

"Repertorial approach to allergic rhinitis with the help of synthesis repertory"**Dr.Vishal Nimbhore****Abstract**

Allergic Rhinitis when treated with Homoeopathic Medicines gave the significant results in improvement of the patient. It was found that Homoeopathic medicines were best for cure of allergic Rhinitis where Modern Science have only symptomatic treatment, suppression of disease rather than a cure and use of steroid with the sword of side effects is always there. Homoeopathic medicines are safe, without any side effects and suppression and it improves quality of life.

The efficacy of homoeopathic medicines can be understood with the help of statistical Analysis which are as given below. The analysis is of 30 cases. From the study of statistical analysis the age group from 0-20 was 23.33%, from 21-40 was 46.66% , from 41-60 was 26.66% and 61-80 was 3.33%. The grades of improvement were, 70% cases showed good Improvement, 20% showed moderate improvement and 10% showed poor Improvement. The medicines which were frequently used were Nux Vomica, Calcarea Carb, Pulsatilla and Natrum Muriaticum.

Medicines used in Moderate Zone were Arsenicum Album, Sulphur and Stramonium. Infrequently used medicines were Hyocyamus, Sepia , Cinchona Offincinalis (China), Phosphorus, Lachesis, and Kali Phos. Synthesis repertory brings out the personality of patient through rubrics and helps to make a mind body correlation to bring cure. The meaning of rubrics has its depth and encyclopedia Homoeopathica is the real Gold mine.

Homoeopathic medicines have the efficacy to cure Allergic Rhinitis as cure proposed in aphorism first by **Dr C.F.S Hahnemann**.

The action of Homoeopathic medicines to cure Allergic Rhinitis by increasing the immunity of our body to fight against Allergens. One of the care to be taken is start with low or moderate potency as there is a chance of aggravation in allergic condition due to Hypersensitivity.

There is no frequent repetition of medicines and wait and watch policy helps to reduce the chances of aggravation and cure takes place. One have to stimulate the system by single similimum dose. Study of mind is the beauty of homoeopathy which is achieved through the study of rubrics from of mind chapter Synthesis repertory.

A single Similimum is sufficient to boost our Immune system in Allergic conditions under the Law of "Similia Similibus Curantur"

Keywords: Allergic Rhinitis, Synthesis Repertory, Homoeopathic Medicine.

Definition:-

Allergic Rhinitis: Allergic Rhinitis is a common disorder, which usually characterised by spasmodic attacks of severe sneezing and rhinorrhoea. It is a reaction to allergens.

Introduction:

Today with the advancement of medical science with ongoing various research, different medicines are coming for different illness. In allergic cases day in and day out many new medicines are discovered ,

but whether they bring a cure is a question. We see patients suffering from allergic rhinitis, who has lose his precious time in taking suppressive treatment with a hope it will be cured. As time passes the patient becomes dependent only on steroids and his health deteriorates his health. This does not stop on health only but there is also decrease in performance and quality of work , mental instability, directly or indirectly affects his family and he does not get cured in his whole life.

Homoeopathy helps in increasing the immunity of a person hence it becomes a need of an hour to look at this subject of curing '**Allergic Rhinitis**'. Starting with this dissertation I want to study the following aspects in detail

- 1) Homoeopathic medicines are efficacious in case of Allergic Rhinitis
- 2) Mind rubrics from synthesis repertory are very useful in prescribing a constitutional medicine.
- 3) Homoeopathic medicines helps to increase immune system of an individual.

Nowadays the cases of allergy to different things are increasing and the children to adults are being affected by this allergens. There are no medicine in modern medicine to cure these cases but there is only a suppressive treatment rather than a cure . Allergic rhinitis is one of the trouble wherepatients waste their valuable time of life with only relief from symptoms and no cure. There are also chances that this allergic conditions are transferred to next generation.

Homoeopathy as a science at a conceptual level explain the concept of disease that is behind the patient the vital force is deranged in disease state and one's aim should be to keep vital force in harmonious functioning. Vital force is nothing but the immune system which one have take care of which in turn will take care of the system. In allergic rhinitis the immune system is at fault and not able to produce antibodies against the specific antigens(allergens) in the body. So there is a need of this subject to take for dissertation, which will explain efficacy of homoeopathy and homoeopathic medicines in allergic rhinitis. For the study of this topic I have taken the synthesis Repertory for repertorization as it will help in the study those rubrics which have been updated long after Kents repertory. It will also help to study the different types of rubric with their meanings, interpretation of rubrics, applying them in clinical practise and using them for curing the case. The use of Synthesis repertory will also help to see the Cross references which will help to study different ,similar rubrics as well opposite meaning rubrics.

By the study of these rubrics it will help us to get different shades of materia medica drugs. This will also help in studying his materia medica. Synthesis Repertory is the addition to Kents repertory by adding newly added rubrics, additions of newly proven. The plan and Construction remains the same but it will upgrade our knowledge and in turn help us in our practise. It will definitely give the panoramic view to the study of synthesis repertory with the materia medica images and application of this knowledge to cure the diseased person.

