

## Review Article

### Allergic Conjunctivitis in Pediatric and Homeopathic Approach

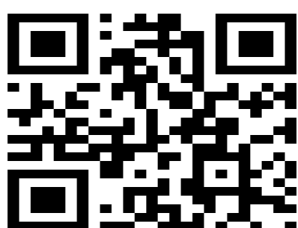
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#### ABSTRACT

Allergic conjunctivitis is a very common disease of pediatric, now a day's very common problem of environmental pollution and prevalence of allergic conjunctivitis also increased. It affects in pediatric age group. In untreated vernal keratoconjunctivitis forms corneal lesion and it effect on visual illness.

**Keywords:** Allergic conjunctivitis, homeopathic medicine, treatment



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#### INTRODUCTION

Now a day's incidence of allergic diseases like allergic rhinitis, coryza, bronchial asthma, pollen allergy is increasing day by day. Allergic conjunctivitis is increasing throughout the world. Prevalence of allergic conjunctivitis by the resent studies 19.1%.<sup>[7]</sup>

#### Definition of conjunctivitis

Conjunctivitis is characterized by inflammation of conjunctiva. Allergic conjunctivitis means inflammation of conjunctiva because of allergens or hypersensitivity reaction.it may be the immediate or delayed.

Our conjunctiva is most sensitive than skin to allergens.

#### Predisposing factor for allergic conjunctivitis

Age: spike age group is 3-20 years.

Sex: Vernal keratoconjunctivitis is most common in boys than girls.

But the prevalence Phlyctenular Keratoconjunctivitis is higher in girls than boys.

Undernourishment: it is more common in undernourished child.

Living conditions: unhygienic and Overcrowded

Season: It appears in all-weather but incidence is high in summer season and spring.

Climate: More prevalent in tropical zone

#### Types of allergic conjunctivitis

Simple allergic conjunctivitis

Phlyctenular

Vernal or spring conjunctivitis.

#### Simple allergic conjunctivitis

Causative agent- it may be either exogenous or endogenous.

Exogenous 1. Pollens 2. Animal dust, 3. Vegetables, 4. Some drugs like penicillin and atropine.

Endogenous mostly staphylococcus causes septic foci

Symptom-

Itching of eye

Irritation

Photophobia

Watering

Hyperemia is prominent.

Chemosis.

Conjunctival discharge watery and scanty

Swelling of lids.

### Phlyctenular conjunctivitis

#### Definition

It is an allergic reaction of conjunctiva, which is produced by bacterial as well as exogenous agent like veg, pollen.

#### Etiology

Generally, in children's age 4-13 yrs

Unhygienic condition

Carbohydrate diet

Tubercular diathesis

Exciting factor

#### Pathology

It is compact mass of lymphocyte polymorphs below the epithelium, triangle in shape which are seen on histological examination

Course –it is ulcer of phlycten which heal by granulation.

Recurrences occurs.

#### Symptom

Discomfort in eye.

Irritation with reflex lacrimation.

Photophobia is prominent symptom.

#### Sign

Phlycten means a bleb, look like pinkish nodule.

Generally, at limbus

It may see on bulbar area

Phlycten may be one or multiple

Lacrimation is there, but no discharge.

If secondary infection may become mucopurulent discharge.

#### Diagnostic criteria

Child living in unhygienic condition

Pinkish white, tiny, nodule 1 or more at the limbus

Hyperemia

Associated with septic tonsils.

#### Vernal or spring conjunctivitis

#### Definition

“It defined as a hypersensitivity reaction of conjunctiva due to allergens and is IgE as indicated by presence of eosinophilia.”

#### Etiology

Generally, age between 6-20 yrs and mostl: 1. in boys.

Seasonal: generally, produce in summer an subside in winter.

Exciting factor like dry heat and dust

#### Symptom

Most marked symptom is itching

Burning

Photophobia and

Lacrimation

#### Sign

Two types are there 1. Palpebral, 2. Bulbar

1. Palpebral type

Upper palpebral area is hard, papillae flat, look as cobblestone

Bluish white-colored papillae

Fornix not affected.

