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## HOMOEOPATHIC MANAGEMENT OF ALLERGIC RHINITIS – CASE REPORTS

**\*Dr. Sammaia Papiiah<sup>1</sup>, Duyu Ana<sup>2</sup>**

<sup>1</sup>Lecturer, Department of Organon of Medicine, North Eastern Institute of Ayurveda and Homoeopathy, Shillong, Meghalaya, India

<sup>2</sup>Internee, North Eastern Institute of Ayurveda and Homoeopathy, Shillong, Meghalaya, India

\*Corresponding Author's Email ID: [pdrsammaia@gmail.com](mailto:pdrsammaia@gmail.com)

### ABSTRACT

Allergic rhinitis (AR) is an IgE-mediated immune response consisting of an early acute response due to degranulation of mast cells, and a delayed prolonged response in which there is infiltration by leucocytes such as eosinophils, basophils, neutrophils and macrophages. The most common symptoms are sneezing, running nose, nasal itching and nasal obstruction. In addition to these nasal symptoms, non-nasal symptoms, including itching of the eyes, ears and palate, conjunctival irritation and are also present. Allergic rhinitis is associated with number of co morbid conditions such as asthma, sinusitis, otitis media, atopic dermatitis, conjunctivitis and nasal polyps. Allergic rhinitis adversely affects quality of life of patient. Pre and post Total Nasal Symptom scores (TNSS) will be evaluated to see the outcome.

**Keywords:** Allergic rhinitis, homoeopathy, TNSS

### INTRODUCTION

Allergic rhinitis is an Ig-E mediated immunological disorder in which there are episodes of nasal congestion, watery discharge and sneezing. It may be seasonal or perennial, and is due to an immediate hypersensitivity reaction in the nasal mucosa.<sup>[1]</sup>

Allergic rhinitis has been categorized –

- Seasonal: occurs during a specific season. The triggering allergens do not occur year-round; rather, they are present for a specific time period. Depending on the allergens and the location, the length of exposure is variable. Eg- Pollen from grasses, flowers, weeds or trees.<sup>[1]</sup>
- Perennial - occurs throughout the year. It is also called as persistent allergic rhinitis. It is generally due to specific reaction to antigens derived from house dust, fungal spores or animal dander, but similar symptoms can be caused by physical or chemical irritants e.g. pungent odours or fumes, cold air and dry atmospheres.<sup>[1]</sup>

### **Clinical features:**

Allergic Rhinitis is characterized by the presence of nasal and non-nasal symptoms.<sup>[2]</sup>

Nasal symptoms include:

- Anterior or posterior rhinorrhea,
- Sneezing,
- Nasal blockage
- Itching of the nose
- Mouth breathing
- Rubbing the nose/transverse nasal crease

Non-nasal symptoms are characterized by ocular symptoms such as:<sup>[2]</sup>

- Itching and redness of the eyes
- Lachrymation
- Itching of the palate
- Headache and sinus pressure
- Dark circles around the eyes
- Sore throat
- Tiredness

There is no “gold standard” laboratory test in diagnosing Allergic Rhinitis.

For the patient to be diagnosed with allergic rhinitis, patient must encounter two or more of the following clinical symptoms for more than 1 hour on most days:[2]

- Watery rhinorrhea
- Sneezing, especially paroxysmal
- Nasal obstruction
- Nasal pruritus
- With or without conjunctivitis.

### **Management:**

Prevention & avoidance therapy: Avoidance is the most effective treatment for any allergic condition but may be limited in its applicability.[3]

- a. Pollens: Closing windows and remaining in airconditioned environment can decrease exposure when pollen counts are high.
- b. Animal dander: If the allergy is slight, the patient may usually benefit from merely keeping the animal out of the bedroom. However, it is necessary to remove the animal from the home altogether.
- c. House dust and dust mites: The mattress and pillows should be encased in dust mite-proof material, and all other bedding should be washed weekly and dried at high temperature.
- d. Mold spores: In outdoors, mould spores are unavoidable. Repairing leaks can control indoor mould contamination along with cleaning mould buildup on sinks, shower curtains and pipes regularly.
- e. Foods: Most persons with well-documented food allergy are allergic to one or a small number of foods, so that avoidance is rarely a problem.[3]

