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## LONG-TERM HOMOEOPATHIC MANAGEMENT OF CHILDHOOD ALLERGIC RHINITIS WITH BRONCHITIC: A 23-MONTH FOLLOW-UP CASE REPORT AT DR BATRA'S

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### Abstract

Allergic rhinitis is one of the most common chronic allergic disorders in children and is frequently associated with recurrent upper and lower respiratory tract infections. Repeated episodes often lead to antibiotic use, bronchodilator dependence, school absenteeism, and reduced quality of life. This case report describes a child suffering from recurrent allergic rhinitis and bronchitic episodes since early childhood who showed remarkable reduction in frequency, severity, and recurrence of respiratory complaints following individualized homoeopathic treatment over a 23-month follow-up period.

**Keywords:** Allergic Rhinitis, Childhood Allergy, Bronchitis, Recurrent Respiratory Infection, Homoeopathy, Calcarea Phosphorica

### Introduction

Allergic rhinitis is a chronic inflammatory disorder of the nasal mucosa characterized by recurrent sneezing, nasal blockage, cough, throat irritation, and respiratory hypersensitivity. Children with allergic diathesis frequently develop recurrent bronchitis, pharyngitis, and lower respiratory tract involvement, resulting in repeated courses of antibiotics and inhalational therapy.

This case highlights the role of individualized homoeopathic treatment in reducing allergic susceptibility and improving long-term respiratory health.

## **Case Presentation**

A school-going male child presented with recurrent episodes of allergic rhinitis and bronchitis since childhood.

## **Chief Complaints**

### **Recurrent Respiratory Allergy**

- Recurrent upper and lower respiratory tract infections since childhood.
  - Complaints aggravated during seasonal transitions:
    - Summer to rainy season.
    - Rainy season to winter.
  - Episodes started with dry cough and gradually progressed to chest congestion.
  - Yellowish, stringy expectoration.
  - Night aggravation, especially while lying down.
  - Cough occurring in bouts followed by intervals.
  - Nasal stuffiness, especially at night.
  - Recurrent pharyngitis and bronchitis.
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## **Past Medical History**

- Hospitalized for pneumonia during childhood.
  - Multiple courses of antibiotics.
  - Frequent bronchodilator use.
  - Intermittent use of inhalers and nebulization.
  - History of food allergy to peanuts.
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## **Family History**

- Father suffering from allergic tendencies and hyperlipidaemia.
  - No family history of asthma.
  - No developmental delays.
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## **Physical Generals**

- Appetite reduced during acute episodes.
  - Mixed diet.
  - Adequate thirst.
  - Sleep sound and refreshing.
  - Bowels generally satisfactory.
  - Occasional constipation during illness.
  - Urine normal.
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## **Mental and Personality Profile**

The child was observed to be:

- Reserved initially.
  - Timid by nature.
  - Bashful in unfamiliar surroundings.
  - Family-oriented.
  - Emotionally sensitive.
  - Needed encouragement and confidence-building.
  - Socialized slowly but became comfortable once acquainted.
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## **Clinical Examination**

### **Initial Findings**

#### **Respiratory System**

- Mild congestion in right lower lung field.
- Air entry bilaterally equal.

#### **Nasal Examination**

- Mild turbinate swelling on left side.

#### **Throat**

- Hyperaemic during episodes.

- No significant tonsillar enlargement initially.

### **Cardiovascular System**

- Within normal limits.
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### **Totality of Symptoms**

- Recurrent allergic rhinitis.
  - Recurrent bronchitic episodes.
  - Seasonal aggravation.
  - Yellow stringy expectoration.
  - Night aggravation.
  - Timid and bashful disposition.
  - Delicate constitution.
  - Recurrent respiratory infections since childhood.
  - Family history of allergy.
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### **Prescription**

#### **Constitutional Remedy**

#### **Calcarea Phosphorica 200C**

#### **Basis of Selection**

- Flabby constitution.
- Delicate respiratory health.
- Recurrent infections since childhood.
- Cold tendency.
- Weak resistance to weather changes.
- Timid and reserved nature.

Remedies	calc.	nat-m.	phos.	ign.	staph.	carb-an.	hep.	petr.	tub.	graph.	lyc.	sil.	puls.	fl-ac.	aloe	ambr.	apis	aq-mar.	ars.	chin.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2
Intensity	6	6	6	5	5	4	4	4	4	3	3	3	5	4	3	3	3	3	3	3
Result	3/6	3/6	3/6	3/5	3/5	3/4	3/4	3/4	3/4	3/3	3/3	3/3	2/5	2/4	2/3	2/3	2/3	2/3	2/3	2/3
Clipboard 2																				
MIND - RESERVED	2	3	3	2	2	1	1	1	1	1	1	1	2	1	2	1	1	1	1	1
MIND - TIMIDITY - bashful	2	1	1	2	2	2	1	2	1	1	1	1	3		1	2		2		2
HEAD - HAIR - falling - spots, in	2	2	2	1	1	1	2	1	2	1	1	1		3			2		2	

### Acute Remedies

- Belladonna
- Hepar Sulphuris
- Kali Bichromicum
- Arsenicum Album
- Natrum Sulphuricum

Used according to acute symptom presentation.

