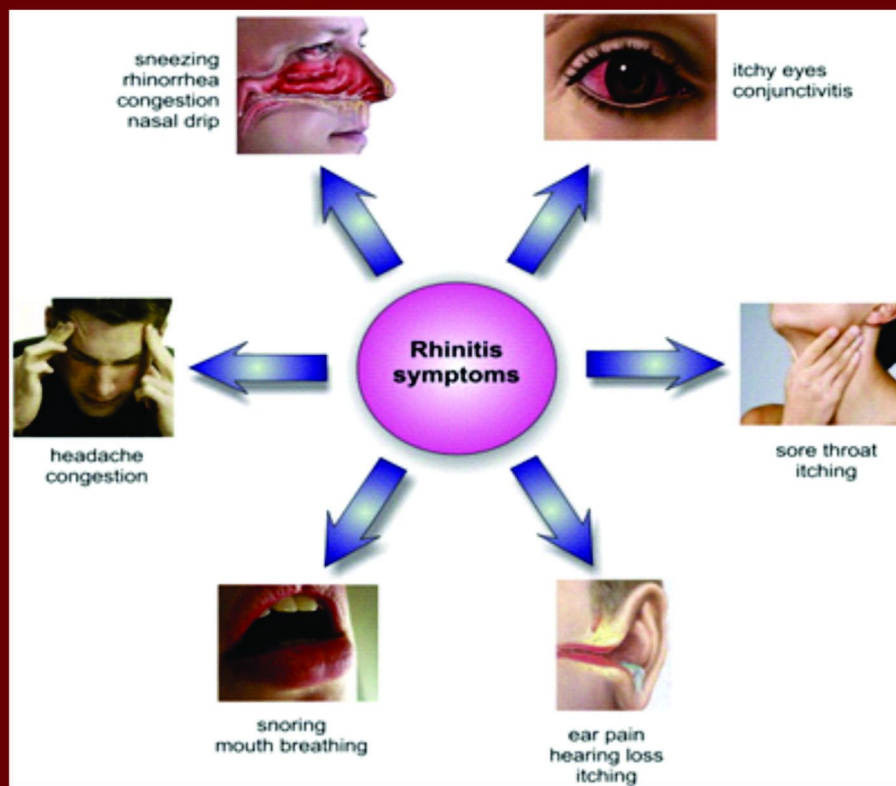




ROLE OF HOMOEOPATHY IN ALLERGIC RHINITIS



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INTRODUCTION

Allergies occur when the immune system reacts against harmless substance in the environment. When the immune system begins to react against harmless substances in the environment this can lead to allergic reactions which are exaggerated damaging immune responses to substances that are normally harmless.(1)

When people with allergy diseases are exposed to common environmental substances such as house dust, mites or grass pollens a type of white blood cell (B lymphocytes) produce specific antibodies known as IgE against that substance. This IgE then attaches itself to another type of white blood cell (mast cells) and when the mast cells come into contact with that substance again they initiate a complex immune response that leads to allergy.(1)

Allergic Rhinitis commonly known as Hay Fever is an IgE mediated inflammatory response of the nasal membranes induced by allergen exposure. This response causes symptoms which include rhinorrhoea, nasal obstruction, nasal itching and sneezing. It may be seasonal or perennial. (2)

Seasonal antigens include pollens from grasses, flowers, weeds or tree. Allergic Rhinitis due to pollens is a worldwide problem which may be aggravated during harvest seasons.

Perennial Allergic Rhinitis may be a specific reaction to antigens derived from house dust, fungal spores or animal dander. (3)

Allergic Rhinitis affects quality of life, performance and attendance at school and work. It has significant impact on health care cost. Regardless of age, gender or race anyone may develop allergies. Such a condition takes the sheen out of living and yet people especially Indians take it casually and are often embarrassed to discuss it.(4)

Allergic Rhinitis is a common condition and has been estimated to affect at least 10-25% of the population worldwide. (2) In such disease where all other system of medicines fail; Homoeopathy has a vast role to play.

Homoeopathy is a system of medicine based on the fundamental principle “Similia Similibus Curentur”. The approach which is needed in treatment of Allergic Rhinitis can be offered by Homoeopathy in two basic ways; use of constitutional medicines and medicines based on acute totality, where we can use rare or lesser known medicines, therefore continuous learning and research on lesser known medicines will enrich our rational system of medicine and hence opening new horizons in research field.