### **Total Nasal Symptom scores (TNSS):**

The questionnaire of TNSS has four questions evaluated based on 4 major symptoms of allergic rhinitis such as nasal congestion, runny nose, nasal itching, and sneezing. Score (TNSS; possible score of 0-12) is the sum of 4 individual participant-assessed symptom scores for rhinorrhea, nasal congestion, nasal itching, and sneezing, each evaluated using a scale of 0=None, 1=Mild, 2=Moderate, or 3=Severe. [4] The severity of the symptom score scale: Mild = TNSS <6, Moderate = TNSS 6-9, Severe = TNSS 9-12 [5]

## CASE REPORTS

**Case I:** A 24 years old female patient, came to our Hospital OPD (OPD Reg. No. 146/2024, dated January 10, 2024) with a complaints of nose block and bland watery nasal discharge for past 8 years. She also complaints of bland lachrymation which aggravates in open air. The patient had a history of Deviated Nasal Septum for which she underwent surgery. She is thirsty, has desires for sour food, eggs, perspiration is profuse and she is easily constipated with stool hard and in lumps. She is very extroverted, dreams of falling from a height.

**Vital signs:** No abnormality detected

### Local examination- (NOSE)

- No deviation of nasal septum
- Bilateral turbinate swollen
- No polyps
- No tenderness

### Totality of symptoms:

1. Jolly
2. Dream of falling from heights
3. Thirsty
4. Desires eggs
5. Desire sour food
6. Stool hard, in lumps
7. Profuse perspiration on face
8. Bland watery nasal discharge
9. Bland lachrymation in open air

**Repertory used with reason:** Repertory of Homoeopathic Materia Medica by Dr J.T Kent was used as the case was rich in mental and physical generals [6]

**Table 1: Repertorial totality -Conversion of symptoms into rubrics [6]**

Sl no.	Symptoms	Rubric	Reason	Pg no.
1.	Jolly	MIND, CHEERFUL gay happy	Mentals	81
2.	Dreams of falling from height	SLEEP, DREAMS, falling of, from high places	Physical Generals	1239
3.	Thirsty	STOMACH, THIRSTY	Physical Generals	527
4.	Desire eggs	STOMACH, DESIRES, eggs	Physical generals	485
5.	Desires sour food	STOMACH, DESIRES, sour acids etc	Physical generals	486
6.	Stool hard, in lumps	STOOL, KNOTTY	Physical Generals	638
7.	Perspiration on face	FACE, PERSPIRATION	Physical Generals	390
8.	Bland watery nasal discharge	NOSE, DISCHARGE, bland	Particular	333
9.	Bland watery discharge from eyes in open air	EYE, LACHRYMATION, open air	Particular	246

**Repertorisation: Total Addition Method****Analysis of repertorial result:**

1. Sepia officinalis 14/8
2. Sulphur 17/7
3. Calcareo carbonicum 17/7
4. Phosphorus 16/7
5. Mercurius 12/7

**First prescription:** In consultation with materia medica and comparing the potential differential field, Calcareo carbonicum 30 was given, to be taken once a day for 2 days on 10<sup>th</sup> January 2024.

**FOLLOW-UP SHEET**

<b>Date &amp; Time</b>	<b>Observation</b>	<b>Advice</b>
29/01/24	Patient was better for 10 days then the complaints started again. No new complaints	1.Calcarea carbonicum 200 (stat) 1 dose 2.Rubrum 30 BD x 2 weeks
13/02/24	Complaints still persist but reduced Sleep better No new complaint	1. Rubrum 30 BD x 2 weeks
1/03/24	Complaints reduced No new complaints	1. Rubrum 30 BD x 2 weeks

**Total Nasal Scoring System:**

<b>TNSS score before treatment</b>	<b>TNSS score after treatment</b>
Nasal congestion- 3	Nasal congestion-2
Runny nose- 2	Runny nose- 1
Nasal Itching- 1	Nasal itching- 1
Sneezing- 1	Sneezing- 1
7/12	5/12

**Case II:**

A 22 years old female patient, came to our Hospital OPD (OPD Reg. No. 6053/2023, dated October 28, 2023) with a complaint of constant sneezing with itching in nose for past 2 years. The complaint aggravates in morning, at night and ameliorates in open air. She also complains of pressing pain in the forehead which ameliorates by pressure. She is thirsty, desires for open air, has aversion to pork, profuse perspiration. She prefers to be alone, consolation aggravates her, cannot tolerate crowded places.

