

Homeopathy And Allergic Rhinitis In Paediatrics

Dr. Ulka Hiray (MD Paediatrics)

Allergic rhinitis is an inflammatory disorder of the nasal mucosa characterized by nasal congestion, rhinorrhea, and itching and often accompanied by sneezing and conjunctival irritation. It is a major chronic disease of children based on its high prevalence, co-morbidities.

Type of allergic rhinitis:

- 1) Seasonal allergic rhinitis.
- 2) Perennial allergic rhinitis. (*Kligman*)

The maximum incidence of the patients suffering from allergic rhinitis is in the age group of 2-10 years. Males were found to be more prone to allergic rhinitis compared to females in this study. The constitutional remedies gave maximum relief to the patients. The patient improved faster after the administration of constitutional remedies. Homoeopathic Management of Allergic rhinitis is able to annihilate the disease and helps to reduce the intensity and frequency of the episode of Allergic rhinitis. Better scope in Homoeopathic for the treatment of Allergic rhinitis, since the treatment is based on holistic and individualistic approach.

Role of Homoeopathic medicines in the treatment of different types of Allergic rhinitis and the response in this study is quite satisfactory. (*Dr. Nahida M Mulla*)

Some individuals with allergic rhinitis may elect to use homoeopathic medications for the treatment and management of their symptoms because of the possible adverse effects associated with traditional allergy medications. According to the National Centre for Homoeopathy, the treatment of allergies with homoeopathic medications has been researched extensively and studies have proved them to be very effective. (*Yvette C. Terries*)

IgE bound to mast cells are stimulated by allergens, causing the release of inflammatory mediators such as histamine. This usually causes sneezing, itchy and watery eyes, swelling and inflammation of the nasal passages, and an increase in mucus production. Symptoms vary in severity between individuals. Very sensitive individuals can experience hives or other rashes.

Particulate matter in polluted air, and chemicals such as Chlorine and detergents, which can normally be tolerated, can greatly aggravate allergic rhinitis. The first accurate description of hay fever was completed by the 10th century physician in his manuscript "A Dissertation on the Causes of the Coryza which Occurs in the Spring When the Roses Give Forth Their Scent." The true agent causing hay fever was finally identified as pollen in 1859. It was not until 1906 that the mechanisms of allergy as a type of hypersensitivity were understood following the work of .Allergies are common. Heredity and environmental exposures may contribute to a predisposition to allergies. It is roughly estimated that one in three people has an active allergy at any given time and at least three in four people develop an allergic reaction at least once in their lives. (*Dykewicz M S*)