



ORIGINAL RESEARCH PAPER

Homeopathy

HOMEOPATHIC TREATMENT FOR ALLERGIC RHINITIS

KEY WORDS: ALLERGIC RHINITIS, INFLAMMATION, SNEEZING, CONGESTION, ITCHY NOSE, HOMEOPATHIC TREATMENT ETC

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ABSTRACT Allergic rhinitis is inflammation (redness and swelling) of the inside of the nose. An 'allergy' is a sensitivity to something that is ordinarily harmless. Allergic rhinitis, also called hay fever, is an allergic reaction that causes sneezing, congestion, itchy nose and watery eyes. Outdoor allergies are worse in the spring, summer and early fall depending on where you live. In this paper we have discussed how homeopathy helps in treatment of allergic rhinitis.

INTRODUCTION:

Sinusitis is an inflammation of the lining inside the sinuses which can be acute or chronic. When the sinuses become blocked and fill with fluid, germs can grow and cause symptoms such as headache and nasal yellowish secretions.[1]

Allergic rhinitis can be differentiated from nonallergic rhinitis with allergy testing. The diagnosis is made by your health care provider based on a thorough medical history and physical examination. The testing can be done by skin test, blood test or combination of both depending on your history and physical exam.[2]

Causes Of Allergic Rhinitis:[1]

- Dust
- Mold
- Pet dander
- Pollen

Symptoms Of Allergic Rhinitis:[3]

- Recurring ear and sinus infections
- Loss of smell or taste
- Dark circles under the eyes
- Watery or itchy eyes
- Repeated throat clearing, hoarseness, coughing or wheezing.
- Sneezing or other cold
- Runny Nose
- Stuffy Nose
- Itching

How To Prevent Allergic Rhinitis [4]

- Installing air filters
- Eliminating furniture and carpets from your floors
- Employing a dehumidifier
- Modifying where your pets sleep and eat
- Preventingspecific outdoor household tasks
- Altering how you clean your house



Image of Allergic Rhinitis

In this paper we have discussed how homeopathy helps in treatment of allergic rhinitis.

Case Studies:

Homeopathy is very efficient in constructing up the structure,

thus decreasing the likelihood of reappearance. In Homeopathy therapy, the medicines formulations are made in such a way that it designs to improve the Resistance of the body and helps in boosting it. This ultimately implies that the Homeopathic therapy increases the body's capacity to battle against the disease. Homeopathy is a natural and gentle system of medicines which make use of small dosages of well-studied medicines to enhance the body's natural healing process.

In our ADVANCED HOMOEOPATHIC HEALTH CENTER & HMR PVT LTD, Indore we have conducted the studies on following number of patients:

Sr. No.	Age Group	Number of Patients
2	Adults 16 to 59 years	198
4	Elderly personnel's 60 years and above	42

Following Homeopathy Medicines were prescribed based on symptoms and condition of the individuals:

Sr. No.	Name of Medicine	Purpose
1	ARUNDO	Annoying itching in the nostrils and roof of the mouth. Coryza, loss of smell. Sneezing.
2	ARSE NIC ALBUM	Thin, watery, excoriating discharge. Sneezing without relief. Hay fever and coryza worse in open air, better indoors. burning in eyes with acrid lacrymation. Great thirst.
3	NATRUM MUR	Violent and Fluent coryza ,Start from 1st day and continue till 3rd day, after that nose is close because of this breathing difficulty happened. Discharge is thin and watery ,like the white of an egg ,violent sneezing ,loss of Smell and taste .
4	ALLIUM CEPA	Sneezing, especially when entering a warm room. Copious, watery and extremely acrid discharge. Feeling of a lump at root of nose. Hay fever. Polypus.
6	SABADILLA	frequent Sneezing with running nose , Coryza with Violent headache and red eye with lachrymation , discharge is violent and continue.
7	SULPHUR	. Red and Scabby nose , discharge is Acrid and Offensive , Dyspnoea in the middle of night With difficult respiration ,wants widow open .
8	TUBERCULINUM	Enlarged Tonsils hard dry cough during sleep. Expectoration thick, easy and profuse. Profuse sweating and loss of weight.
9	MERCURIUS SOL	Much Sneezing in sunshine. Nostrils raw, ulcerated, nasal bones swollen. Yellow green , fetid, pus like discharge. Coryza, acrid discharge, worse, warm room. Nose

		bleed at night.
10	AMMONIUM MUR	Nose Sore To Touch. Free acrid hot watery discharge corroding the lip. Sneezing, ulcerative pain in nostrils. Loss of smell. Obstructed, stuffy feeling, constant and unavailing efforts to blow it out. Itching.
11	PULSATILLA	fluent Coryza With thick , bland and greenish -yellow discharge especially in morning . pain in nose ,stoppage of nose in evening , Bad smell in nose in chronic cases , there is greenish crusty layer in nose

CONCLUSION:

Homeopathic treatment cures and completely treats the Allergic Rhinitis and helps in avoiding its reoccurrence. From our studies we have found that homeopathy can treat the Allergic Rhinitis in both children and adults without any side effects.

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