Homoeopathy attempts to stimulate the body to heal itself. So instead of trying to dry up the running nose from cold with an antihistamine Homoeopathy remedies will stimulate the body in the direction it is already going and in the process clear the running nose.

Medications to relieve minor allergies are available over the counter (not requiring a prescription) Antihistamine, Nasal Decongestants, Nasal Sprays are known to even layman and generally prescribed by doctors, but these medicines only restrict the discomfort and alleviate the symptoms during an acute attack and they cannot help significantly in reducing body's tendency to over react to harmless internal or external agents.

In such disease where all other system of medicines fails, Homoeopathy has a vast role to play. Instead of just alleviating the symptoms homoeopathic medicine acts in a way that will help to reduce the hypersensitivity of the body and proceed towards curing the disease rather than just palliating. With the help of this rational treatment we can not only remove disease but can also improve the quality of life.

For a long time allergic complaints have been considered incurable nearly due to ignorance about the amazing benefits of homoeopathy.

Indications for this remedy include watery eyes and a clear nasal discharge that irritates the upper lip, along with sneezing and a tickling cough. The person usually is thirsty, and feels worse indoors and when rooms are warm and better in fresh air.

Primary Homoeopathic Medicines

Allium Cepa, Arsenicum album, Gelsemium, Natrum muriaticum, Sabadilla

Other Remedies

Apis mellifica, Euphrasia, Ferrum phosphoricum, Galphimia glauca, Histaminum, Kali iodatum, Nux vomica, Wyethia

REVIEW OF LITERATURE

1. HISTORICAL VIEW

“A people without the knowledge their past history, Origin and culture is like a tree without roots”

- Marcus Garvey

Allergic Rhinitis has been known as a disease entity since ancient times. It has received various nomenclatures like Rose Fever, Catarrh, Autumnal Catarrh, Hyperaesthetic Rhinitis, Catarrhus Aestivus (Summer Catarrh) and Hay Fever. The relationship of Hay Fever to the immune system was established in the last part of the 19th century and first part of 20th century. Before the 20th century the symptoms of allergic reactions would come and go seemingly triggered by invisible causes and because of the mysterious nature of allergies, ancient people believed that these reactions were brought about by evil spirits and curses.(8) Allergy is not a new disease. Some would describe allergic disease as "the epidemic of the 21st century". The prevalence has doubled over the last 20 years.

Perhaps the earliest report of allergic disease is that of King Menes of Egypt who was killed by the sting of a wasp at some time between 3640 and 3300 BC. Another report from ancient history is that of Britannicus, he was allergic to horses and would develop a rash and his eyes swelled to the extent that he could not see where he was going.(8)

In 1565 and 1651, Rose Catarrh or Rose Fever was reported by Botallo and Binninger.

The Roman philosopher, Lucretius observing exaggerated responses to commonly occurring substances said „what is food for some may be fierce poisons for others.

In 1800, the modern era of allergy started with the description of Hay Fever. (8)

In 1819, Dr. John Bostock first accurately described Hay Fever as a disease that affected the upper respiratory tract.

In 1869, Charles Blakely performed the first skin test by applying pollen through a small break in his skin. His experiment introduced the concept that pollen sensitivity caused Hay Fever.

In 1872, Moryll Wyman published a report identifying ragweed as a cause of what was then known as „Autumnal Catarrh“. He also noted a family predisposition.

In 1903, W.P Dunbar confirmed the original findings of Blackley. In 1906, Clemens von Pirquet first used the word „Allerg.

In 1911, Sir Henry Dale was the first to identify the role of the chemical histamine in the mechanism of allergies.

In 1937, Daniel Bovet synthesized the first antihistamine drug. Today antihistamine drugs are effective in the treatment of the sneezing and runny nose of hay fever.

In 1950, Selye defined allergy as an inherited predisposition to a localized type autonomic dysfunction mediated by cholinergic fires of autonomic system.

In 1953, James F. Riley and Geoffrey B. Discovered the mast cell granule to be the major of histamine in the body.

In 1967, Kimishige and Teruko Ishizaka further explained the allergy process by discovering the role of IgE class antibodies as the principal mediator in the allergic reaction.

In 1973, C.H. Egermann in an article „Food allergy as the cause of Nasal allergy states that certain foods can cause Allergic Rhinitis. (8)

In 2002 Researchers at the Randall Division of Cell and Molecular Biophysics determined the structure of IgE.

