

## Case Report

# Allergic Rhinitis Treated with Justicia Adhatoda Mother Tincture – A Case Report

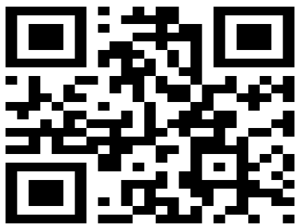
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### ABSTRACT

Allergic Rhinitis is an immunological inflammatory response of the nasal mucosa to airborne allergens. Although Allergic Rhinitis is not a life-threatening disease, its symptoms can be particularly bothersome and disruptive to a patient's sleep and overall quality of life. The coexistence of other allergic conditions, like Asthma, is very common. Unfortunately, no satisfactory treatment is available in modern medicine for this disease, prompting the need to search for satisfactory treatments available in other medical systems. We present a case of Allergic Rhinitis that was successfully treated with homeopathic medicines. Allergic Rhinitis is characterized by: Watery Nasal Discharge: Excessive secretion from the nasal passages, Nasal Obstruction: Blockage or congestion of the nasal passages, Nasal Mucosal Pallor: Pale appearance of the nasal lining, Sneezing: Frequent bouts of sneezing, especially when exposed to allergens, Itching: Itchiness in the eyes, palate, and pharynx. This case underscores the potential of homeopathic treatments to provide relief from the symptoms of Allergic Rhinitis and improve the patient's overall quality of life. Further research into alternative treatments like homeopathy is needed to offer more comprehensive and satisfactory solutions for patients suffering from Allergic Rhinitis. A 35-year-old male patient presented with complaints of sneezing (40 to 50 /day), rhinorrhea (watery discharge from nose), each nostril was partially blocked along with nasal itching feeling, loss of smell, cough with sneezing, heaviness in the forehead region, weakness, loss of concentration and hampering daily life activity for about 2 year. The patient's clinical findings and symptoms were suggestive of Allergic Rhinitis, which is of perennial type. According to Homoeopathy was done as Justicia Adhatoda mother tincture 15 drops (0.75 ml) in 30 ml of water twice daily before meals which falls under a safe dose as opined in Homoeopathic Materia Medica was given to the patient for 15 days. The patient experienced a reduction in all symptoms after 15 days. Allergy markers, such as the Absolute Eosinophil Count, decreased from 600 cells/cu mm to 250 cells/cu mm, and eosinophils in the CBC reduced to 3 %. The primary complaint of sneezing significantly diminished after completing the treatment.

**Keywords:** Allergic Rhinitis, Justicia Adhatoda, Absolute Eosinophil count, Case report, Homoeopathy



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### INTRODUCTION

Allergic Rhinitis (AR) (ICD-10-CM J30.9) is characterized by inflammation due to an IgE-mediated response of the nasal mucosa, exaggerated immune response to allergens. AR is

triggered by inhaling tiny particles of allergens such as dust mites, pollen, spores, animal skin, urine, and saliva. From a homeopathic perspective, AR is seen as a manifestation of the body's internal imbalance and hypersensitivity to external stimuli.

### Symptoms and Impact

Common signs and symptoms of AR include:

- Nasal obstruction
- Rhinorrhoea (clear watery nasal discharge)
- Sneezing
- Nasal pruritus (itchiness)
- Ocular symptoms

These symptoms appear within minutes of allergen exposure and can severely impact quality of life by disrupting sleep, reducing work productivity, and hindering daily activities. AR also carries a significant burden due to nasal obstruction/congestion, which may lead to complications like obstructive sleep apnoea.

### Types of Allergic Rhinitis

1. **Seasonal AR:** Symptoms appear around a particular season when pollen from specific plants is present in the air. Common allergens include pollens from trees, grasses, or weeds.
2. **Perennial AR:** Symptoms are present throughout the year, commonly caused by dust mites, animal dander, cockroaches, and Mold.
3. **Occupational AR:** Caused by allergic reactions to substances present in the workplace, such as grain, wood dust, chemicals, or lab animals.

### Prevalence and Coexisting Conditions

The global prevalence of AR among adult's ranges from 10% to 30%, and up to 40% in children. The coexistence of AR and asthma is high, with a prevalence of 65.24%, and the highest prevalence (80%) observed in southern India.

