

Review Article

Ranunculaceae Family Remedies in Management of Allergic Rhinitis

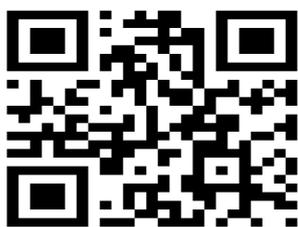
M. Chandarlal Poolya and Shankar Hulekar

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna

ABSTRACT

Allergic rhinitis is most commonly occurring disease, characterized by frequent sneezing; nasal fluid secretions; nasal passages obstruction ; with symptoms like conjunctival, pharyngeal, nasal itching; and lacrimation, occurring in a temporal relationship to exposure of allergen. It is commonly seasonal due to stimulation by airborne pollens, and can also be perennial due to chronic exposure to allergens.

Keywords: Allergic rhinitis, homoeopathy. ranunculaceae family



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Address for Correspondence:

Dr. M. Chandarlal Poolya

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna (MS) India

Conflict of Interest: None Declared!

(Received 10 March 2022; Accepted 25 March 2022; Published 28 March 2022) ISSN: 2347-8136 ©2022 JMPI

INTRODUCTION

Allergic rhinitis is characterized by frequent sneezing; nasal fluid secretions; nasal passages obstruction; with symptoms like conjunctival, pharyngeal, nasal itching; and lacrimation, occurring in a temporal relationship to exposure of allergen. It is commonly seasonal due to stimulation by airborne pollens, and can also be perennial due to chronic exposure to allergens. Allergic rhinitis is the commonest clinical presentation of atopic disorders.

Ranunculaceae family remedies mostly cause moderate to severe inflammation of mucous membrane and serous membrane producing profuse discharges, severe inflammation, tumefaction and ulceration with burning and smarting. These remedies are suited to plethoric type people, low state of vitality. Therefore, these are more useful as deep constitutional remedies & useful in management of allergic rhinitis.

Clinical features of allergic rhinitis-

Signs

Moderate to severe inflammation of serous & mucous membrane.

Nasal mucosa is pale & boggy.

Conjunctiva is congested & edematous.

Swelling of turbinate & mucous membranes.

Symptoms

Frequent sneezing

Nasal stuffiness

Profuse watery nasal discharge, Obstruction of nasal passage, Conjunctival itching,

Watering of the eyes

Burning & smarting pain in nose & eyes

Particulates in air (allergens)



Pollen

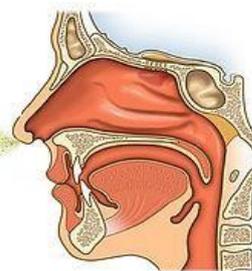


Dust Mites Debris



Animal Dander

Allergic Symptoms



Watery Eyes

Runny Nose

Itchy Throat

Types of Allergic Rhinitis

Perennial

Seasonal

Perennial Allergic Rhinitis

In this form, there is usually prodromal nasal itching followed by violent sneezing & severe watery discharge with or without temperature. Sometimes it may be associated

with watering of the eyes.

Attacks may continue intermittently for days or last continuously for an hour or more, making the patient exhausted. Here sensitization is usually to house dust, feathers, animal pets, chemical vapours.

There may be hacking unproductive cough aggravated at night and frequent clearing of the throat due to post nasal drip. Attacks of croup with hoarseness of voice can be seen.

Perennial rhinitis rarely affects eyes or throat. Most patients have symptoms of sneezing and watery rhinorrhoea, while rest have nasal blockage. There may be loss of sense of smell and taste. A swollen mucosa can obstruct drainage from the sinuses, causing sinusitis in half of the patients.

Seasonal Allergic Rhinitis

Seasonal allergy is also known as hay fever. Sensitization occurs to grass, flowers, moulds, pollen, spores of fungi etc. However, this is rarely seen before 2 to 3 years of age.

The disease has a definite relationship to the different seasons and can be aggravated by increased concentration of non-seasonal allergens like house dust, paint vapours.

Nasal irritation, sneezing and watery rhinorrhoea are the most troublesome symptoms, as well as itching of the eyes and soft palate and even itching of the ears because of the common innervations of the pharyngeal mucosa and the ear. Approximately 20% suffer from seasonal attacks of asthma.

Commonly used Ranunculaceae family Remedies in allergic rhinitis

Aconitum napellus -Mind- Great fear, anxiety, worry, delirium. Stunning compression or crampiness at nasal root. Excessive sensitivity to smelling, mainly for unpleasant odours. Excessive sneezing. Coryza with catarrh, headache, buzzing in the ears and colic Coryza due to cold, dry winds

Pulsatilla nigricans–Repeated attacks of coryza with sneezing and stuffing up of the nose, fever and sweating. Considerable watery discharge with sneezing in evening, morning stuffing up of the nose with thick

yellow, green discharge. *Pulsatilla nigricans* is suitable to chronic Catarrh with bad smell. Associated with loss of smell & taste. Amelioration to open air. Aggravation in warm room

Staphysagria –Nose ulcerated, with scabs located deep. Violent coryza, with one side obstruction of nose, frequent sneezing and lacrimation. Sneezing without coryza. Coryza, at first discharge of only thick mucus, later thin water. Obstruction of nasal fossa, with nasal tone to voice

Hydrastis canadensis-Hydrastis causes catarrh of almost all mucous surfaces i.e. nasal, pharyngeal, bronchial, duodenal, gastric, intestinal, urethral also vaginal. The characteristic catarrh is yellow or white, tough and stringy.

Catarrhal symptoms are increased with harsh, dry winds and motion. Frequent discharge of thick white mucus, frontal headache. Coryza is watery, excoriating, burning, smarting with rawness in nose. Discharge is scanty indoor and profuse outdoors.

Ranunculous bulbosus-Nasal mucosa appears red, swollen, and inflamed, with extensive pain and many scabs inside. Obstruction of nose, especially indoors, with pain from excoriation. Copious discharge of viscid mucus from nose. Nasal bleeding, internal tingling and upward pressure

Allium cepa –Indications for this remedy include watery eyes and a clear nasal discharge that irritates the upper lip, along with sneezing and a tickling cough. The person usually is thirsty, and feels worse indoors and when rooms are warm, and better in fresh air^{3,4,5}.

Arsenicum album: A burning, watery, runny nose with a stuffy, tickling feeling during allergy attacks suggests a need for this remedy. Swelling below the eyes and a wheezy cough are common. The person may feel chilly, restless, anxious, and also other remedies are useful like is often very tired.



Tips to prevent allergies

Stay indoors when pollen counts are high.

Avoid exercising outdoors early in the morning.

Take showers immediately after being outside.

Keep your windows and doors shut as frequently as possible during allergy season.

Keep your mouth and nose covered while performing yard work.

Try not to rake leaves or mow the lawn.

Bathe your dog at least twice per week to minimize dander.

Remove carpeting from your bedroom if you're concerned

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