While considering Allergic Rhinitis, we have to understand the psychosomatic correlation. Since allergy is nothing but the decreased Immunity of a person to specific things . In turn Immunity is related with the mind setup or we can say mental makeup of the person. In Homoeopathy we give importance to Individuality. Individuality relates with the Individuality of mental makeup at Mind level, Individuality by taking in Physical generals like desires, aversions, aggravation, perspiration, menstrual cycle etc. Thus in homoeopathy we correlate the mind body connection of the person which wil exactly match with the

materia medica drug picture and prescribe the medicine. When we give Homoeopathic medicine we increase the immunity of the patient and when the Immunity increase automatically the person is cured for lifetime. Here we come across the concept of Susceptibility and Sensitivity. So while dealing with allergic cases we not only treat the disease but we give a quality of life. Allergic Rhinitis is only an example, like this we can treat many allergic conditions from the root. This realization has made me to take this study the role of Psyche-Immunity-Allergy and disease condition with respect to Allergic Rhinitis.

Material and Methods:**1. Type of Study:-****a) Theoretical study**

The subject study is done through various books on modern medicine, Homoeopathic literature, journals, articles and various net website so that we can get thorough knowledge of the subject.

b) Clinical Study :-

Each Patient coming to O P D of college Hospital was taken in the case format and then processed accordingly as follows

- i) Data receiving :- In detail case taking will be done so that we can reach to proper Clinical Diagnosis as well as person Diagnosis.
- ii) After receiving data proper analysis , Evaluation and Repertorial totality is prepared for Repertorization.
- iii) Repertorization will be done with the help of Synthesis repertory(Radar) and selection of remedy will be done with Homoeopathic Materia Medica and also application of Homoeopathic Philosophy.
- iv) A single Similimum is selected after differentiating the remedy at the level of comparative Materia Medica.
- v) 30 cases will be considered for the Dissertation.

2. Case Definition :-

All the cases with the Allergic Rhinitis with all age group will be taken.

3. Study design – Considering the OPD Case Prospective Study is done.

The case of all Allergic Rhinitis with all age group which satisfies the Definition will be taken.

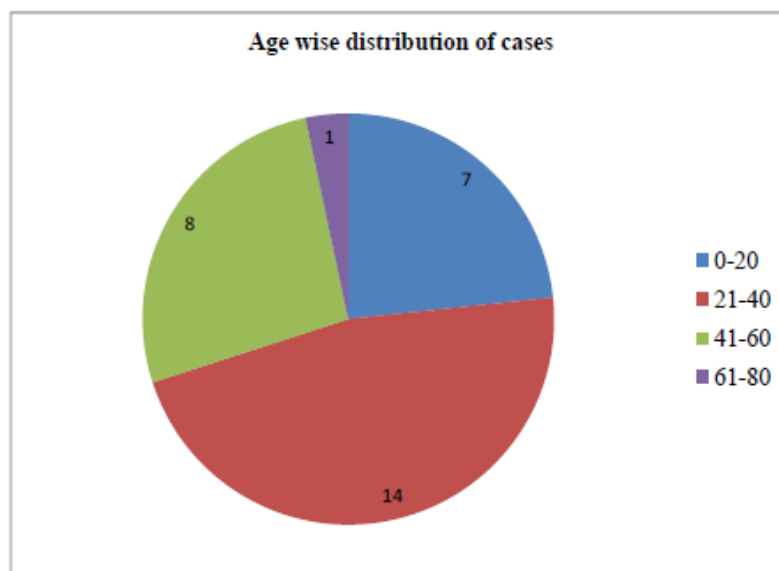
4. Selection of Remedy :-

Remedy will be selected on the Cardinal principles of Homoeopathy based n the Law of Similia. The selection of potency and the repetition of dose will be done with help of application of knowledge of Organon of Medicine and Philosophy.

5. Information of remedy :-

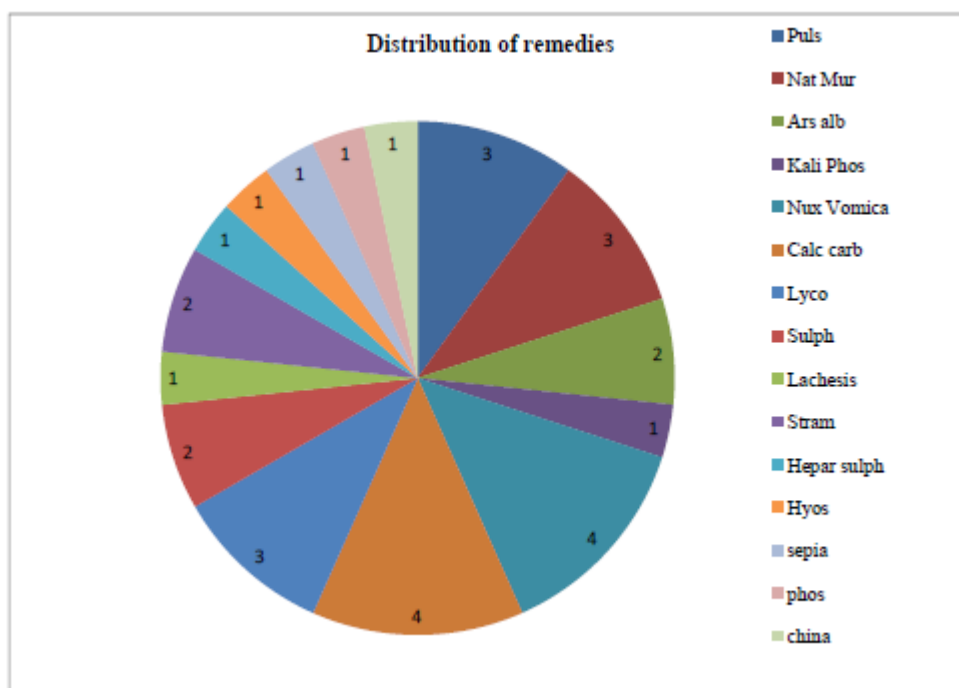
The potentised Homoeopathic medicines will be used to prescribe to the patient prepared in Homoeopathic pharmacy prepared under the guidance of Homoeopathic Pharmacopoeia.

