

A Case Study of Allergic Rhinitis

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Abstract

Allergic rhinitis (AR) is an inflammatory disorder of the nasal mucosa induced by allergen exposure triggering IgE mediated inflammation. Clinically it is characterized by- rhinorrhea, sneezing, nasal itching and nasal congestion. AR has a considerable effect on quality of life and can have significant consequences if left untreated. AR is a global health problem affecting the people worldwide. Homoeopathic treatment is aimed at enhancing body's own healing capacity so that human system does not react adversely to the allergens which are considered external factors or exciting cause. A case of allergic rhinitis treated with *Arsenicum album*, a homoeopathic medicine is reported here. This case shows the usefulness of homoeopathic medicines in allergic rhinitis.

Keywords: Allergy, Allergic rhinitis, Rhinorrhea, Arsenicum album, Homoeopathy.

Introduction:

Allergic diseases are common and increasing cause of illness, affecting between 15% and 20% of the population. They comprise a range of disorders from mild to life-threatening, and affect many organs. ^[1] AR represents a global health care problem affecting 10% to 20% of the total population, making allergic rhinitis the most prevalent chronic non-communicable disease. ^[2]

AR is a respiratory disorder characterized by an inflammation of the nasal mucous membranes caused by an IgE mediated immune response consisting of an early acute response due to degranulation of mast cells, and a delayed prolonged response in which there is infiltration by leucocytes such as eosinophils, basophils, neutrophils and macrophages accompanied with edema. ^[3]

In AR, histamine released in response to the reaction causes local intranasal vascular dilation, with resultant increased capillary pressure and increased capillary permeability. Both these effects cause rapid fluid leakage into the nasal cavities and into associated deeper tissues of the nose; and the nasal linings become swollen and secretory. ^[1]

Episodic rhinorrhea, sneezing, obstruction of the nasal passages with lacrimation, and pruritus of the conjunctiva, nasal mucosa, and oropharynx are the hallmarks of AR. The nasal mucosa is pale and boggy, the conjunctiva congested and edematous, and the pharynx is generally unremarkable. Swelling of the turbinates and mucous membranes with obstruction of the sinus ostia and eustachian tubes precipitates secondary infections of the sinuses and middle ear, respectively. Nasal polyps, representing mucosal protrusions containing edema fluid with variable numbers of eosinophils, can increase obstructive symptoms and can concurrently arise within the nasopharynx or sinuses. ^[4]

AR has nasal symptoms as well as non-nasal symptoms. It also has psychological and cognitive symptoms such as fatigue, depression, anxiety, poor concentration, sleep disturbances, and limited daily

activities and exercise capacity. Frequent respiratory infections and other respiratory sequelae are reported. [5]

AR is usually a long-standing condition that often goes undetected in the primary-care setting. Patients suffering from the disorder often fail to recognize the impact of the disorder on quality of life and functioning and, therefore, do not frequently seek medical attention. [6] for AR in modern medicine is Antihistamines, nasal decongestants, mast cell stabilizers and anticholinergic agents, Anti-IgE antibody therapy and immunotherapy [7]

AR involves over-responsiveness of the immune system, and is therefore not limited to a local problem with the nose, but a system issue. According to the National Centers for Homoeopathy, the treatment of allergies with homoeopathic medications has been researched extensively, and studies have proved them to be very effective. [8]

The present case will bring to light the efficacy of a homoeopathic medicine in the case of AR.

Case Report:

A 22 year old male consulted on 22/10/2017 for the treatment of cold, sneezing, lachrymation and watery nasal discharge since last 4 months. The patient was under allopathic treatment earlier which gave him temporary relief. The sneezing starts suddenly 15-20 in a row, and is aggravated in morning, dust mites, cold drinks, change of weather. Warm drinks relieves for sometimes. During this, he had profuse watery nasal discharge with itching of nose and profuse lachrymation with burning and redness of eyes.

Past history: Nothing specific was found.

Family history: Nothing contributory history found.

