

## Review Article

### Allergic Rhinitis -Overview

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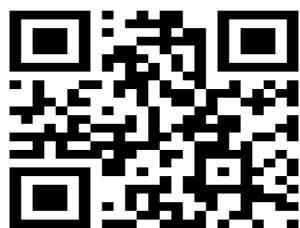
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#### ABSTRACT

How often have you been troubled by bouts of sneezing and an itchy, runny nose that persistently lands up with you precisely on the day of your important presentation? If this happens more than once in a while with you, it's about time you sought treatment for your Allergic Rhinitis.

While Allergic Rhinitis (also called nasal allergy) is not life threatening, it can significantly impair the quality of life of patients especially given that it affects almost 20% of general population. It is more of a nagging, chronic complaint that drains the person in the long run and hence calls for early treatment. Homeopathic treatment can give very good relief to patients suffering from allergic rhinitis (nasal allergy) and it significantly improves their immunity so that they don't fall prey to allergens frequently. The potential benefits of homeopathic treatment in seasonal allergic rhinitis were also confirmed in a double-blind trial conducted at metropolitan area. we have successfully treated cases of allergic rhinitis (nasal allergy) and brought relief to many suffering patients. Go on and experience the holistic treatment of your allergy.

**Keywords:** Allergic rhinitis, homoeopathy, treatment



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**Conflict of Interest:** None Declared!

(Received 21<sup>nd</sup> August 2021; Accepted 31<sup>st</sup> August 2021; Published 21<sup>st</sup> September 2021) ISSN: 2347-8136 ©2021 JMPI

## INTRODUCTION

### What is Allergic Rhinitis?

Allergic rhinitis (nasal allergy) is an inflammation of the nasal passages characterized by symptoms that include any combination of the following: sneezing, nasal congestion, nasal itching, and discharge from the nose. In short it is the condition that makes you go sneezing and gives you an itchy, runny nose with watery eyes whenever you come in contact with certain allergens. The condition is usually precipitated in sensitive individuals after exposure to dust, dander, certain seasonal pollens, etc.

Allergic rhinitis (nasal allergy) is a very common disorder and it affects almost 20% of the population. Although it can affect people of all age groups, two-third of all patients with this condition develop it before

the age of 30. The condition seems to spare the geriatric age group. The male - female ratio for adults remains equal though amongst children, boys are more frequently affected than girls.

There are two categories of allergic rhinitis (nasal allergy):

**Seasonal:** The allergy attacks occur during certain seasons, especially in pollen season

**Perennial:** The allergy attacks are interspersed throughout the year

Every year, millions of dollars are spent on doctors' visits and medication for the treatment of this chronic illness. Not to mention all the missed day sat work and school as well as the impaired performance. Timely treatment can surely save a lot of money and agony for the patients of allergic rhinitis (nasal allergy).

### Causes of Allergic Rhinitis

How did you get that cold again?

The troublesome bout of allergic rhinitis (nasal allergy) which a lot of people dread can be triggered by a number of allergens. Allergens are substances that can induce an 'allergic reaction' in the body.

Some of the allergens that are common culprits in cases of allergic rhinitis (nasal allergy):

Pollen

Dust

Outdoor molds

House dust mites

Wood dust

Exposure to certain animals (including pets)

Cockroaches

Rodents

Irritant triggers such as smoke, pollution, and strong smells

When a susceptible person is exposed to an allergen such as pollen or dust, the body releases certain chemicals which include 'histamine'. Histamine release is responsible for allergy symptoms such as itchy feeling, swelling, and mucus production.

Apart from allergens, there are certain other factors that are responsible in the development of allergic rhinitis (nasal allergy):

**Weather:** Hot, dry, windy days are more likely to trigger an allergy attack (due to increased amounts of pollen in the air) as compared to cool, damp, rainy days (when most pollen is washed to the ground)

**Genetics:** Heredity seems to play an important role in allergic diseases. If both your parents suffer from allergic rhinitis (nasal allergy), you have almost 50% chances of developing the same. If one of your parents suffers from it, your chances of developing this stand at 30%.

It must also be noted that the triggers of an attack may vary from person to person and the patient himself has to figure out which of these causative factors precipitates the episodes in him.

