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## HOMEOPATHIC MANAGEMENT OF ALLERGIC RHINITIS IN AN OBESE CHILD: A CASE REPORT FROM DR BATRA'S HOMEOPATHY CLINIC

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### Abstract

Allergic rhinitis is a common chronic inflammatory disorder in children characterized by recurrent sneezing, nasal irritation, congestion, and impaired quality of life. It is frequently associated with atopic disorders and metabolic abnormalities. This case report presents an 11-year-old male child suffering from allergic rhinitis for 2–3 years associated with recurrent sneezing, nasal itching, atopic dermatitis, hypopigmented skin lesions, obesity, and acanthosis nigricans. The child demonstrated a characteristic constitutional profile of restlessness, sociability, increased appetite, and obesity. Individualized constitutional homeopathic treatment resulted in complete resolution of allergic symptoms, disappearance of skin lesions, improvement in nasal health, and enhanced quality of life within seven months. The case documents a significant clinical transformation achieved at Dr Batra's Homeopathy Clinic.

### Keywords:

Allergic Rhinitis, Atopic Dermatitis, Childhood Allergy, Acanthosis Nigricans, Pediatric Homeopathy, Constitutional Treatment

## **Introduction**

Allergic rhinitis is one of the most common chronic allergic disorders in children. It is characterized by recurrent sneezing, nasal irritation, rhinorrhea, congestion, and itching caused by hypersensitivity reactions of the upper respiratory tract.

Children with allergic rhinitis frequently present with associated atopic manifestations including eczema, dermatitis, hypopigmented patches, and skin sensitivity. Obesity and acanthosis nigricans may coexist due to underlying metabolic disturbances and further complicate the clinical picture.

Homeopathic treatment aims to address the child's constitutional susceptibility rather than merely suppressing allergic manifestations. Individualization based on mental characteristics, physical generals, constitutional tendencies, and associated pathology forms the basis of remedy selection.

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## **Case Profile**

**Age:** 11 Years

**Gender:** Male

**Residence:** Dhayari, Pune

**Occupation:** School Student

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## **Chief Complaints**

### **Allergic Rhinitis Since 2–3 Years**

- Frequent sneezing
- Nasal irritation
- Nasal itching
- Dust allergy
- Recurrent cold

### **Skin Complaints**

- Atopic dermatitis
- Dryness of skin

- Hypopigmented patches
- Intermittent itching

### **Metabolic Concerns**

- Weight gain since 2020
  - Acanthosis nigricans
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### **History of Present Illness**

The child had been suffering from recurrent allergic rhinitis for approximately 2–3 years. The illness manifested as repeated sneezing episodes, nasal irritation, itching, and recurrent allergic colds.

Symptoms were particularly aggravated by exposure to dust. Repeated sneezing episodes interfered with daily activities and school performance.

Over time, skin complaints developed in the form of dryness and hypopigmented patches. Acanthosis nigricans was also observed along with progressive weight gain.

No significant severe systemic illness was reported.

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### **Family and Personal Background**

The child belonged to a supportive family and was socially active.

He was described as:

- Cheerful
- Friendly
- Restless
- Easily mingled with others
- Able to make friends quickly

Unlike many allergic children who remain shy or withdrawn, this child was socially expressive and enjoyed interacting with peers.

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### **Detailed Mental Generals**

The child was active, energetic, and socially engaging. He easily made friends and mixed comfortably with people around him.

A characteristic feature was his restlessness. He preferred remaining occupied and found it difficult to stay inactive for prolonged periods.

He had a strong interest in food and was described as a "foodie." Hunger was frequently increased and he enjoyed eating.

Despite recurrent allergic complaints, he maintained a cheerful disposition and generally remained happy and playful.

### **Characteristic Mental Symptoms**

- Restless child
- Cheerful
- Friendly
- Easily makes friends
- Socially active
- Increased appetite
- Food-loving nature

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### **Physical Generals**

<b>Parameter</b>	<b>Findings</b>
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Appetite	Good
Desire	Chicken
Aversion	Cakes
Thirst	2-3 litres/day
Thermals	Hot patient
Sleep	Normal

### **Parameter Findings**

Perspiration Normal

Build Chubby

Weight Increased since 2020

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## **Clinical Examination**

### **Baseline Findings**

- Allergic rhinitis
  - Sneezing
  - Nasal itching
  - Mild nasal congestion
  - Atopic dermatitis
  - Hypopigmented patches
  - Acanthosis nigricans
  - Obesity
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## **Diagnosis**

### **Primary Diagnosis**

Allergic Rhinitis

### **Associated Diagnosis**

Atopic Dermatitis

### **Metabolic Association**

Acanthosis Nigricans with Obesity

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## **Homeopathic Analysis**

### **Mental Generals**

- Cheerful disposition
- Friendly nature
- Restlessness
- Easily makes friends
- Food-loving child