Papillae may produce cauliflower like appearance.

White, ropy discharge.

#### Pathology

It consists of dense fibrous tissue; it undergoes hyaline change.

Fibrous tissue is full of eosinophil cells.

2. Bulbar type

Less common

Gelatinous, thickened tissue.

#### Complication

Steroid induced glaucoma

It subs side several years.

#### Diagnostic criteria –

H/O intense itching in child which agg in summer

Flat cobble- stone papillae on upper tarsal area.

Ropy discharge.

#### Treatment

Wash with cold water.

#### Research on conjunctivitis in homoeopathy

1. Santosh kumar Chaudhary in his case paper named “allergic conjunctivitis treated by classical homeopathy which was published in Hpathy.com, he had cured 13 years girl by using Nat Mur 30 OD x 3days in allergic conjunctivitis.

#### Homeopathic approach in conjunctivitis

According to our homeopathy so many homoeopaths research on eye and eye diseases and their clinical reference also available is there. Many books are written on eyes like

1. Berridge eye repertory
2. Buffum's Eye and Ear, Buffum, Joseph H.: Manual of the Essentials of Diseases of the Eye and Ear Chicago, IL: Gross and Delbridge, 1896
3. Moffat's Ophthalmology. Homeopathic Therapeutics in Ophthalmology, John L.

Moffat, B. S., M. D., O. ET A. Chir. Ithaca, N. Y., 1916.

Norton's Ophthalmic Diseases Norton, Arthur Brigham: Ophthalmic Diseases and Therapeutics Philadelphia: Boericke & Tafel, 1892

### Boericke Repertory

#### Conjunctiva

**Chemosis** -- *Apis*, Hep. Guarea, *Kali iod.* Rhus t., Sul. ac., *Vespa*.

#### Discharge

**Acrid** -- Arum, Ars. *Euphras.* Merc. c., *Merc.*, Psor., Rhus t.

**Clear mucus** -- *Ipec.*, *Kali m.*

**Creamy, profuse** -- *Arg. n.*, *Calc. s.*, *Dulc.*, *Nat. p.*, *Nat. s.*, Hep., *Picr. ac.*, *Puls.* Rhus t., *Syph.*

**Ropy** - *Kali-bi*.

**Foreign bodies, irritation** - *Acon*, Sul.

**Hyperemia** - *Acon*, Ars. *Bell.* *Cepa.* *Ipec.*, *Nux v.*, Rhus t., Sul, *Thuya*.

#### Inflammation (conjunctivitis)

**Phlyctenular** -- Ant. t., *Calc. c.*, Con., *Euphras.* *Calc. picr.* Graph, *Ign.*, Merc. C., *Puls.* *Rhus t.*, Sil. Sul. [2]

Some rubrics which are given in different repertories

#### Reliable Repertory

Eye inflammation conjunctiva spring Eye inflammation conjunctiva; conjunctivitis; worse morning and evening Eye; Inflammation; conjunctiva, conjunctivitis; phlyctenule; Inflammation; conjunctiva, conjunctivitis; phlyctenular; recurrent Eye; Inflammation; conjunctiva, conjunctivitis; winds, cold, from, dry

#### Apis mellifica

In the first stage, when there is much edema of the lids and conjunctiva, with stinging, shooting pains in and around the eye, with a drowsy, thirstless condition.

Phlyctenular conjunctivitis: - edema of the conjunctiva and lids. The puffy condition of the conjunctiva and lids is very indicative of the remedy, especially when accompanied by burning, stinging, or shooting pains in the eyes.

#### Arsenicum.

Phlyctenular conjunctivitis Cases occurring in thin, ill - nourished children, without marked inflammatory symptoms. There is usually intense photophobia, and profuse,

acid lachrymation. The phlyctenules tend to form ulcers which extend superficially and take on an indolent character

#### Kali Bichromicum.

Phlyctenular conjunctivitis is indicated in phlyctenules of the conjunctiva or in chronic cases with a low grade of inflammation. The chief symptom are absence of photophobia and of redness, or much less of each than would be expected from the eruption. The eye is often sensitive to the touch, and its secretions are of a stringy character.

