

# Environmental Triggers and Role of Homoeopathic Complementary Medicine in Allergic Rhinitis: Clinical Outcome from a Case Report

**Dr. Rishi Srivastava**

Associate Professor, Practice of Medicine, Bakson Homoeopathic Medical College greater Noida

## Abstract

Allergic rhinitis is a common chronic inflammatory condition of the upper airways, often triggered by environmental allergens showing the symptoms such as sneezing, nasal congestion and irritation of nose, throat, mouth and eyes. These allergens are generally harmless but people whose immune system are weak and affected, they get irritated by such allergens and get these symptoms. Conventional treatment—including antihistamines, intranasal corticosteroids, and allergen avoidance—can be effective but may not fully resolve symptoms or improve quality of life in all patients. In such conditions, Homoeopathy has a wonderful effects and this case study aims to evaluate the effectiveness and role of Homoeopathic complementary medicine in the management of allergic rhinitis.

**Keywords:** Homoeopathy, Allergic Rhinitis, Complementary Medicine or Follows well remedy

## Case Presentation:

A 20-year-old patient presented with persistent sneezing, especially during dust exposure and perfume spray. Despite adherence to standard pharmacological treatment, symptom control was suboptimal. A detailed case-taking was conducted following classical Homoeopathic principles. The patient was prescribed first a remedy which suits the totality at present time and patient got relief and every time when patient gets relief whenever she take that remedy but not getting completely cured and then after retaking the case complementary medicine of that first remedy prescribed and after that patient got completely cured with the symptoms and the immune response also improved very much.

## Case

Name :- XYZ

Sex :- female

Age :- 20 years

Religion :- Hindu

Diet :- vegetarian

Address :- Rajkot

Date :- 15/12/2023

## Chief complaints :-

Location	Sensation	Modality	Concomitants
Resp System Nose 20-25 times at a time Since 8-9 years	Sneezing +++ Running nose Redness of nose Watering of eyes  Headache →	A/F – dust, foreign particles and season change < winter > rest, sitting alone, covering neck < Over perfuming of spray	

## History of chief complaints :-

Patient was apparently healthy 8-9 years before where she presented with the complaints of sneezing and running nose with redness and watering of eyes which start as soon as patient get exposure to the dust and any seasonal changes. Sneezing at a times around 20-25 times, patient also get headache whenever she is over perfuming the spray.

**Past history :-** chicken pox

**Medical history :-** taken allopathic medicine for chicken pox and same complaints

**Surgical history :-** nothing significant

**Family history :-** Grandmother :- some respiratory problem

Father :- dust allergy

Cousin brother :- allergy problem

**Menstual history :-** LMP :- 25/11/23 ; Cycle – regular, normal consistency, moderate flow, 5 days duration

Severe pain in 1<sup>st</sup> and 2<sup>nd</sup> day

Necessary to take meftal during pain, pain in lower back

## Physical generals :-

Appetite :- regular, 2 -3 chappati per meal

Thirst :- 1-2 litre for cold water

Craving :- spicy food+

Aversion:- rawmilk

Sleep :- 7-8 hours, refreshing sleep

Perspiration :- generalised

Thermal :- ambithermal

Urine :- 1 to 2 lit/day

Stool :- 1 to 2 times/day

Dreams :- unremembered

## Mental generals :

Desire for company++

Cannot express anger, whenever gets angry just want to sit alone

## Examination :

### General physical examination :

Pallor – present<sup>++</sup>

No signs of cyanosis, clubbing, icterus, oedema and lymphadenopathy

Temperature :- 98.8

Respiratory rate – 16/min

Pulse – 78/min

BP – 122/78 mmhg

### Systemic examination :

RS :- NVBS heard, no added sound

CVS:- S1 and S2 heard, no murmur

GIT:- no organomegaly, bowel sound heard

CNS :- no abnormality detected

**Local examination :-** Nose :- polyp present, redness

**Provisional diagnosis :-** allergic rhinitis

### Totality of symptoms:-

Desire for company<sup>++</sup>

Anger suppressed

Craving – spicy food

Sneezing<sup>++</sup>

A/F – dust, foreign particles, seasonal change

### Prescription :-

Allium cepa 30 BD

SL BD 4 pills 7 days

### Follow up

Date	Symptoms	Prescription
22/12/23	Sneezing 30-40 Running nose slightly better Redness is better	Allium cepa 200 1 dose SL Bd 4 pills 7 days
30/12/23	Sneezing decrease 25-30, common cold since 4-5 days	Allium cepa 200 1 dose SL BD 4 pills 15 days
12/01/24	No much changes Sneezing still persist	Allium cepa 200 2 dose SL BD 4 pills 7 days
20/01/24	Condition slight better	SL BD 4 pills 15 days
4/02/24	Sneezing is same frequency 30-40 times No redness, and no headache Running nose still persist	Allium cepa 200 1 dose SL BD 4 pills 7 days
12/02/24	No changes in the complaints	Phos 200 1 dose

	Retook the case	SL TDS 2 tab 15 days
28/02/24	Sneezing intensity relief (12-20) No redness, no headache and no coryza	SL TDS 2 tab 15 days
15/03/24	No new complaint Sneezing much relief with intensity	SL BD 2 tab 15 days
27/3/24	Headache, sneezing due to exposure of perfume, Intensity is much reduced	Phos 200 1 dose SL TDS 2 tab 15 days
10/4/24	Complaints better No new complaints	SL BD 2 tab 15 days
28/4/24	No complaints Sneezing occasionally but with much reduced intensity	SL BD 2 tab 15 days
20/5/24	No new complaint No sneezing even after the exposure	SL BD 2 tab 15 days
10/06/24	No complaints	SL BD 2 tab 15 days