2. EPIDEMIOLOGY

Allergic Rhinitis is a heterogeneous disorder that despite its high prevalence is often undiagnosed. It is characterized by sneezing, nasal congestion and rhinorrhoea. About 20 to 25% of the population is affected with Allergic Rhinitis which makes it by far the most common allergic disease in the world. (9)

Allergic Rhinitis affects an estimated 20 to 40 million people in the US alone & the incidence is increasing an estimated 20% of cases are Seasonal Allergic Rhinitis, 40% of cases are Perennial Allergic Rhinitis and 40% of cases are mixed.(9)

The prevalence of Allergic Rhinitis symptoms in the International Study on Asthma and Allergies in Childhood (ISAAC) varied between 0.8% to 14.9% in 6-7 year olds and between 1.4% to 39.7% in 13-14 year olds.

Countries with a very high prevalence include Australia, New Zealand and the United Kingdom. Countries with a very low prevalence include Indonesia, Albania, Romania, Georgia and Greece.

National surveys show prevalence rates of Allergic Rhinitis in France is 5.9% and 29% in United Kingdom. Perennial Rhinitis is probably more common in adults than in children. (10) In India, Allergic Rhinitis is considered to be a trivial disease, despite the fact that symptoms of rhinitis were present in 75% of children and 80% of adults.(11)

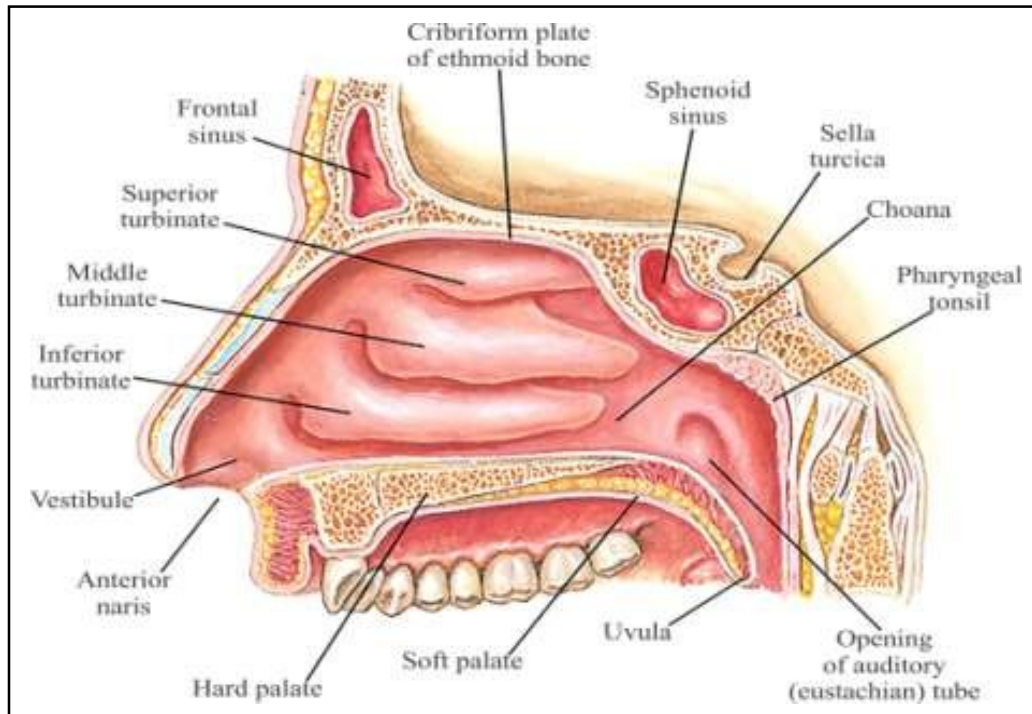
Skin allergy testing in Indian adult showed that in patients with Allergic Rhinitis house dust, mite was the most common allergen. (11)

3. MODERN VIEW

ANATOMY OF NOSE

The nose is the first part of the upper respiratory tract and is responsible for warming, humidifying and filtering inspired air. (14)

The nose may be subdivided into an external nose which opens anteriorly onto the face through nostrils or nares and an internal chamber divided sagittally by a septum into right and left cavities which opens posteriorly into the nasopharynx through the posterior nasal apertures or choanae. The nasal cavities are housed in a supporting framework composed of bones and fibroelastic cartilages. (14)



LATERAL WALL OF NOSE

The lateral wall of the nose is irregular owing to the presence of three shelf-like bony projections called conchae. The conchae increase the surface area of the nose for effective conditioning of inspired air.

