

Sabadilla in acute allergic rhinitis

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Abstract

Allergic rhinitis is a type of inflammation of the nose which occurs when the immune system over reacts to the allergens in the air. This may be presented with symptoms of sneezing and running nose with itching in the nose, eyes, palate and pharynx. In allopathic system of medicine the treatment for allergic rhinitis is antihistamines for treating allergy symptoms. These antihistamines cause drowsiness leading to inconvenience to the patients in their daily routine. Homoeopathy has a significant role in the treatment of allergic rhinitis. Homoeopathic medicine Sabadilla, when selected on the basis of symptom similarity will help in the treatment of allergic rhinitis. Sabadilla proves as an effective treatment in cases of allergic rhinitis.

Keywords: Acute allergic rhinitis, Homoeopathy, Sabadilla.

Introduction:

Allergic rhinitis is a disorder characterized by an inflammation of the nasal mucous membranes caused by an IgE mediated response to external allergens. The inflammation may also involve the mucous membranes of the sinuses, eyes, middle ear, and pharynx. ^[1] Symptoms include sneezing, running or clogged nose, post nasal drip, rhinorrhoea, itching in eyes, nose and throat and dark circles around the eyes. ^[2]

If both parents are allergic, there is a high incidence of the disease occurring in children. Dust, pollens, animal odor, feathers, house, moulds, house dust and mites, changes in humidity and atmospheric pollution, cosmetics and powders and ingestants like eggs, cocoa, fish, citrus fruits, milk, fumes and smoke are the precipitating factors of allergic rhinitis.

The present treatment for allergic rhinitis is antihistamines, nasal corticosteroid sprays, nasal decongestant sprays for reducing nasal stuffiness, Leukotriene inhibitors, allergy shots, Sublingual immunotherapy treatment (SLIT).

Throughout the world, the prevalence of allergic rhinitis has slightly escalated. ^[3] It constitutes more than 50% of all allergies in India. The prevalence of allergic rhinitis in the United States ranges from 3% to 19%, and 30-60 million people are affected each year. The development of allergic rhinitis before 20 years of age occurs in 80% of cases. In 2012, 9% of children younger than 18 years and 7.5% of adults reported allergic rhinitis in past 12 months. Highest prevalence of severe allergic rhinitis symptoms in children were observed in Africa and Latin America. ^[4]

Types:

- 1) Seasonal: hay fever due to pollen grains occurs at the time of pollination.
- 2) Perennial: affects patient throughout the year ^[5]

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1. Infiltration with eosinophils and plasma cells occurs.
2. Edema develops due to transudation of tissue fluids as the capillary endothelium is damaged, and intercellular cement loosens.
3. Rhinorrhoea: there is increase in mucosal secretions which may contain eosinophils.
4. Congestion: dilatation of blood vessels occurs with venous stasis and purplish discoloration.
5. Infection: may result in purulent discharge.
6. Polyps may form.
7. Para nasal sinuses: pseudo cysts may form due to distension of intracellular spaces in the sub mucosa.^[5]

Case Report: A male patient aged 15yrs came with complain of sneezing due to the smell of perfumes, coryza, watery acrid discharge from nose, redness of eyes along with itching, sensitivity to weather changes and exposure to cold air which he has suffered with for 2 years. This was associated with feverish feeling, headache and weakness. H/o taking allopathic medicines which gave him partial relief

LOCATION	SENSATION	MODALITY	CONCOMITANT
Nose	Sneezing, watery acrid discharge	< smell of perfumes	Headache
	Redness of eyes with itching	< weather change	
		< exposure to cold air	

Past history: H/o similar episode 10 days back.

Family history: Both mother and father healthy.

Personal history:

Appetite: 2 chapattis, sabzi, dal rice. Craving: sweets

Aversion: nothing specific

Thirst: Thirst less only during coryza. Otherwise thirst is normal; 2 liters/day.

Urine: 4-5 times/ day, pale yellow, no itching or staining.

Bowels: once a day, soft stools, no straining.