### Homeopathic Interpretation and Treatment

Homeopathy views AR as a systemic disorder that reflects an individual's susceptibility and sensitivity to allergens. The treatment focuses on enhancing the body's self-healing ability and restoring balance through highly diluted substances that trigger a healing response.

### Common Homeopathic Remedies for AR

1. **Allium Cepa:** Effective for watery nasal discharge and burning sensation.
2. **Arsenicum Album:** Useful for symptoms of sneezing and burning, particularly if the patient feels restless and anxious.
3. **Euphrasia:** Recommended for symptoms involving watery eyes and nose and

burning sensation in the eyes.

4. **Nux Vomica:** Suitable for nasal obstruction, especially if symptoms worsen in the morning.
5. **Sabadilla:** Effective for frequent sneezing and itchy nose.

### Benefits of Homeopathic Treatment

- **Holistic Approach:** Treats the individual as a whole, considering physical, emotional, and mental aspects.
- **Personalized Treatment:** Remedies are selected based on the unique symptom profile of each patient.
- **Minimal Side Effects:** Homeopathic remedies are highly diluted, reducing the risk of adverse effects commonly associated with conventional treatments.

Allergic Rhinitis can significantly affect a person's quality of life, but homeopathy offers a promising alternative by addressing the root cause of the hypersensitivity and restoring balance within the body. Homeopathic treatments are tailored to each individual's unique symptoms and constitution, providing a holistic and gentle approach to managing AR. Further research and clinical studies are encouraged to validate and refine homeopathic strategies for Allergic Rhinitis.

### 1. Case presentation

#### Patient Details:

- **Age:** 35 years
- **Gender:** Male
- **Date of Visit:** March 2024
- **Location:** OPD of Department of Medicine, at RAM KRISHNA COLLEGE OF HOMOEOPATHY AND MEDICAL SCIENCE, Bhopal, MP

**Medical History:** The patient had been suffering from symptoms of Allergic Rhinitis (AR) for 2 years. He also had a mildly deviated nasal septum towards the left side. Symptoms were exacerbated upon exposure to dust and fumes from incense sticks.

#### Previous Treatments:

#### Allopathic Medications:

**Oral Antihistamines:** Levocetirizine 5 mg combined with Montelukast 10 mg

**Decongestant:** Oxymetazoline Hydrochloride

**Antihistaminic Nasal Sprays:** Azelastin 0.1% w/v

**Steroid Nasal Sprays:** Mometasone 0.05% (used thrice a month for at least 3 days in continuation)

**Antibiotic:** Cefuroxime 500 mg (taken twice for 5 days over one year)

Despite these treatments, the patient's symptoms

reappeared soon after discontinuing the medications.

### Presenting Complaints at the Time of Visit:

The patient reported continuous symptoms of Allergic Rhinitis, including sneezing (40 to 50 /day), rhinorrhoea (watery discharge from nose), both nostril was partially blocked along with nasal itching feeling, loss of smell, cough with sneezing, heaviness in the forehead region, weakness, loss of concentration and hampering daily life activity for about 2 year, which were particularly bothersome when exposed to dust and incense fumes. The history of using multiple allopathic treatments indicated an ongoing struggle to manage the symptoms effectively.

### Dietary History and Daily Routine

The dietary history of the patient reveals:

- **Regular Intake of Curd:** Consumed daily during lunch.
- **Milkshake Consumption:** Drank milkshakes 3 to 4 times a week in the morning.
- Additionally, the patient had a routine of sleeping for about an hour after meals each day.

### Family History

The patient's mother is a known case of asthma and uses an inhaler.

## 2. Finding

### General Examination

The patient had no history of any major illness. His pulse was 84/minute, and her blood pressure was 110/70 mmHg. he did not have any addictions such as alcohol, smoking, or tobacco chewing. However, due to multiple sneezing episodes, his quality of life was affected. As a student, her concentration on studies was significantly impacted by the symptoms of Allergic Rhinitis (AR).

### Local Examination

- The patient exhibited a mild C-shaped deviated nasal septum towards the left side.
- Mild hypertrophy of the inferior turbinate's was observed in both nostrils.
- The nasal mucosa appeared pale and mildly oedematous.
- Clear watery nasal discharge was noted bilaterally.
- No other significant anatomical structural deformities were observed.
- There was no congestion of the posterior pharyngeal wall.
- Both tonsils appeared normal.
- The uvula exhibited a pink colour and was rounded in shape.

