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EXPLORES THE POTENTIAL EFFICACY OF INDIVIDUALIZED HOMOEOPATHIC TREATMENT IN MANAGING ALLERGIC RHINITIS: A CARE SERIES REPORT

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Abstract

This case series investigates the potential effectiveness of individualized homeopathic treatment in the management of allergic rhinitis (AR). Five patients with varying AR phenotypes received remedies based on symptom totality. Outcomes assessed via Total Nasal Symptom Score (TNSS) showed marked improvement in cases, with reductions in sneezing, rhinorrhea, and congestion. Homoeopathy may offer a personalized, low-risk therapeutic option for AR, warranting further controlled studies.

Keywords: Allergic rhinitis, Homoeopathy, Total Nasal Symptom Score, Kali Carbonicum, Natrum muriaticum, Staphisagria.

Introduction

Allergic rhinitis (AR), a prevalent chronic condition characterized by sneezing, nasal congestion, rhinorrhea, and itchy eyes, affects millions worldwide, significantly impairing quality of life and productivity. Despite the availability of conventional treatments—including antihistamines, intranasal corticosteroids, decongestants, and allergen immunotherapy—patient dissatisfaction remains widespread. Criticisms of these therapies often centre on limited efficacy for certain individuals, undesirable side effects¹ (e.g., sedation from antihistamines, rebound congestion

from decongestants, or nasal irritation from steroids), and the impracticality of long-term or invasive options like immunotherapy. Over half of individuals suffering from allergies and employ a type of complementary medicine. Many alternative methods tend to be successful and frequently possess reduced adverse effects in comparison to conventional medications². For many, persistent symptoms and frustration with transient or partial relief drive the pursuit of alternative therapies, notably homeopathy. Stress is also known as to affect the immune response, with studies demonstrating a direct relationship to atopic disorders³ Inflammation caused by food sensitivities and an imbalance in gut bacteria, Chronic stress, among other factors, influences an individual's well-being & plays a role in an individual's response to allergens. The role of the physician is to try to recognize and rectify the fundamental pro-inflammatory concerns and consequently lessen the body's inflammatory burden⁴. A research article released in 2000 in the British Medical Journal A statistical analysis was conducted on nasal airflow measurements, revealing a significant result. notable enhancement observed in patients who were managed with a homeopathic treatment⁵ As reported by the National Centre for Homeopathy, the use of homeopathic remedies for treating allergies has undergone extensive research, with numerous studies conducted & have demonstrated their effectiveness significantly⁶.

Preliminary evidence suggests that individualized homeopathic treatment may offer benefits in the management of allergic rhinitis. Since it is simple to administer, cost effective, minimal intervention is required. People prefer this mode of treatment. Homoeopathic literature is rich in the therapeutics of allergic rhinitis. Several researchers have contributed to the growing body of literature supporting the role of homeopathy in the management of allergic rhinitis. Traditional treatments, such as analgesics, frequently result in inadequate results and are often not well tolerated. There is a significant demand for alternative methods in both acute and chronic The aim of homoeopathy is not only to treat migraine but also to address its underlying cause in terms of correcting the individual susceptibility. The fundamental principle of homoeopathy, Similia Similibus Curentur, suggests that similarities in characteristic signs and symptoms, as well as the overall disease profile, allow the physician to grasp the core issue by comparing the patient's condition with the corresponding remedy⁷⁻⁸. The administration of a homeopathic remedy that closely matches the patient's symptom profile, prescribed in the appropriate potency and with adequate repetition, is considered essential to address the underlying susceptibility, initiate the healing process, and support the natural immune response. Several clinical trials have investigated the efficacy of homeopathic interventions in the

management of allergic rhinitis. Results from these trials are mixed⁹ Study also showed Homoeopathic medicines is useful in treating chronic, recurrent allergic rhinitis without suppressing the symptoms¹⁰. Since the concept of Individualization in light of therapeutics makes Homoeopathy a unique system of medicine¹¹⁻¹².

