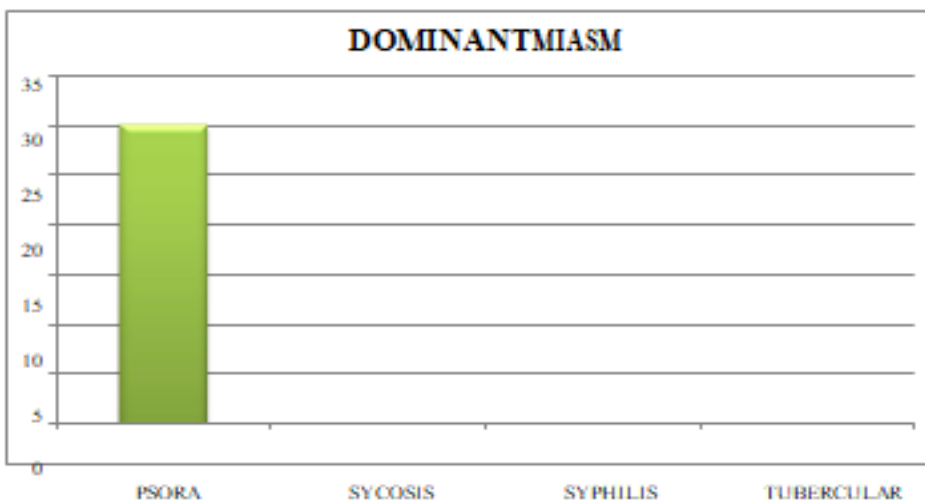


Figure No. 2 - Bar diagram showing Dominant Miasm

The above table shows that psora was the dominant miasm in all the patients.

3. Fundamental Miasm

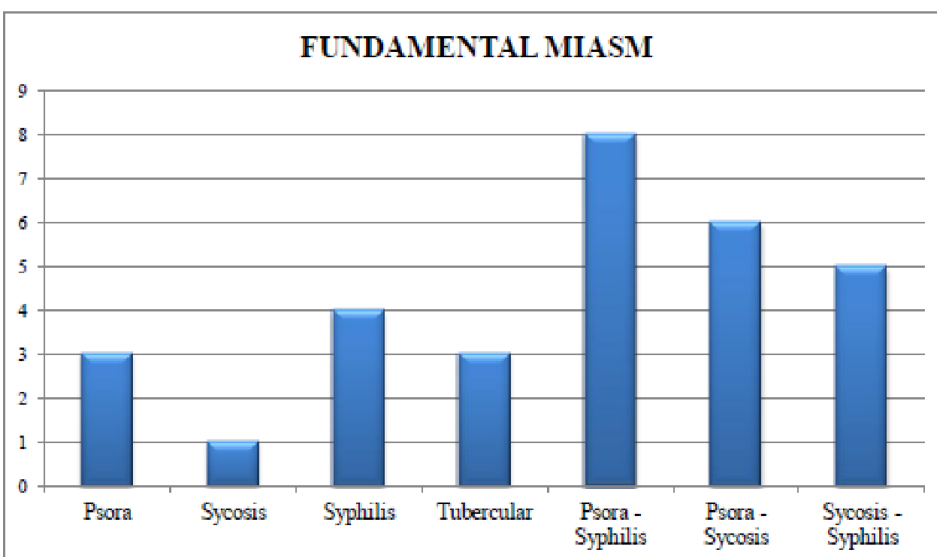


Figure No. 3 - Bar diagram showing Fundamental Miasms

The table depicts that a mixed miasm of psora and syphilis was maximum observed in 8 cases (26.66%), followed by Psora - Sycosis in 6 cases (20%), followed by Syco-Syphilis in 5 cases (16.66%) and Syphilis in 4 cases (13.33%), followed by Psora and Tubercular in 3 cases each (10%) and Sycosis in 1 case (1%).