The lateral wall separates the nose from the orbit above with the ethmoidal air sinuses intervening, from the maxillary sinus below and from the lacrimal groove and nasolacrimal canal in front. (15)

NASAL SEPTUM

It is a median osteocartilaginous partition between the two half of the nasal cavities. On each side it is covered by mucous membrane and forms the medial wall of both nasal cavities. (15)

BLOOD SUPPLY OF NOSE

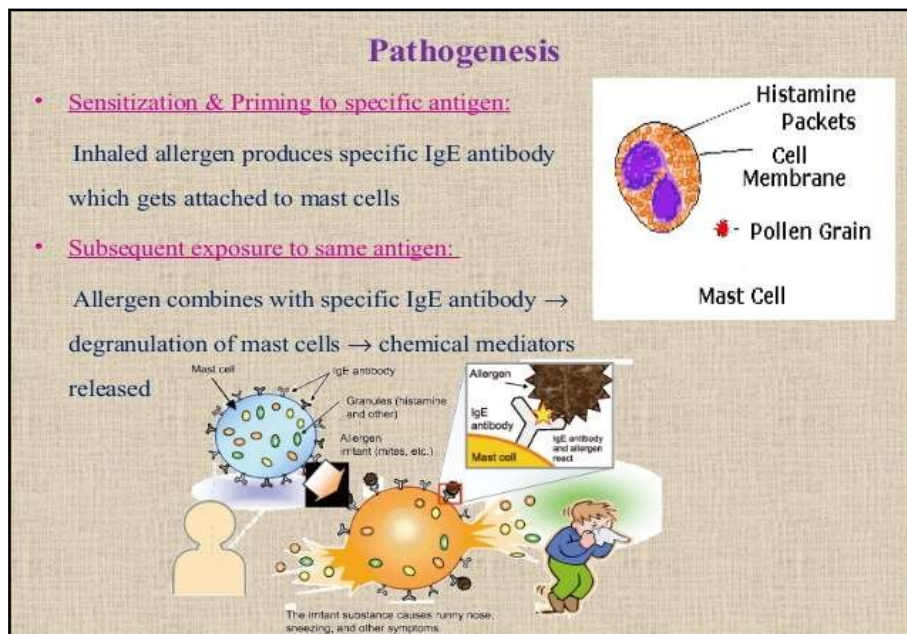
Nose is richly supplied by branches of both the external and internal carotid arteries both on the septum and the lateral walls. (16)

DEFINITION

Allergic Rhinitis is an IgE-mediated immunologic response of nasal mucosa to air borne allergens and it is characterized by watery nasal discharge, nasal obstruction, sneezing and itching in nose. This may also be associated with symptoms of itching in the eyes, palate and pharynx. (17)

PATHOGENESIS

Inhaled allergens produce specific IgE antibody in the genetically predisposed individuals. This antibody becomes fixed to the blood basophils or tissue mast cells by its Fc end. This reaction produces degranulation of the mast cells with release of several chemical mediators, some of which already exist in preformed state while others are synthesized afresh. These mediators are responsible for symptomatology of allergic disease. Depending on the tissues involved there may be vasodilatation, mucosal oedema, and infiltration with Eosinophils, excessive secretion from nasal glands or smooth muscle contraction. (17)



Allergic response occurs in 2 phases:

1. Acute or early phase occurs immediately within 5–30 min after exposure to the specific allergen and consists of sneezing, rhinorrhoea, nasal blockage and bronchospasm. It is due to release of vasoactive amines like histamine.
2. Late or delayed phase occurs 2–8 hours after exposure to allergen without additional exposure. It is due to infiltration of inflammatory cells - Eosinophils, neutrophils, basophil, monocytes and CD4 + T cells at the site of antigen deposition causing swelling, congestion and thick secretion. (17)

CLASSIFICATION

1. **Seasonal:** Symptoms appear in or around a particular season when the pollens of particular plant to which the patient is sensitive are present in the air.
2. **Perennial:** Symptoms are present throughout the year. (17)

NEW CLASSIFICATION BY ARIA (ALLERGIC RHINITIS & ITS IMPACT ON ASTHMA)

INTERMITTENT SYMPTOMS PERSISTENT SYMPTOMS

< 4 days per week or < 4 week > 4 days per week or > 4 weeks

ANOTHER CLASSIFICATION IS BASED ON SEVERITY AND DEPENDING UPON SYMPTOMS AND QUALITY OF LIFE.