### Symptoms of Allergic Rhinitis

The little red runny nose...

Allergic rhinitis (nasal allergy) is not an easy disorder to live with. Though it may sound very benign to a non-sufferer, only the

patient knows how nagging this condition is. Imagine a sudden episode of constant sneezing in the middle of (or just before the start of) an important meeting or assignment. It simply does not allow concentration to be focused on anything at all sometimes.

Allergic rhinitis (nasal allergy) can include any combination of the following symptoms:

Repetitive Sneezing

Runny nose (rhinorrhea)

Nasal congestion

Itchy nose, ear, throat, eyes

Watery eyes

Reduced sense of smell

Post-nasal discharge

Chronic cases of allergic rhinitis (nasal allergy) may develop additional symptoms like:

Cough (due to the post nasal discharge)

Sinus headaches

Blocked ears

Nasal polyps

Eyelid swelling

Injected sclerae (redness of the white part of eyes)

### Diagnosis of Allergic Rhinitis

How do I make sure its allergy?

The history of allergic rhinitis (nasal allergy) is usually enough to diagnose this condition. Physical examination may give some further clues to the treating physician and these include:

Paleness or violaceous discoloration of the lining of the nose

Nasal polyps in some cases

Eyelid swelling

Allergic shiners – darkened areas under eyes thought to be due to congestion of venous blood

In addition, skin tests may be done to confirm the diagnosis of allergic rhinitis (nasal allergy):

**Skin prick test** – In this test, a small amount of purified allergen extract is pricked into the skin of your arm and you're observed for signs of an allergic reaction. A raised bump at the tested site confirms your allergy to the injected substance.

**Intradermal tests** - The allergen extract is injected between layers of the skin in this test

### Homeopathic Treatment

In one of the research studies conducted, 147 cases with respiratory allergies were evaluated and the success rate with homeopathic treatment was found to be 87.6% in these.

In another double-blind clinical trial conducted in the metropolitan area during the regional allergy season from February to May, the effects of homeopathic preparations were compared with those of placebo. Participants included 40 men and women, in the age group of 26-63 years, who had been diagnosed with moderate to severe seasonal allergic rhinitis. Significant positive changes from baseline to 4 weeks were seen in the homeopathic group as compared to the placebo group. The subjects reported no adverse effects during this period. Thus, the potential benefits of the homeopathic treatment in reducing symptoms and improving quality of life in patients with seasonal allergic rhinitis were confirmed.

Homeopathy indeed has the credit of relieving a large number of patients from the distress of allergic rhinitis (nasal allergy). The medication targets the body's immune system whereby it reduces the hypersensitivity to the allergens. Over a period of time, the patient reacts less aggressively to the allergens and gradually the hypersensitivity is cured.

we have treated thousands of cases of allergic rhinitis (nasal allergy) and given significant relief to a large number of them. Our holistic approach helps them to overcome their illness and lead a better quality of life.

It must be noted that even during the period of treatment, patient may continue to get attacks of the allergic rhinitis (nasal allergy); however, these episodes are less severe and last shorter as compared to attacks before commencing treatment.

Patient gradually notices an overall improvement in the general health as the treatment progresses. Even in chronic cases of a long-standing nature, Homeopathy has significant help to offer in terms of prevention of the complications. It is strongly suggested that patients with allergic

rhinitis(nasal allergy) opt for homeopathic treatment as soon as possible.

### Self Care for Allergic Rhinitis

Here are some of the tips that have been derived from our experience of treating many patients of allergic rhinitis (nasal allergy). These tips have been clinically verified in our patients and have been found to give good results since there is a scientific backing to each of them.

Keep a food diary to ascertain food intolerances.

Increase your antioxidant intake by taking plenty of fruits and vegetables

Zinc intake from mushrooms, whole grains, nuts & seeds is good for patients with allergies

Selenium intake from fish, mushrooms, cabbage is also very helpful

Eat oily fish 3 times a week or 2 tbsp or 2 tbsp of flaxseeds everyday

Avoid or minimize wheat and dairy products in your diet

Avoid alcohol and sugary foods

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