This is an attempt to demonstrate the efficacy of individualized homoeopathic treatment in managing allergic rhinitis & its outcomes assessed via Total Nasal Symptom Score (TNSS) which is a validated tool used to assess the remedy response after the treatment in allergic rhinitis¹³⁻¹⁴. It typically evaluates four key symptoms: sneezing, rhinorrhea (runny nose), nasal congestion, and nasal itching, each scored on a scale of 0–3 (0 = none, 3 = severe). The total score ranges from 0 to 12, with higher scores indicating worse symptoms¹⁵.

- **0:** None (no symptoms)
- **1:** Mild (noticeable but not bothersome)
- **2:** Moderate (bothersome but does not interfere with daily activities)
- **3:** Severe (interferes with daily activities)

However, Case series play a pivotal role in advancing the understanding and application of homeopathy for allergic rhinitis (AR).

MATERIAL AND METHODS

1. Source of data: Patients reporting to the outpatient department of a private urban clinic
2. Study design: Observational case series study
3. Formulate the Hahnemann integrated totality.
4. Outcomes assessed via Total Nasal Symptom Score (TNSS)
5. Patient consent not required as identity is not compromised.

Inclusion criteria

The following criteria were included in the study:

1. Allergic rhinitis diagnosed patients with unsatisfied from conventional treatment
2. Adults and elderly people (Age group 18 years- 85 years).

Exclusion criteria

The following criteria were excluded from the study:

1. Acute episodes
2. Children (Below 18 years of age).

Case Series:

Case 1

A 56-year-old fair and stocky woman with swelling on her eyebrows consulted for severe allergic rhinitis without relief from conventional medicine for 2 years. Her speech was quite hasty. She stated that she was absolutely healthy except her allergy issue. she would wake up at 3 am and sneezing violently for almost for 1 hour which disturbs her sleep. Nose block & itching in nose in the morning. She requested with folded hand to cure her illness permanently. Her husband works in government sector & he promoted as a senior officers 2 years back & facing lot of stress in office it affects her a lot & developed anxiety for him, since that her complaint started.

There were no significant characteristic physical general available in the case except the thermal state which was towards chilly.

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

Totality

MIND - AILMENTS FROM - anticipation

MIND - BEGGING

GENERALS - NIGHT - midnight - after - 3 h

EYE - SWELLING – Eyebrows

Repertorisation:

RadarOpus		kali-c.	ars.	plb.	psor.	calc.	med.	puls.	sil.	am-c.	bry.	caus.
		1	2	3	4	5	6	7	8	9	10	11
		4	3	3	2	2	2	2	2	2	2	2
		6	5	4	5	4	4	4	4	3	3	3
1. Clipboard 1	x											
1. MIND - AILMENTS FROM - anticipation	(97) 1	1	2	2	3	3	3	3	3	1	1	2
2. MIND - BEGGING	(11) 1	1	1	1				1				
3. GENERALS - NIGHT - midnight - after - 3 h	(84) 1	3	2	1	2	1	1		1	2	2	1
4. EYE - SWELLING - Eyebrows	(2) 1	1										

Final Selection: Kali carb

Posology: Sensitivity high

Susceptibility: Moderate.

Potency and Repetition: 1M potency with infrequent doses.

Follow-up

Single dose of Kali carb 1M improved her symptoms along with her anxiety & sleep. Over period of 6 months of follow up with infrequent repetitions of Kali carb 1M her sneezing, coryza nasal congestion & itching subsided completely.

TNSS :

Headings	TNSS (Before Treatment)	TNSS After 6 months of Treatment
Sneezing:	3	1
Rhinorrhea:	3	0
Nasal Congestion:	2	0
Itching:	2	1
Total	10	2

Reduction in Total Score: 8 points

Case 2:

40-year-old, forest officer male came in view of complaint of allergic rhinitis. Severe runny nose with sneezing for 5 years not relieved by conventional medicine, Episode experiencing twice a month & aggravated in summer & heat, Symptoms get better in air condition (AC). Episode continues for 20 days causing difficulty in work. constant blockage, worsens the sleep, he has very selective friends. He was irritable, not talking much just answering in small sentence & reluctant to talk about his life. The characteristic physical available in the case was Sun aggravating headache, thermally hot & feet uncovers while sleeping.