MILD	MODERATE- SEVERE
Normal sleep Normal daily activities Normal work No troublesome symptoms	Abnormal sleep Impairment of daily activities Problem caused at work

ETIOLOGY

1. Inhalant allergens are often the cause. Pollen from the trees and grasses, mould spores, house dust, debris from insects or house mite are common offenders.
2. Genetic predisposition plays an important part. Chances of children developing allergy are 20% and 47% respectively if one or both parents suffer from allergic diathesis. (17)

CLINICAL FEATURES

There is no age or sex predilection. It may start in infants as young as 6 months or older people. Usually the onset is at 12–16 years of age. (18)

The cardinal symptoms of Seasonal Nasal Allergy include:

1. Paroxysmal sneezing
2. Nasal obstruction
3. Watery nasal discharge
4. Itching in the nose. Itching may also involve eyes, palate or pharynx. Some may get bronchospasm.

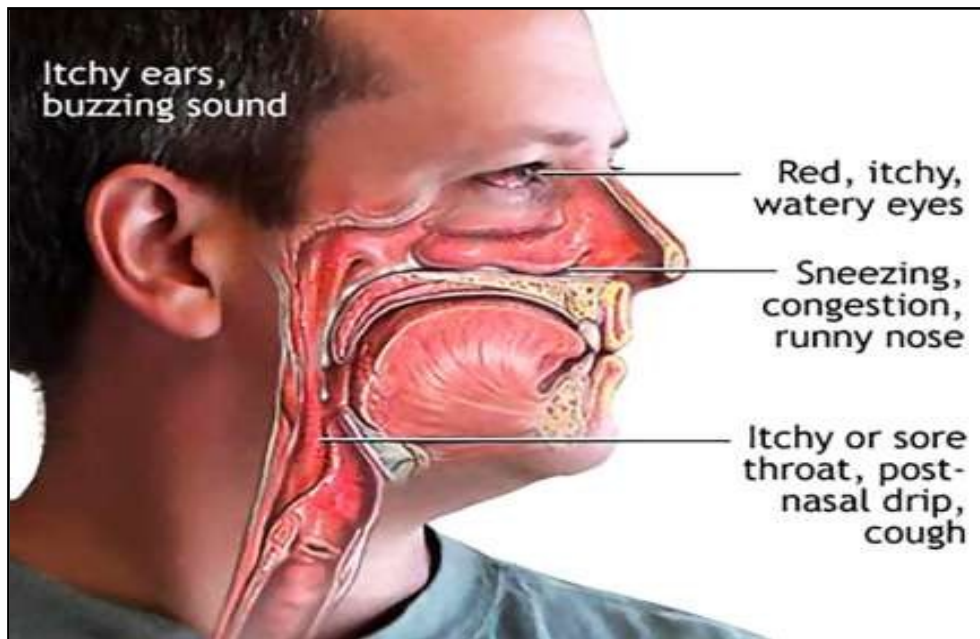
The cardinal symptoms of Perennial Nasal Allergy include:

1. Frequent colds
2. Persistently stuffy nose
3. Loss of sense of smell due to mucosal oedema
4. Postnasal drip
5. Chronic cough and hearing impairment due to Eustachian tube blockage or fluid in the middle ear.(18)

SIGNS

1. Nasal signs include transverse nasal crease, a black line across the middle of dorsum of nose due to constant upward rubbing of nose simulating a salute (Allergic Salute), pale and edematous nasal mucosa which may appear bluish. Turbinate's are swollen. Thin, watery or mucoid discharge is usually present.
2. Ocular signs include oedema of lids, congestion and cobble-stone appearance of the conjunctiva, dark circles under the eyes (Allergic Shiners).

- Otologic signs include retracted tympanic membrane or serous otitis



Media as a result of Eustachian tube blockage.

- Pharyngeal signs include granular pharyngitis due to hyperplasia of sub mucosal lymphoid tissue. A child with Perennial Allergic Rhinitis may show all the features of prolonged mouth breathing as seen in adenoid hyperplasia.
- Laryngeal signs include hoarseness of voice and oedema of the vocal cords. (18)

DIAGNOSIS

A detailed history and physical examination is helpful and It also gives clues to the possible allergen and other causes of nasal stuffiness should be excluded. (18)

INVESTIGATIONS

- Complete blood count: The Eosinophils count of the blood is raised especially in the morning and always in the presence of an extrinsic allergen.
- Nasal smear: Eosinophils may be found in great numbers in the nasal secretions or on microscopic examination of the nasal mucosa or polyps.
- Skin tests: It helps to identify specific allergen.
- Radio allergosorbent test (RAST): It is an in vitro test and measures specific IgE antibody concentration in the patient's serum.