4. Type Of First Prescription

TYPE OF FIRST PRESCRIPTION

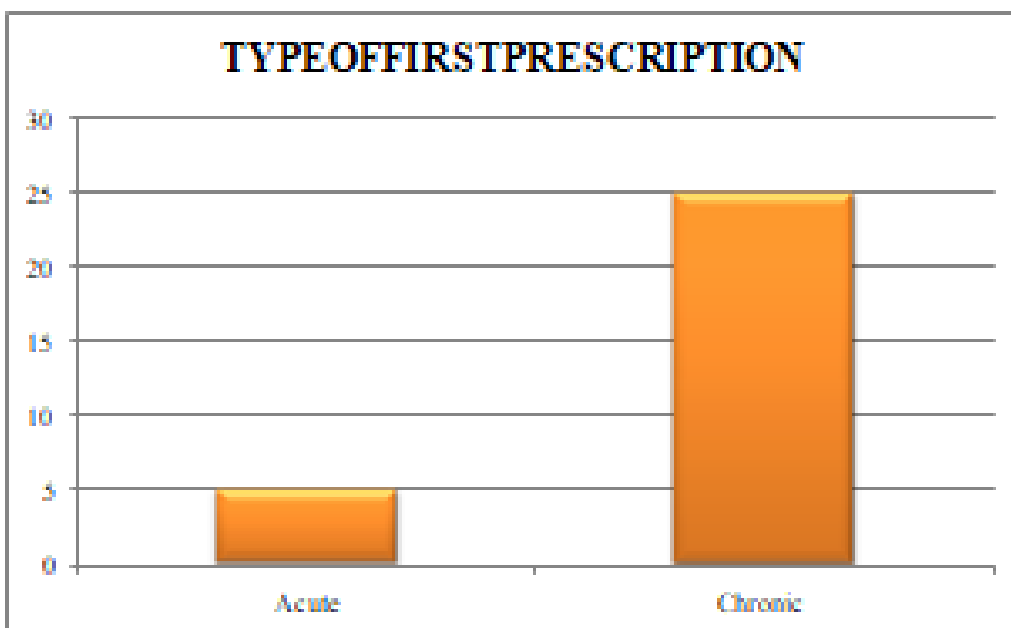


Figure no. 4 Bar diagram showing type of first prescription

The above table shows that 5 cases (16.66%) were given acute prescription and 25 cases (83.33%) were given constitutional prescription as the first prescription.

5. Constitutional Remedies As First Prescription

The above table depicts that Sulphur was indicated in maximum no. of patients 5 each (20%) followed by Arsenic album in 4 (16%) patients, Lycopodium and Phosphorus in 3 (12%) patients each, Lachesis, Natrum Mur and Pulsatilla in 2 (8%) patients each and Nux Vomica, Rhus tox, Sepia and Silicea in 1 (4%) patient each.