**Vital signs:** No abnormality detected

**Local examination (NOSE):**

- No deviation of nasal septum
- Bilateral turbinates swollen

**Totality of symptoms:**

- Prefer to be alone
- Cannot tolerate crowded places
- Consolation aggravates
- Thirsty
- Desire open air
- Aversion to pork
- Profuse perspiration, mostly on scalp
- Constant sneezing < morning
- Nose block < at night
- Frontal pressing headache > pressure

**Repertory used with reason:** Repertory of Homoeopathic Materia Medica by Dr J.T Kent was used as the case was rich in mental and physical generals <sup>[6]</sup>

**Table 1: Repertorial totality -Conversion of symptoms into rubrics<sup>[6]</sup>**

Sl No.	Symptom	Rubric	Reason	Pg no.
1	Prefer to be alone	MIND, COMPANY, aversion to	Mentals	12
2	Consolation agg	MIND, CONSOLATION agg.	Mentals	16
3	Anxious in crowded places	MIND, ANXIETY, crowd in a	Mentals	6
4	Thirsty	STOMACH, THIRST	Physical generals	527
5	Aversion to pork	STOMACH, AVERSION, pork	Physical generals	482
6	Desire open air	GENERALITIES, AIR, open, desire for	Physical generals	1343
7	Profuse perspiration in scalp	PERSPIRATION, scalp	Physical generals	221
8	Sneezing < morning	NOSE, SNEEZING, morning	Particulars	350
9	Nose obstruction < at night	NOSE, OBSTRUCTION, night	Particulars	341
10	Pressing pain in forehead > pressure	HEAD, PAIN, pressing, forehead, pressure amel.	Particulars	194

**Repertorisation: Total Addition Method****Analysis of repertorial result:**

1. Lycopodium 14/8
2. Natrum muriaticum 16/7
3. Calcarea carbonicum 12/7
4. Sepia officinalis 12/7

**First prescription:** In consultation with materia medica and comparing the potential differential field, Lycopodium 30 was given to the patient to be taken once a day for 2 days on October 28<sup>th</sup> 2023.

**FOLLOW UP SHEET**

Date & Time	Observation	Advice
16/11/23	Complaints still persist. No new complaints	1. Lycopodium 30 OD x 2 days 2. Rubrum 30 BD x 2 weeks
5/12/23	Complaints still persist. Patient feels better No new complaints	1. Rubrum 30 BD x 2 weeks
20/12/23	Complaints still persist. No new complaints	1. Lycopodium 200, 1 dose (Stat) 2. Rubrum 30, BD x 2 weeks
10/01/24	Complaints reduced No new complaints	1. Lycopodium 200, 1 dose (stat) 2. Rubrum 30 BD x 2 weeks

**Total Nasal Scoring System:**

TNSS score before treatment	TNSS score after treatment
Nasal congestion- 1	Nasal congestion- 0
Runny nose- 1	Runny nose- 1
Nasal Itching- 3	Nasal itching- 2
Sneezing- 2	Sneezing- 1
7/12	4/12

**DISCUSSION AND CONCLUSION**

Most commonly Allergic rhinitis is treated with antihistamines but it only suppresses the symptoms and recurrences is common. In these case reports, individualised homoeopathic medicines, Calcarea Carbonicum and Lycopodium were given to the respective patients with the



help of repertorisation. Total Nasal Symptom Score were recorded at the start of the treatment and at follow up to measure the changes associated with the homoeopathic treatment. There was reduction in the TNSS score in subsequent visits. Patients were also satisfied with the homoeopathic treatment given. However, this is based on only 2 case reports and further larger studies with large sample sizes are required for determining the efficacy of homoeopathic treatment in such cases.

### **Informed consent**

Written informed consent was obtained from the patient prior the publication.

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Nil

### **Conflict of interest**

There are no conflicts of interest

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