5. Nasal provocation test: A crude method is to challenge the nasal mucosa with a small amount of allergen placed at the end of a toothpick and asking patient to sniff into each nostril and to observe if allergic symptoms are produced. (18)

DIFFERENTIAL DIAGNOSIS

1. Non Allergic Rhinitis
2. Chronic Simple Rhinitis
3. Atrophic Rhinitis
 - Primary
 - Secondary

COMPLICATIONS

Nasal allergy may cause

1. Recurrent Sinusitis because of obstruction to the sinus Ostia.
2. Nasal Polyp
3. Serous Otitis Media
4. Orthodontic problems and other ill effects of prolonged mouth breathing especially in children.
5. Patients of nasal allergy have four times more risk of developing bronchial asthma. (19)

GENERAL MANAGEMENT

Avoidance of allergen: - Removal of a pet from the house, encasing the pillow or mattress with plastic sheet, changes of place of work or sometimes changes of job may be required. A particular food article to which the patient is found allergic can be eliminated from the diet. (19)

PREVENTION

1. In the seasonal type an attempt should be made to reduce exposure to pollen i.e. by avoiding country districts and staying indoors with windows closed when pollen counts are reported to be high.
2. The prevention of Perennial Rhinitis consists of avoiding exposure to any identifiable aetiological factor. (20)

4. AYURVEDIC VIEW

Ayurveda is a Sanskrit term made up of the words “Ayus” and “Veda”. According to Ayurveda, Allergic Rhinitis is compared with Vata-Kapha pratishaya. (21)

Ama (Undigested toxins) and low immunity are the main cause of allergies. Ama can settle at the digestive level or in various tissues with different symptoms at each level. (22) When improperly digested ama is carried through channels into various tissues in the body, the resulting toxin accumulation imbalances the tissues.

A Pitta based allergy manifests itself through sore red eyes and an inflamed itchy nose. There could be low fever and the person might feel extremely irritable.

A Kapha allergy may induce a dull heavy feeling in the head, stuffy nose, lethargy, drowsiness, swollen eyes and lot of mucous production.

A Vata allergy attack may be caused due to dry dust; in this case the throat may become dry and hoarse. There would be feeling of excessive dryness and pain in the nose. (23)

CLASSIFICATION (21)

According to symptoms Allergic Rhinitis is classified into six types

Sneezing - Vataja pratishaya

Nasal congestion - Vataja pratishaya

Breathlessness - Shwasa kashta – Kaphaja pratishaya

Nasal discharge - Nasasrava – Kaphaja and Vataja pratishaya Headache -

Shirogaurava – Vataja and kaphaja pratishaya

Itching in nasal and oral region

- NASA and Talu kandu – Kaphaja and Raktaja pratishaya

HERBS IN AYURVEDA THAT HELPS IN ALLERGIC RHINITIS

(23)

Ocimum Tenuiflorum (Tulsi)

1. Curcuma Longa (Curcumin)
2. Cinnamomum Zeylanica (Dalchini)
3. Azadirachta Indica (Neem)
4. Withania Somnifera (Ashwagandha)

REMEDY FOR RELIEF (22)

1. After each meal, drink a glass of warm water mixed with half teaspoon of licorice (Jethi Madhu)
2. Take a half spoon of sitopladi with honey three times a day; this should be taken on an empty stomach.
3. Liquid diet should be taken one day/week.
4. Take fruits and vegetables that are juicy and liquefied.

5. YOGA & NATUROPATHY VIEW

YOGA VIEW

Yoga therapy is a type of therapy that uses yoga postures, breathing exercises, meditation and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body and spirit. (24)

According to Yoga, nasal allergy is considered as a manifestation of a minor imbalance in Prana and hence we get very quick results in persons who undertake the practice or integrated approach of yoga. (25)

The following are basic yoga exercises that help in the management of Allergic Rhinitis and build up respiratory stamina.