Local Examination: Nose: Swollen nasal turbinate. Severe congestion

Totally:

MIND – RESERVED

GENERALS - SEASONS - summer - agg.

GENERALS - COLD - air - amel.

HEAD - PAIN - sun - exposure to sun; from

EXTREMITIES - UNCOVER, INCLINATION TO - Feet

Repertorisation:

	puls.	nat-m.	calc.	alo.	bry.	glon.	lach.	sulph.	acon.	lyc.
1	2	3	2	2	1		1	1	1	3
5	5	5	5	4	4	4	4	4	4	4
14	10	7	6	9	9	9	8	7	7	7
3. Clipboard 3										
1. MIND - RESERVED (135) 1	2	3	2	2	1		1	1	1	3
2. GENERALS - SEASONS - summer - agg. (88) 1	3	2	1	1	3	3		2	2	2
3. GENERALS - COLD - air - amel. (116) 1	3	2	1	1	2	2	2	2	3	1
4. HEAD - PAIN - sun - exposure to sun; from (72) 1	3	2	2	1	3	3	3	2	2	1
5. EXTREMITIES - UNCOVER, INCLINATION TO - ... (24) 1	3	1	1	1		1		3		1

Final Selection: Nat mur

Posology: Sensitivity moderate to high

Susceptibility: Moderate.

Potency and Repetition: 200C potency with infrequent doses.

Follow-up

Infrequent doses of Nat mur 200 in 6 months of follow up improved her sneezing, rhinorrhea, nasal congestion. No single episode of allergic rhinitis reported by patient.

TNSS:

Headings	TNSS (Before Treatment)	TNSS After 6 month of Treatment:
Sneezing:	2	0
Rhinorrhea:	3	0
Nasal Congestion:	3	0
Itching:	0	1
Total	8	1

Reduction in Total Score: 7 points

Case 3

A 32-year-old woman presented with severe cold, sneezing, profuse watery nasal discharge, and lachrymation for the past 8 months. She experiences sneezing 20 times daily, with itchy nose, episodes occurring 2-3 times a month, lasting for about 1 week. Complaint worse from dust & change of weather. All complaint started after quarrels with relatives where she insulted, made her annoyed but suppressed. She was sensitive & crowdies women gets affected easily by the comments of relatives but doesn't have courage to reply them & trembles when angry. Notably, her thermal state is chilly, & past history of frequent styes. and she has a craving for warm foods. No other significant physical or general symptoms are reported.

Local Examination: Nose : Moderate congestion

Teeth: Caries in multiple teeth rapid progress

Totally:

MIND - AILMENTS FROM - mortification

MIND - AILMENTS FROM - anger - suppressed

MIND - SENSITIVE - reprimands, to

MIND - COWARDICE

GENERALS - TREMBLING - Externally - anger - from

TEETH - CARIES, DECAYED, HOLLOW - rapid

EYE - STYES

Repertorisation:

	staph.	lyc.	sep.	aur-m-n.	ats.	phos.	puls.	aur.	nat-m.
1. Clipboard 1	1	2	3	4	5	6	7	8	9
1. MIND - AILMENTS FROM - mortification	7	6	6	6	6	6	5	5	5
2. MIND - AILMENTS FROM - anger - suppressed	15	14	10	8	6	6	9	8	6
3. MIND - SENSITIVE - reprimands, to	(79) 1	1	1	2	1	1	2	2	3
4. MIND - COWARDICE	(50) 1	3	1	2	1	1	1	1	2
5. GENERALS - TREMBLING - Externally - anger - from	(38) 1	1	1	1	1	1	1	1	1
6. TEETH - CARIES, DECAYED, HOLLOW - rapid	(102) 1	1	3	1	1	1	2	1	1
7. EYE - STYES	(30) 1	2	1	1	1	1	2	2	1
	(14) 1	1	3	1	1	1	1	1	2
	(99) 1	1	1	3	1	1	1	3	2

Final Selection: Staphisagria

Posology: Sensitivity high

Susceptibility: Moderate.

Potency and Repetition: 1M potency with infrequent doses.