#### Mercurius solubilis

Phlyctenular conjunctivitis: A valuable remedy in many cases of phlyctenular inflammation in strumous or syphilitic children. There is usually marked redness of the conjunctiva and intense photophobia, so that all light must be excluded, and the discharge is usually thin and acrid. The pains are severe and neuralgic in character, affecting the temporal side of the head and face. They are variously described as burning, sharp, tearing and lancinating, and aggravated in the evening and from exposure of the eyes to artificial light, and by heat and damp weather, while there is temporary relief from application of cold water to the eyes.

#### Sulphur

Objective: Lachrymation in the morning, followed by dryness. Lachrymation and burning in the morning. Swelling and pain in the eyelids, with lachrymation. Redness of the eyelids and conjunctiva. Eruption of pimples on the upper lid. Agglutinated eyes, in the morning. Jerking in the lids. Eyes sunken, surrounded by blue rings. Redness of the eyes during the day; violent itching in them in the evening. A white vesicle on the white of the eye, close to the cornea. Purulent mucus in the eyes. Heaviness of the eyes. Dryness of the eyes.

Burning in the eyes, especially toward the external canthi, at various times of day. Burning and easy weakness of eyes when reading. Burning of the eyes, without redness. Burning of the eyes, with great sensitiveness to daylight. Burning in the eyes with redness of them. In the afternoon, burning, shooting beneath the lids of the left eye, as though sand and had got into it.

In conjunctivitis catarrhalis, both acute and chronic, this remedy is often very useful. The degree of redness may vary greatly, be confined to one eye, or involve both. The lids may be swollen, even puffy, or remain unaffected. But the sharp, darting pains, like pins sticking into the eye, will furnish our chief indications (these pains are characteristic of the drug and may occur at any time of the day or night). There may also be pressing, tensive, cutting or burning pains, feeling as of sand in the eyes, tearing in the head; poor appetite and feverishness at night, with chills during the day

Phlyctenular conjunctivitis: Very frequently indicated in cases occurring in scrofulous children. Its sphere of action is very wide and suits a great variety of cases of pustulous inflammation of the conjunctiva, and is particularly indicated when there are sharp, darting, lancinating pains, or as if pins and needles were sticking in the eye during the day, or when the pains are aggravated after midnight. There may also be itching, often a thickened condition of the lid and much rubbing of the eyes. The photophobia is variable and may be quite marked in the morning

**Croton tigris:** Phlyctenular conjunctivitis: • Phlyctenular keratitis and conjunctivitis, associated with a vesicular eruption on the face and lids; the eyes and face feel hot and burning, especially at night; the photophobia is marked; ciliary injection as in iritis is often present, and considerable pain in and around the eye, usually worse at night.

#### **Hepar sulphuris**

Phlyctenular conjunctivitis is very useful in the phlyctenular inflammation occurring after measles, or in strumous children, where there is intense photophobia, lachrymation and an injection of the conjunctiva, with swelling of the lids and sensitiveness of the eye to touch, and when the external canthus bleeds on opening them.

**Pulsatilla nigricans** Phlyctenular conjunctivitis: The phlyctenules are more frequently small, but often numerous; the photophobia and pain are commonly slight and the redness variable. The lachrymation and discharge are moderate and bland, although it is not contraindicated if the

secretions are profuse. Particularly suitable to the blond women and children.

Clinical. Phlyctenular conjunctivitis or keratitis; photophobia may be lacking. Superficial small corneal ulcers from phlyctenules, often near middle of cornea. Episcleritis. Idiopathic iritis. Hyperaemia of the choroid, but more serviceable in hyperaemia of the optic nerve and retina. Has cured accommodative asthenopia.

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