### Follow-Up Timeline

Period	Clinical Outcome
Initial Visit	Frequent allergic rhinitis and bronchitic episodes
3 Months	Significant reduction in cough and night aggravation
6 Months	Better sleep and reduced respiratory episodes
9 Months	Minimal cough, improved stamina
12 Months	No significant respiratory attacks
15 Months	Continued stability despite seasonal changes
18 Months	Only one mild acute episode after excessive cold food intake
21 Months	No recurrent bronchitis
23 Months	Sustained remission with excellent respiratory health

**Detailed Follow-up**

<b>Timeline</b>	<b>Clinical Status</b>	<b>Respiratory Outcome</b>	<b>Overall Improvement</b>
<b>Baseline (Month 0)</b>	Recurrent allergic rhinitis and bronchitic episodes since childhood. Dry cough, yellow stringy expectoration, night aggravation, nasal blockage, frequent antibiotics, bronchodilators and nebulization.	Multiple seasonal exacerbations every year.	Poor quality of life, recurrent illness, school disturbance.
<b>6 Months</b>	Frequency of cough significantly reduced. Nasal blockage improved. Better sleep and appetite.	No major bronchitic episode during seasonal change. Reduced need for acute medications.	~40–50% improvement.
<b>12 Months</b>	Respiratory complaints infrequent. Only occasional mild cold episodes. Night cough absent.	No severe lower respiratory tract infection. No requirement for antibiotics during follow-up period.	~70–80% improvement.
<b>18 Months</b>	Stable respiratory health. One mild viral episode after excessive cold food intake and travel, managed without major complications.	No recurrent bronchitis, wheezing, or chest congestion.	~85–90% improvement.
<b>23 Months (Final Follow-up)</b>	No significant allergic rhinitis or bronchitic attacks. Child active, healthy, and able to tolerate weather changes much better. Appetite, sleep, and physical activity normal.	Long symptom-free intervals. No recurrent respiratory infections. Marked reduction in allergic susceptibility.	>90% improvement with sustained remission and improved immunity.

**Outcome Summary**

- **Before Treatment:** Recurrent allergic rhinitis, bronchitis, antibiotics, nebulization, seasonal aggravations.
- **After 23 Months:** No significant respiratory episodes, improved immunity, minimal acute interventions required, excellent quality of life, and sustained remission.

**Duration of Treatment:** 23 Months

**Duration of Remission:** Approximately 2 Years with only one mild acute episode during follow-up.

### **Outcome Assessment**

#### **Before Treatment**

- Frequent respiratory infections.
- Recurrent bronchitis.
- Repeated antibiotics.
- Bronchodilator dependence.
- Seasonal aggravations.
- Sleep disturbance due to cough.
- Activity restrictions.

#### **After Treatment**

- Marked reduction in frequency of infections.
- No recurrent bronchitic episodes.
- Minimal need for conventional medication.
- Improved immunity and resilience to weather changes.
- Better exercise tolerance.
- Improved appetite and overall health.
- Able to consume foods previously avoided without triggering episodes.

### **Health-Related Quality of Life Improvement**

Before treatment, recurrent cough, congestion, and respiratory infections significantly affected the child's daily life, school attendance, and family routine.

Following homoeopathic treatment:

- Frequency of cold and cough episodes reduced dramatically.
- Long symptom-free intervals achieved.
- Dependence on antibiotics and inhalers reduced substantially.
- Child became more active and confident.

- Parents reported significant improvement in overall health and immunity.

One notable observation was that the child could occasionally consume ice cream and cold foods without immediately developing respiratory symptoms, which was previously impossible.

### **Discussion**

This case demonstrates sustained improvement in a child suffering from chronic allergic rhinitis with recurrent bronchitic episodes. The constitutional prescription of Calcarea Phosphorica, supported by acute remedies when indicated, corresponded closely with the child's constitutional makeup and respiratory susceptibility.

Over nearly two years of follow-up, both frequency and severity of respiratory episodes reduced considerably, suggesting improvement in the patient's overall allergic tendency and resistance.

### **Conclusion**

Individualized homoeopathic treatment was associated with substantial long-term improvement in a child with allergic rhinitis and recurrent bronchitic episodes. The patient achieved prolonged remission, reduction in acute exacerbations, and significant enhancement in quality of life over a 23-month follow-up period.

### **Learning Points**

1. Allergic rhinitis and recurrent bronchitis frequently coexist in children.
2. Constitutional prescribing can play an important role in long-term management.
3. Improvement should be assessed through reduction in frequency, severity, and medication dependence.
4. Long-term follow-up is essential to evaluate sustained clinical benefit.

### **Acknowledgement**

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