### **Physical Generals**

- Chubby constitution
- Increased appetite
- Desire for chicken
- Hot patient

### **Particular Symptoms**

- Allergic rhinitis
- Sneezing
- Nasal itching
- Dust allergy
- Atopic dermatitis
- Hypopigmentation
- Acanthosis nigricans

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### **Totality of Symptoms**

1. Mind – Cheerful
2. Mind – Friendly
3. Mind – Restless
4. Mind – Easily makes friends
5. Generalities – Increased appetite

6. Generalities – Obesity
  7. Generalities – Desire chicken
  8. Nose – Sneezing
  9. Nose – Itching
  10. Nose – Allergic rhinitis
  11. Skin – Atopic dermatitis
  12. Skin – Hypopigmented patches
  13. Skin – Acanthosis nigricans
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### **Repertorial Consideration**

#### **Important Remedies Considered**

- Phosphorus
- Calcarea Phosphorica
- Calcarea Carbonica

The final selection favored **Phosphorus** because of the child's open, friendly, affectionate, sociable personality and characteristic constitutional makeup.

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### **Remedy Selection**

#### **Constitutional Remedy**

#### **Phosphorus 200C**

Selected because of:

- Friendly disposition
- Open nature
- Easy socialization
- Restlessness
- Affectionate temperament

- Strong constitutional correspondence

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### **Acute Remedy**

#### **Tellurium 30C**

Prescribed during active allergic episodes.

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### **Intercurrent / Supportive Remedy**

#### **Ferrum Metallicum 6X**

Used as supportive constitutional supplementation.

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### **Miasmatic Assessment**

<b>Symptom</b>	<b>Psora Sycosis</b>
Allergic Rhinitis	✓
Atopic Dermatitis	✓
Obesity	✓
Acanthosis Nigricans	✓
Chronic Allergy	✓
Recurrent Rhinitis	✓

### **Predominant Miasm**

#### **Psoro-Sycotic**

### **Follow-Up Summary**

<b>Date</b>	<b>Clinical Progress</b>
December 2025	Dryness present. No significant itching. Physical generals normal.
February 2026	Father reported marked reduction in sneezing, cold, and cough. Mild nasal congestion only.
April 2026	Significant improvement in allergic rhinitis. Skin complaints improving. Diet and nutrition counselling continued.
May 2026	No sneezing, no nasal discharge, no cough. Hypopigmentation resolved. No signs of atopic dermatitis. Child asymptomatic.

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### **Transformation Table**

<b>Parameter</b>	<b>Before Treatment</b>	<b>After Treatment</b>
Sneezing	Frequent	Absent
Allergic Cold	Recurrent	Absent
Nasal Itching	Present	Absent
Nasal Congestion	Present	Resolved
Atopic Dermatitis	Present	Resolved
Hypopigmented Patches	Present	Absent
Skin Dryness	Present	Resolved
General Health	Affected	Improved
Quality of Life	Disturbed	Normal

<b>Parameter</b>	<b>Before Treatment</b>	<b>After Treatment</b>
Child's Mood	Irritated by symptoms	Cheerful and Active

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## **Discussion**

This case demonstrates successful constitutional management of allergic rhinitis associated with atopic dermatitis and acanthosis nigricans in an obese child. The disease had persisted for several years and was characterized by recurrent sneezing, dust allergy, nasal irritation, and skin involvement.

The constitutional picture was dominated by sociability, friendliness, restlessness, increased appetite, and an affectionate temperament. These features strongly guided remedy selection.

Following treatment, improvement occurred in a sequential manner. Sneezing episodes reduced first, followed by improvement in nasal congestion and skin symptoms. Atopic dermatitis resolved completely, hypopigmented patches disappeared, and no active allergic symptoms remained during later follow-ups.

The associated metabolic markers including obesity and acanthosis nigricans highlighted the importance of dietary counselling and lifestyle modification alongside constitutional treatment.

The absence of allergic symptoms and complete resolution of skin manifestations indicate a favorable constitutional response.

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## **Conclusion**

This case demonstrates successful constitutional homeopathic management of allergic rhinitis associated with atopic dermatitis and acanthosis nigricans in an 11-year-old child. Significant improvement was achieved in respiratory symptoms, skin manifestations, and overall health. Complete resolution of allergic symptoms and skin lesions was observed within seven months of treatment. The case documents a noteworthy clinical transformation achieved at Dr Batra's Homeopathy Clinic.

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## **Learning from the Case**

- Allergic rhinitis in children often coexists with atopic skin disorders.
- Constitutional prescribing based on child temperament can improve long-term outcomes.
- Obesity and acanthosis nigricans should be addressed as maintaining causes.
- Early intervention may prevent progression of the atopic march.
- Lifestyle and dietary correction complement constitutional treatment.

### **HRQL (Health Related Quality of Life)**

The child experienced substantial improvement in daily functioning, school attendance, social interaction, and overall comfort. Parents reported complete satisfaction with treatment as allergic symptoms resolved and skin health normalized.