Follow-up

Infrequent doses of Staphisagria 1M in 6 month of follow up no single episode of allergic rhinitis reported by patient.

TNSS:

Headings	TNSS Before Treatment	TNSS After Homoeopathic Treatment
Sneezing:	3	1
Rhinorrhea:	3	0
Nasal Congestion:	2	0
Itching:	2	1
Total	10	2

Reduction in Total Score: 8 points

Case 4

A 33-year-old female presented with a one-year history of frequent sneezing and continuous, profuse rhinorrhea, which worsens, especially in the winter and during mornings. Sneezing : 10-15 /day. with nose block at night. She also reported she is irritable, often having conflicts with family members, but becoming afraid to engage with others in society. She prefers to have a family member accompany her when leaving the house. She was unhappy because conventional medicine had failed to address her issue, and she was pleading for help, gesturing with folded hands as if in prayer. Thermally, she feels chilly and sweats excessively on her face and upper lip.

Local Examination: Nose: Moderate congestion

Totality:

GENERALS - MORNING

GENERALS - SEASONS - winter - agg.

MIND – BEGGING

MIND - COMPANY - desire for

GENERALS - FOOD AND DRINKS - sweets – desire

FACE - PERSPIRATION - Lips - Upper

Repertorisation:

	Kali-C.	Puls.	Ars.	Nux-v.	Aur.	Ign.	Bell.	Phos.	Lyc.
1. GENERALS - MORNING	309	1							
2. GENERALS - SEASONS - winter - agg.	102	1							
3. MIND - BEGGING	11	1							
4. MIND - COMPANY - desire for	189	1							
5. GENERALS - FOOD AND DRINKS - sweets - desire	285	1							
6. FACE - PERSPIRATION - Lips - Upper	14	1							

Final Selection: Kali carb 200

Posology: Sensitivity Moderate

Susceptibility: Moderate.

Potency and Repetition: 200 potency with infrequent doses.

Follow-up

Infrequent doses of kali carb 200 in 6 month of follow up improved her nasal symptoms. Mild occasionally sneezing, no single episode of allergic rhinitis reported by patient.

Headings	TNSS Before Treatment	TNSS After 6 month of Treatment
Sneezing:	3	1
Rhinorrhea:	3	0
Nasal Congestion:	2	0
Itching:	0	0
Total	8	1

Reduction in Total Score: 7 points

Case 5

30-year-old house wife presents with profuse, watery, nasal discharge with frequent itching of the nose causing sore nostrils, followed by violent morning sneezing spells almost 20-

25/daysince last 2 years. Nocturnal nasal obstruction forces to sit elbows on knees. Symptoms worsen, in cold air, or drafts; relieved by warmth. 2 years back she got married in joint family where in laws were strict by nature so she used to be worried about her household work in order to prevent from scolding of laws, She is timid & sensitive by nature, afraid to stay alone at home. Thermally chilly, and she experience pain in breast before every menses. No other significant physical or general symptoms are reported.

Totality:

MIND - AILMENTS FROM – anticipation

GENERALS - NIGHT - midnight - after - 4 h

MIND - ANXIETY - alone; when

MIND - FEAR - dark; of

GENERALS - SITTING - bent forward - amel.

GENERALS - COLD - air - agg.

CHEST - PAIN - Mammar - menses - before - agg.

Repertorisation:

The screenshot shows the RadarOpus software interface. On the left, a list of symptoms is entered under 'Clipboard 1':

- 1. MIND - AILMENTS FROM - anticipation (97)
- 2. GENERALS - NIGHT - midnight - after - 4 h (48)
- 3. MIND - ANXIETY - alone; when (38)
- 4. MIND - FEAR - dark; of (104)
- 5. GENERALS - SITTING - bent forward - amel. (48)
- 6. GENERALS - COLD - air - agg. (266)
- 7. CHEST - PAIN - Mammar - menses - before - agg. (68)

On the right, a grid of 10 columns (Kali-C, Puls., Caust., Ign., Nux-v., Sep., Lyc., Phos., Ars., Me) and 10 rows (1-10) shows the repertorisation results. The results are as follows:

	Kali-C	Puls.	Caust.	Ign.	Nux-v.	Sep.	Lyc.	Phos.	Ars.	Me
1	1	2	3	4	5	6	7	8	9	10
2	7	6	6	6	6	6	5	5	5	5
3	11	12	11	11	10	8	12	11	10	10
4	1	1	1	1	1	1	1	1	1	1
5	1	2	2	2	3	1	2			3
6	1	1	1	1	1	1	1	3	1	
7	1	2	2		1	1	2	2	1	2
8	1	1	1	2	1		2		1	
9	1	2	3	2	3	3	3	2	3	1
10	1	2		1	1	1		2		1

Final Selection: Kali carb

Posology: Sensitivity high

Susceptibility: Moderate.

Potency and Repetition: 1M potency with infrequent doses.

Follow-up

Single dose of Kali carb 1M improved her almost nasal symptoms mild occ sneezing & congestion reported over period of 6 month of follow up & anxiety also diminished.

Headings	TNSS Before Treatment	TNSS After 6 month Treatment:
Sneezing:	3	1
Rhinorrhea:	3	0
Nasal Congestion:	2	1
Itching:	2	1
Total	10	3

Reduction in Total Score: 7 points

Discussion:

In this case series, five case studies were presented. Therefore, homeopathic treatment for allergic rhinitis is mostly constitutional based on symptom similarities. In this case series, five cases of allergic rhinitis are presented. Each patient received an individualized homeopathic prescription, determined through a comprehensive assessment of the totality of symptoms and supported by repertorization techniques. In the 1st case Anxious women dissatisfied from conventional medicine presented with allergic rhinitis complaint started due to anxiety for her husband, Her anxiety quite visible in the case considered as characteristic objective expression with catachrestic time modality indicated Kali carb 1M was given & responded well. In the 2nd case peculiar physical characteristic available indicating Nat mur 200 seemed to be most suitable similimum generated effective remedy response. In 3rd case allergic complaint started as reaction to insult, Staphisagria 1M was given according to totality of symptoms produced effective response in patient. In 4th & 5th case anxiety was cause & expression, Kali carb given in both the cases as per the totality of symptoms improved the patient.

As literature has shown that these homeopathic medicines are very useful in the treatment of allergic rhinitis confirmed by this study. All patients received treatment within six months, and no patient reported any adverse effects or negative outcomes. All medicines were prescribed in centesimal scale.

Case	Type of Catachrestic	Susceptibility	Sensitivity	Potency	Remedy	Percentage improvement
1	Causative Modality, Mental as well Physical expressions	Moderate	High	1M	Kali carb	80 %
2	Physical expressions	Moderate	Moderate to high	200	Nat mur	87%
3	Qualified mental expressions	Moderate	High	1M	Staph	80%
4	Mental & Physical expressions	Moderate	Moderate	200	Kali carb	87%
5	Mental & Physical expressions	Moderate	High	1M	Kali carb	70%

Results:

Total Nasal Symptom Score (TNSS) Summery:

Case	Initial TNSS	Post-Treatment TNSS	Reduction in Score	Percentage improvement
1	10	2	8	80 %
2	8	1	7	87%
3	10	2	8	80%
4	8	1	7	87%
5	10	3	7	70%

Statistical Analysis:

A paired sample t-test was conducted to evaluate the effect of homeopathic treatment on Total Nasal Symptom Score (TNSS) among five patients. The mean TNSS prior to treatment was significantly higher compared to post-treatment values. The mean difference observed was 7.4, with a standard deviation of 0.55. The statistical analysis yielded a t-value of 30.21 and a corresponding p-value of 0.00000715, indicating a highly significant reduction in symptom severity following homeopathic intervention ($p < 0.001$). These results suggest a strong therapeutic effect of homeopathy in alleviating nasal symptoms in the studied cohort.

Conclusion:

This study demonstrated the potential efficacy of individualized homeopathic treatment in managing allergic rhinitis (AR). Total Nasal Symptom Score (TNSS) showed marked improvement in cases with remedy selected on concept of individualisation.

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