Observation and results



Pie Diagram no 1 : Age wise distribution of cases

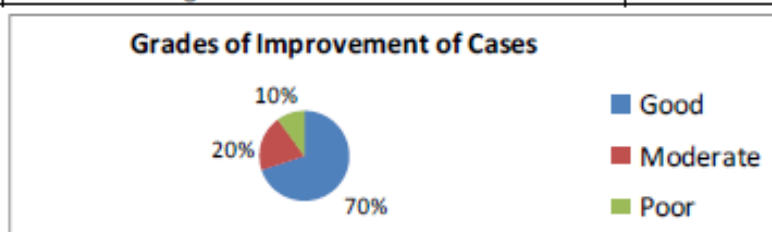
Analysis: In 30 cases, there are 07 cases in 0-20 years age group, 14 cases in 21-40 years age group , 08 cases in 41-60 years age group and 01 case in 61-80.



Pie Diagram no 2 : Distribution of remedies and frequency of remedy used.

Table no 2 :- Name of Medicine used and their Frequency

Sr No	Name of Medicine Used in 30 Cases	Frequency of Medicine used in 30 Cases
1	Pulsatilla Nigricans	3
2	Natrum Muriaticum	3
3	Arsenicum Album	2
4	Kalium Phosphoricum	1
5	Nux Vomica	4
6	Calcarea Carbonica	4
7	Lycopodium Clavatum	3
8	Sulphur	2
9	Lachesis	1
10	Stramonium	2
11	Hepar Sulphuricum	1
12	Hyocyamus	1
13	Sepia	1
14	Phosphorus	1
15	China	1
	Total no of Drugs = 15	30



Pie Diagram no 3:- Showing grade of improvement of 30 cases

Analysis

Out of 30 cases which I have discussed, 21 cases showed good improvement, 06 cases showed moderate improvement , and 03 cases showed poor improvement.

Summary

This study can demonstrate the scope & the real meaning of homoeopathic line of treatment & management of Allergic Rhinitis. If understood properly & implemented, one can do justice to the statement that “Homeopathy is a science.”My main objectives which were fulfilled through this work are: Study of various mind rubrics and their meaning with application by using Synthesis Repertory of Dr Frederick Schroyens. Study of close coming remedies and hoe to differentiate them was learned..The close relation of Allergy, Immunity and Susceptibility was studied and Understood which Dr Stuart close have given in his Philosophy. All my aims and objectives were achieved. Besides this the art of case taking, converting of patients language into reportorial language, application of different philosophical books were practically done. The Encyclopedia Homoeopathica is the ocean of knowledge and useful for each Homoeopath.

The quality of life of the patient is better through the homoeopathic medicines. A disease is not only cured but our medicines act on the mind level which helps to achieve the harmony at mind level. In Modern medicine where there is only suppressive treatment for Allergic Rhinitis, in Homoeopathy we completely cures the patient without any after effect.

A further study on all the allergic condition is the need for the people and Homoeopathy is the best answer for it.

It is the time to study the profound work in repertory done by our stalwarts and apply them in our practice.

A real combination of Materia medica, Organon and Philosophy and repertory was understood which go hand in hand.

Conclusion:

- Homoeopathy is efficacious in treating allergic Rhinitis when a detailed case taking is done..
- With the help of Synthesis repertory, Homoeopathic Materia Medica and Organon of Medicine and Philosophy Knowledge proper selection of similimum and its repetition were achieved with improvement of the patient. .
- Homoeopathic medicine helps to improve Immune System and thus allergic conditions can be wadr off.
- Various mind rubric study was done with their application in patients gave the correlation study of mind and body.

While dealing with Allergic rhinitis caution should be taken of repeating the dose as well medicine should br prescribed in high potency cautiously.

References:

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- 4) A Short Textbook of ENT Disease-K B Bhargava, and T M Shah.
- 5) Textbook of Ear Nose and Throat- MOHD- Maqbool.
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