CONSTITUTIONAL REMEDIES AS FIRST PRESCRIPTION

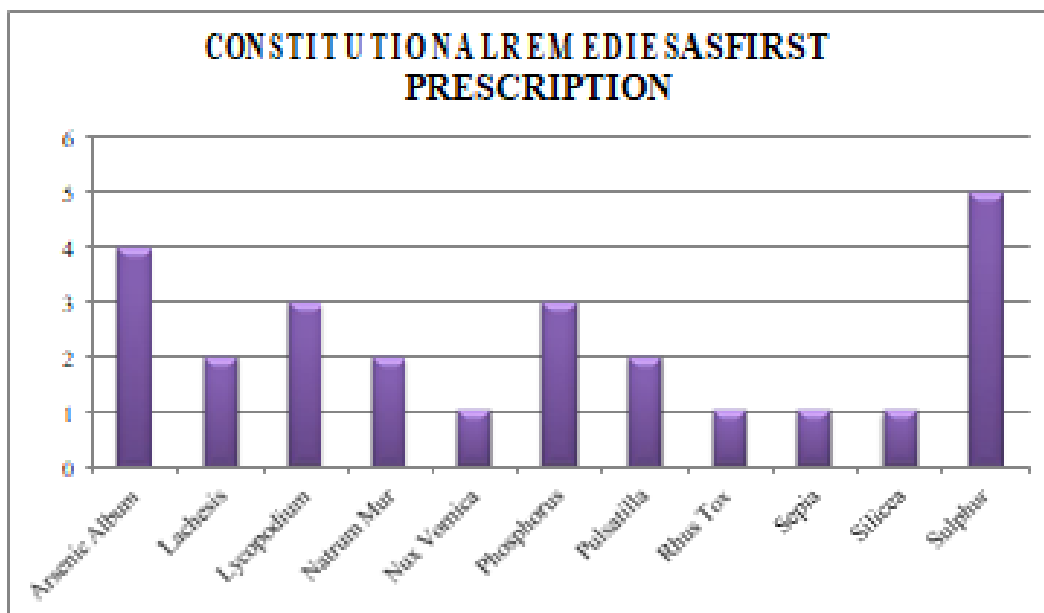


Figure No. 5 - Bar Diagram showing Constitutional Remedies

6. Outcome Assessment

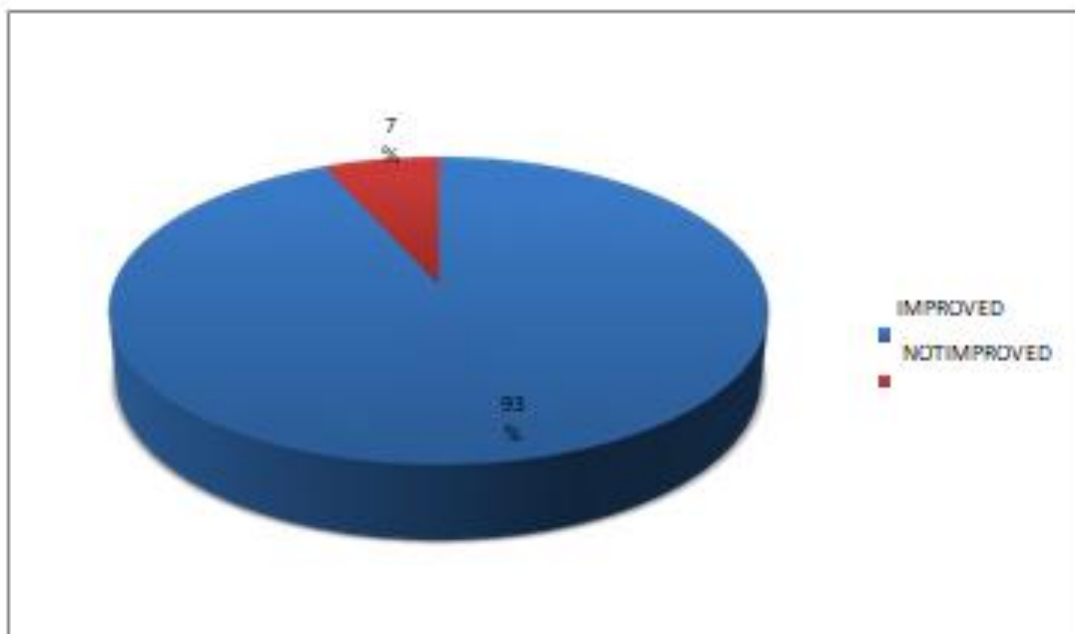


Figure No.6 - Pie diagram showing Outcome

Explanation: The above table shows that 28 cases improved and 2 cases did not improve.

IV. CONCLUSION

A total number of thirty cases were taken by random sampling. Conclusion was drawn by statistical analysis using paired t test. Following are the conclusions drawn from study:

1. Out of 30 cases, Psora - Syphilis was maximum observed in 8 cases, followed by Psora - Sycosis in 6 cases, Sycosis - Syphilis in 5 cases, Syphilis in 4 cases, Psora and Tubercular in 3 cases each and Sycosis in 1 case.
2. In all 30 cases, psora was observed to be the dominant miasm.
3. In management of Allergic Rhinitis, most frequently indicated constitutional remedies were Arsenic Album & Sulphur (5 each), followed by Phosphorus (4), Pulsatilla & Lycopodium (3 each), Calcarea Carb, Lachesis, Natrum Mur (2 each) and Nux Vomica, Rhus Tox, Silicea & Sulphur (1 each)
4. Out of 30 cases, 28 patients showed improvement (93%) and 2 did not show improvement (7%)
5. Out of 30 cases, dust and strong odors were the causative factors observed in maximum number of patients (7), followed by sun & deodorants (4), animals fur (3), weather changes (2), perfumes, damp weather, flour & pollens (1 each).
6. Out of 30 cases, 25 cases were given constitutional prescription and 5 cases were given acute prescription as first prescription.

During my study, I observed in few cases, inspite of giving similium it was found that symptoms recurred when exposed to causative factors. Hence, as per the need appropriate anti miasmatic remedies were given; after which considerable improvement was observed even after exposure to causative factors. Causative factors of allergic rhinitis were studied. Thus, this observational study concluded that Homoeopathy is effective in management of Allergic Rhinitis.

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