Perspiration: only in axilla; on exertion Thermals: Chilly

Mind: His mother said he is very timid and gets frightened easily. She said he lacks the courage to talk to unknown people.

General examination:

Temperature: 98.60 F Pulse: 90 beat per minute

B.P: 120/70 mm of Hg R.R: 18/min

Local examination: - nasal turbinate's swollen.

-Darrier's line present.

-Redness of nose.

Systemic examination:

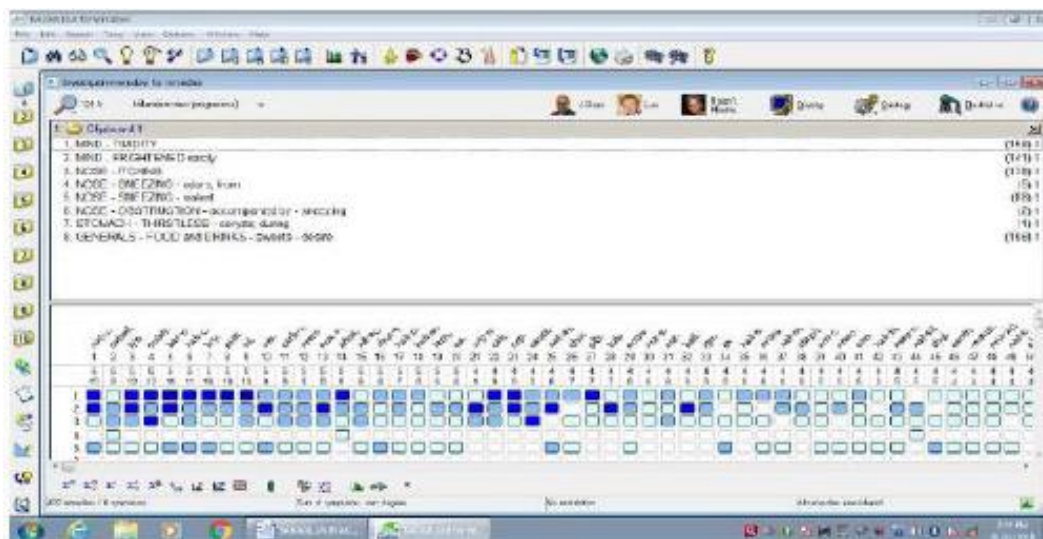
C.N.S: conscious and oriented C.V.S: S1S2 normal

R.S: AEBE clear

Reportorial totality:

1) Mind-timidty

- 2) Mind-frightened easily
- 3) Nose-itching
- 4) Nose-sneezing-odors-from
- 5) Nose-sneezing-violent
- Nose-obstruction-accompanied by-sneezing
- 7) Stomach-thirst less-coryza-during
- 8) Generalities- Food and drinks- sweets- desire



From the above totality and symptom similarity Sabadilla 200 was prescribed along with S.L. for 7 days. The patient reported back after 7 days with much relief. No complaints.

Sabadilla: Spasmodic sneezing, hay fever, fluent coryza, influenza, hay fever. One or other nostril stuffed up, inspiration through nose labored, snoring. Itching in nose, agreeable titillation in alae. Lachrymation when walking in open air, on looking at light, sneezing, coughing or yawning. [6] Sabadilla is useful in persistent violent or abortive sneezing. Itching, tickling rubs or picks at it. Nose dry. Tickling in nose spreads over the whole body then dyspnoea. Hay fever. Influenza. Sensitive smell, one or the other nostril stuffed up. Fluent coryza. Discharge is worse from the odor of flowers; even thinking of flowers increases the discharge. Cannot tolerate the smell of garlic. Stubborn, lingering coryza. Hawks bright red blood from naso pharynx. Eyelids red, burning. Lachrymation < during pain, sneezing, coughing, yawning, when walking in open air, during chill [7]

Conclusion: Sabadilla relieved the patient of itching in the nose, violent sneezing, thus rendering a sense of well being to the patient. Sabadilla played a key role in allergic rhinitis without any side effects to the patients such as drowsiness. Thus we can say that Sabadilla is Homoeopathic antihistamine.

References:

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