1. Kapalabhati is a breathing technique used specifically for cleansing and if there is a lot of mucus in the air passages or feel tension and blockages in the chest it is often helpful to breathe quickly.
2. Anuloma Viloma is also called the alternate nostril breathing technique. In this breathing technique, inhale through one nostril, retain the breath and exhale through the other nostril. (26)

NATUROPATHY VIEW

Naturopathy is based on vitalism and self- healing and aim to prevent illness through stress reduction and changes to diet and lifestyle. (27)

NUTRITIONAL THERAPY

1. Avoid wheat, milk, bananas and peanut butter, all of which are mucous forming and will very likely aggravate the problem.
2. Eat lots of fruits and vegetables.
3. Eat sunflower seeds, sesame seeds, pumpkin seeds, almonds and Brazil nuts (unless you are allergic to these).
4. Avoid exposure to pollen and traffic fumes. (28)

6. HOMOEOPATHIC VIEW

“The Homoeopathic principles once known are plain, simple & easily comprehended. They are in harmony with all things known to be true”

-Dr. J.T. Kent

*Homoeopathy is a system of medicine that was developed in Germany by Dr. C. F. Samuel Hahnemann in the late eighteenth century. Homoeopathy is derived from the Greek word „Homois meaning like and „Pathos” meaning suffering. It works on the principle of “**Similia Similibus Curentur**” which means let likes be treated by likes. (29)*

Homoeopathic philosophy considers our body is governed by a vital power which is known as vital force. During disease the vital force starts yelling for help. During treatment homoeopathic medicines enable the vital energy to provide its own immunity against the disease. (30)

In Aphorism 19, Dr. Hahnemann defines disease as “Diseases are nothing more than alteration in the state of health of healthy individual which express themselves by morbid signs”.(31)

Dr. J.T. Kent discussed Hay Fever in “Lectures on Homoeopathic Philosophy” Idiosyncrasies “There are certain individual in every community that cannot ride in the country because of their susceptibility to Hay Fever. Hay fever is brought about by patients over sensitiveness to irritants that develop about that time. (32)

Dr. J.T. Kent discussed in “Lectures on Materia Medica” there is further reference to the problem of hay fever while discussing Allium Cepa and Sabadilla. (33)

Dr. H. A. Robert said that “Hay Fever results due to contact with irritating substances such as certain pollens, odours and foods etc. According to him homoeopathy “Actually cures the tendency for Hay Fever by correcting the constitutional basis and restoring the patient to state of health”. (34)

7. MIASMATIC VIEW

Hahnemann's system of medicine is rational, scientific and was deduced by inductive and deductive logic. The law of "Similia Similibus Curentur" or let likes be treated by likes forms the basis of treatment under homoeopathic system of medicine. The sufferings of the sick person and treated with the medicines which have power to create the similar disease in the healthy state. (42)

In Hahnemann's words, "the true natural chronic diseases are those that arise from a chronic miasm, when left to themselves, improper treatment, go on to increase growing worse and torment the patient to the end of his life" §78 (Organon of Medicine).(43)

Hahnemann spent 12 years investigating miasms and collecting proof of his findings, the results of which can be found in his work "The Chronic Diseases". He named 3 miasms- Psora, Sycosis, Syphilis. (44)

Psora greatly increases the sensitivity of smell. Patients are unusually affected by odors of any kind which will even awake out of sleep. They are troubled with odors of cooking, the smell of flowers, perfumes, paints, plants etc. Sometimes the

MIASMATIC MANIFESTATION OF ALLERGIC RHINITIS^{48, 49}

S. No	SYMPTOMS	PSORA	SYCOSIS	SYPHILIS	PSEUDO –PSORA TUBERCULAR
1	Nasal Discharges	Cold with thin, watery and acrid discharge ⁽⁴⁸⁾	Nasal discharge with the odour of fish brine or stale fish; usually yellowish-green but it is copious and thin during fresh winds ⁽⁴⁸⁾ The slightest amount of discharge ameliorates ⁽⁴⁹⁾		Discharge thick, Purulent, yellow and sometimes bloody with the odour of old cheese or sulphate of hydrogen ⁽⁴⁸⁾
2	Odour	Greatly increased sensitivity of smell to odours of cooking, smell of flowers, perfumes, paints, plants, sense of smell weak and lost ⁽⁴⁸⁾	Loss of smell ⁽⁴⁸⁾	Loss of smell ⁽⁴⁸⁾	

S. No	SYMPTOMS	PSORA	SYCOSIS	SYPHILIS	PSEUDO – PSORA TUBERCULAR
3.	Nose Symptoms	Nostrils as if it were stuffed up (40) Stoppage of one nose causes mouth breathing (49) Acute coryza with increased susceptibility to cold (48)	Thickening of the membranes or enlargement of turbinate bones (49)		Nasal Blockage and thereby mouth breathing (49) In worst forms of hay fever when there is much sneezing (48)
4.	Eye Symptoms	Inflammation of eyes of various kinds (48) Great dryness, itching and burning of the eyes (48)			

Homoeopathic Medicinal View

Primary Remedies

Allium Cepa

Indications for this remedy include watery eyes and a clear nasal discharge that irritates the upper lip, along with sneezing and a tickling cough. The person usually is thirsty, and feels worse indoors and when rooms are warm and better in fresh air.