Physical generals: He has good appetite and desire for sweets. He becomes thirsty so often and drinks 3- 3½ liters of water. Has regular bowel movements and normal micturation. Tongue clean and moist and skin is healthy. Sleep disturbed as nose get blocked at night.

Thermal: Chilly.

Mental symptoms: The patient said only thing that was bothering him is not getting relief in spite of taking medicines. He gets irritated easily since the complaint started. Becomes angry on seeing mess in the room, wants everything neat and clean.

On systemic and general examination: On Auscultation, Wheezing sound heard over both the side of lungs. Body temperature was 98.0 F. Blood pressure and pulse rate were 130/80 mmHg and 82 beats/min respectively.

Local Examination: Swollen nasal turbinate. Redness and congestion of nose and throat. Redness of eyes.

Analysis of the case: After case taking all mental, physical generals and particular symptoms were classified, analysed and each symptom evaluated as per their merit. Among mental symptoms anxiety, irritable, fastidious and physical generals unquenchable thirst, disturbed sleep were taken for constructing the totality. Among particulars, sneezing, cold aggravation, morning aggravation, dust aggravation, burning eyes, redness of eyes, nasal itching were considered in the totality. Repertorization was done by using RADAR software [10.0], Synthesis repertory 9.1 was selected. Arsenicum album was prescribed

to the patient considering the totality, thermal state and miasmatic expression which is predominantly Psora.

Repertorization:



Prescription: Arsenicum album 200 x 3 doses x 8 hourly. Placebo 30, 4 pills x TDS x 7days.

Follow up schedule

Sr. No	Complaints	Prescription with Date
1.	<ul style="list-style-type: none"> Sneezing reduced (12-15) Nasal discharge as it is. Nasal itching reduced. Burning of eyes and lachrymation reduced. Sleep- sound. Irritability reduced On Examination- Congestion of throat and nose. Swelling of nasal turbinates reduced slightly. Redness of eyes reduced. RS- Wheezing reduced slightly. 	29/10/2017 Rubrum 200, 1 dose HS. Placebo 4pills, TDS for 15 Days.
2.	<ul style="list-style-type: none"> Sneezing reduced(5-6) Nasal discharge reduced. Slight burning and lachrymation. Nasal itching increased. Sleep sound. Irritability reduced to mark extends. On examination- Congestion reduced. Nasal turbinates appeared normal. No redness of eyes. RS- Wheezing reduced on both sides. 	16/11/2017 Arsenicum album 200, 1 dose stat. Placebo 4 pills, BD For 1 month.
3.	<ul style="list-style-type: none"> Sneezing reduced further (1-2) Slight Nasal discharge. 	17/12/2017 Rubrum 200, 3 doses 8

	<ul style="list-style-type: none"> • No nasal itching. • No burning of eyes and lachrymation. • No irritability. • On examination- No congestion. No redness of eyes. • RS- Wheezing reduced. 	<p>hourly.</p> <p>Placebo 4 pills, BD For 1 month.</p>
4.	<ul style="list-style-type: none"> • Sneezing (1-2 in a week) • No nasal discharge. • No nasal itching. • No burning and lachrymation. • RS- AEBE clear. 	<p>21/1/2018</p> <p>Placebo 4 pills, BD for 1 month.</p>

Discussion & Conclusion:

Above case shows the effectiveness of the homoeopathic medicine in treatment of allergic rhinitis. Homoeopathy plays a major role in the management of allergic rhinitis with a check on subsequent recurrence of episodes in terms of frequency, duration and intensity. Homoeopathy treats the person by giving constitutional treatment based on individualization. Proper administration of the indicated constitutional remedy facilitates in rapid, gentle and permanent restoration of health – that is cure. Homoeopathic remedies offer gentle relief and reduce the chances of recurrence significantly. However, the results from this single case report are by no means conclusive regarding the long-term clinical effectiveness of homoeopathy for allergic rhinitis. Well designed studies are required for establishing effectiveness and efficacy of homoeopathy in treating the condition.

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