



Unleashing The Curative Power of Homoeopathy Through Treatment of Allergic Rhinitis an Evidence-Based Case Report.

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Abstract

Allergic rhinitis -Allergic Rhinitis a disease pertaining to Nose, induced by an immunoglobulin E (IgE)-mediated inflammatory reaction after allergic exposure of the membranes lining the nose.

Main symptoms include- It is characterised by watery Nasal discharge, Nasal congestion, Sneezing and Itching in the nose¹.

This may also be associated with symptoms of itching in the eyes, palate and pharynx. It was defined in 1929⁹. The three cardinal symptoms in nasal reactions occurring in allergy are sneezing, nasal obstruction and mucous discharge.

Diagnosis- Allergic rhinitis

Conclusion- Allergic rhinitis is the most common type of chronic rhinitis, affecting 10 to 20% of the population, and evidence suggests that the prevalence of the disorder is increasing². Severe allergic rhinitis has been associated with significant impairments in quality of life, sleep and work performance³. In this case the curative action of homoeopathy is unleashed based on lab investigations, grading of symptoms, objective and subjective parameters with successful reduction of symptoms.

Keywords: Homoeopathy, Allergic rhinitis, evidence based, case report.

Summary, why the case is unique.

This case was unique as it had typical mental symptoms along with symptoms of allergic rhinitis. The patient was mentally very irritable and impulsive in nature.

Deidentified patient specific information- Patient named- Mrs SM, Age-33, Sex -F

Primary symptoms of a patient- Patient came with a presenting complaint of Difficulty in breathing due to nose block and continuous sneezing in the morning for 2 years. Itching and watering of eyes. Itching in ears is present. Now the complaints have increased since 2 months.

Medical and family and genetic history.

Operated for Deviated Nasal Septum 2 years back.

Relevant past interventions- Has taken conventional treatment for same complaints.

Significant clinical examination and clinical findings.

On Examination

Nose-

Inspection- No scar mark

Slight DNS seen.

Watery clear nasal discharge seen.

Palpation- No any abnormal growth seen

Historical and current information.

Obstetric history- Number of children -3 with FTND.

Menstrual history regular.

Grading of symptoms:

Increased frequency of sneezing-3	0- nil 1- 6-10 times per day 2- 11-20 times per day 3- More than 20 times per day
Burning sensation in nose-2	0- nil 1- occasional mild burning 2- often moderate burning 3- persist in all phase
Throat irritation-2	0- Nil 1- Occasional bearable 2- Often moderate 3- Persist in all time
Watery discharge from nose-2	0- Nil 1- Occasional, Mild 2- Intermittent, Moderate 3- Continuous, Severe
Nasal irritation-3	0- Nil 1- Occasional bearable 2- Often moderate 3- Persist in all time

Grading of symptoms as per scale- Total score - 12/15

Laboratory investigations:

1. CBC
2. Absolute Eosinophil Count
3. IgE

Diagnostic challenges-

Convincing patients for investigations as she thought it was not related to any blood report.

Diagnosis- Was done on following subjective and objective criteria for Allergic rhinitis.

Assessment criteria:

The assessment will be made based on following subjective and objective parameters.

Subjective parameter: Classical symptoms of allergic rhinitis

- Watery nasal discharge

- Nasal irritation
- Continuous sneezing
- Throat irritation
- Burning in nose

Objective parameter:

Blood examination, Presence of increased eosinophil count followed by increased absolute eosinophil count were taken into consideration for confirmation of diagnosis. Both subjective and objective parameters will be given with suitable grading and evaluated and statistically analysed before and at the end of the treatment.

Prognosis- The case had a good prognosis where the symptoms decreased as per grading scale.

Type of therapeutic intervention- • **Hepar sulph** was prescribed to the patient as she was extremely sensitive to cold air. Sweats profusely day and night. Sneezes every time when exposed to cold dry wind with a running nose. Nose blocked Every Time after exposure to dry cold wind⁵.

Administration, dosage - Hepar sulph. 200, 1 dose followed by pl forth 1 month.

Changes in therapeutic intervention- No, the same remedy was repeated every month i.e **Hepar sulph. 200, 1 dose followed by pl forth 1 month.**

Follow Up diagnostic and other test results.

S.no	Dates/ Investigations	10-12-22	18-3-23	9-7-23	Status.
1.	E	08 mcl	06 mcl	04 mcl	Improved
2.	AEC	560 mcl	420 mcl	280 mcl	
3.	IGE	670 UI/ml	390 UI/ml	178 UI/ml	

Intervention tolerability, how it is assessed- There was no homoeopathic aggravation and the intensity of symptoms did not increase as per grading scale after the remedy was prescribed.

Adverse and unanticipated events- No any

Strength and limitation of case report-

The strength of this case report is that the patient feels confident about improvement after decrease in intensity of symptoms and after positive changes in blood investigations.

Limitation- Convincing patients for investigations and to continue medicines initially.

Discussion- Antihistamines relieve the symptoms temporarily and in addition it may lead to side effects like drowsiness or sedation, dryness of mouth, suppressing of appetite but avoidance of allergens or desensitisation against the allergens is the ideal methods to avoid Allergic Rhinitis but these are not always possible. Therefore, Homoeopathy can be considered as we have various homoeopathic remedies to treat allergic rhinitis. In this case Hepar sulph 200 potency was given twice every day for 15 days based on symptom similarity and positive results were found.

Various review Studies identified showed that homoeopathy is effective in the management and prevention of acute episodes of Allergic Rhinitis⁴

Scientific rationale- Homoeopathic medicines are prescribed on the basis of symptom similarity. Homoeopathic medicine stimulates the body's own defence system to cope with exposure to allergens, rather than suppressing the allergic symptoms. Due to its dynamic action, treatment doesn't have to be taken continuously – for example, a homoeopathic medicine taken at the beginning of allergic rhinitis and can be repeated every month till the episodes and intensity of symptoms decreases⁴

Take away lesson-

Homoeopathy is a safe and effective way to treat AR, which also decreases the recurrence of symptoms due to its influence on vital force and will trigger the body's natural defences.

Patients' perspective. - I Mrs SM feel extremely overwhelmed to share with you the journey of homoeopathic treatment for allergic rhinitis which I was suffering from for many years. After taking treatment I am not only feeling like a new person but also mentally confident. My blood report has also improved. There is no recurrence of symptoms till date i.e from the past 5 months.

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