Arsenicum Album

A burning, watery, runny nose with a stuffy, tickling feeling during allergy attacks suggests a need for this remedy. Swelling below the eyes and a wheezy cough are common. The person may feel chilly, restless, anxious, and is often very tired.

Gelsemium Sempervirens

A tired, droopy feeling during allergies with a flushed and heavy-feeling face suggest a need for this remedy. A sensation of dryness or of swollen membranes may be felt inside the nose—or the nose may run with irritating watery discharge, with the person sneezing

frequently. Aching in the back of the head and neck, a trembling feeling, and chills along the spine are often seen when a person needs *Gelsemium*.

Natrum muriaticum

This remedy relieves runny nose alternating with periods of dryness and stinging in the nasal cavity.

Sabadilla

Long paroxysms of sneezing, itching in the nose with irritating runny discharge, a feeling of a lump in the throat, and watery eyes will all suggest a need for this remedy. The person may feel nervous during allergy attacks, and trying to concentrate can bring on drowsiness or headache.

Other Remedies:

Apis mellifica

This remedy relieves nasal congestion with stinging pain, improved by cold air.

Euphrasia

This remedy can be helpful if the eyes are swollen and irritated with acrid tears or pus. The nose also runs, but with a blander discharge. Symptoms are often worse in the daytime and worse from warmth, and the eyes may hurt from too much light. The person can also have a cough in the daytime, which improves at night.

Ferrum phosphoricum

This is a very useful remedy in the early stages of any inflammation. Taken when allergy symptoms start, it often slows or stops an episode. Symptoms include runny eyes with a burning or gritty feeling, facial flushing, watery nose, and short, hard, tickling cough.

Galphimia glauca

This relieves spasmodic sneezing from hay fever.

Histaminum

This remedy relieves all symptoms from allergic origin.

Kali iodatum

This remedy relieves burning nasal discharge, especially if there is a feeling of constriction at the base of the nose.

Nux vomica

This remedy relieves hay fever that tends to occur in the early morning, upon awakening, with spasmodic sneezing.

Wyethia

Intolerable itching felt on the roof of the mouth and behind the nose—sometimes extending into the throat and ears—strongly suggests the use of this remedy. Everything in the person's head feels dry and irritated, but the nose may still be runny.

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GLOSSARY:

Allergies: A damaging immune response by the body to a substance especially a particular food, pollen, fur, or dust to which it has become hypersensitive.

Atrophic Rhinitis: Atrophic Rhinitis is a disease of the nose in which there is atrophy or thinning of the mucosa of the nose. This results in wide nasal passages and results in nose block, crusting in the nose and loss of smell.

B Lymphocytes: B cells also known as B lymphocytes are a type of white blood cell of the lymphocyte subtype. They function in the humoral immunity component of the adaptive immune system by secreting antibodies.

Conchae: Any of several thin, scroll-like (turbinate) bones in the sides of the nasal cavity.

Eosinophils : A white blood cell containing granules that are readily stained by eosin.

IgE: A class of immunoglobulins including antibodies that function especially in allergic reactions.

IgG: A class of immunoglobulins including the most common antibodies circulating in the blood that facilitate the phagocytic destruction of micro-organisms foreign to the body that bind to and activate complement and that are the only immunoglobulins to cross over the placenta from mother to fetus.

Mast cells: A cell filled with basophil granules found in numbers in connective tissue and releasing histamine and other substances during inflammatory and allergic reactions.

Mucosal Oedema: Mucosal edema or swelling is the build-up of oedema (tissue fluid) within the mucosa, the layer of tissue that lines the body's interior.

Rose fever: A form of Hay Fever caused by the inhalation of rose pollen characterized by nasal discharge and lacrimation.

Vasodilation: The dilatation of blood vessels which decreases blood pressure.



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