### Systemic Examination

- Examinations of the respiratory and cardiovascular systems revealed normal findings.
- The patient's respiratory rate was 18 breaths per minute at rest.

### Investigations

To confirm the diagnosis of Allergic Rhinitis, the patient underwent the following investigations:

### Hemogram with Absolute Eosinophil Count (AEC):

AEC: 600 cells/cumm

Hb: 14.9 g/dL

RBCs:  $4.95 \times 10^3/\text{mL}$

WBCs:  $10.20 \times 10^3/\text{mL}$

Platelets:  $360 \times 10^3/\text{mL}$

Eosinophils: 0.85 (8.1%)

The elevated AEC and eosinophil levels in the blood indicated allergic pathology and eosinophilia. Based on the patient's medical history and the pathological investigation reports, the diagnosis for the patient was confirmed as Allergic Rhinitis (AR) with mild deviated nasal septum and eosinophilia.

### 3. Diagnostic Challenges

Diagnosing Allergic Rhinitis poses several challenges:

- Allergic Rhinitis patients often have a high prevalence of coexisting conditions such as asthma, atopic dermatitis, and allergic conjunctivitis.
- Detailed personal medical history combined with pathological investigation reports is crucial for confirming the diagnosis.
- Additional tests like skin tests, nasal provocation tests, and nasal cytology can also help in confirming the diagnosis of AR.
- Recurrent nasal allergies may lead to complications such as sinusitis, nasal polyps, or in prolonged cases, ear diseases like serous otitis media.
- To differentiate and diagnose the condition accurately, a nasal examination with a headlight was performed, and tenderness of the Para Nasal Sinuses (PNS) was assessed to rule out sinus involvement.
- An otoscopic examination was also conducted to exclude any associated ear pathology.

### 4. Therapeutic Interventions

Before initiating therapeutic interventions, written informed consent was obtained from the patient.

The treatment plan included administering

Justicia Adhatoda mother tincture, 15 drops (0.75 ml) diluted in 30 ml of water twice daily before meals. This dosage is considered safe according to the British Herbal Compendium 1992 and the Homoeopathic Materia Medica. The treatment was continued for 15 days.

**5. Follow-ups and Outcomes**

- After the initial treatment period:
- The patient reported feeling well and was free from previous symptoms of AR, having discontinued medication for the past 15 days.
- Hematological parameters were monitored to assess the effects of the treatment, as shown in (Table 1).
- Follow-up evaluations were conducted up to one month after starting the medication (Table 2).

Scope for further study includes evaluating the efficacy of homeopathic medicine, known for its effectiveness on the respiratory tract, through randomized controlled clinical trials on patients with AR. In modern medicine, the treatment protocol for AR begins with pharmacotherapy, which often proves inadequate, leading patients to consider immunotherapy as an alternative.

**Informed consent**

The consent to publish the information obtained from patient.

**Conflict of interest**

None.

**Sources of funding**

None.

**Table .1 Effect on hematological parameters**

Parameter	Before Treatment	After Treatment
Haemoglobin (g/dL)	14.9	14
RBCs (10 <sup>3</sup> /mL)	4.95	4.60
WBCs (10 <sup>3</sup> /mL)	10.20	6.10
Eosinophils (%)	8.5	3.9
Absolute Eosinophil Count	600	250
Platelets (10 <sup>3</sup> /mL)	360	400

**1. Discussion and Conclusion**

Allergic Rhinitis, with its annoying symptoms that significantly impact a patient's quality of life, creates a substantial financial burden on societies worldwide. Modern medicine, which currently lacks a permanent solution for AR, may benefit from homeopathic approaches, which show potential in managing chronic allergic diseases. In a recent case, AR was treated using homeopathic mother Justicia adhatoda, resulting in rapid improvement in both symptomatology and haematological parameters.

**2. Scope for further study**

**Table .2 Follow-up evaluations**

Date	Symptoms observed on follow up	Prescription
5/03/2024	sneezing (40 to 50 /day), watery discharge from nose, each nostril was partially blocked along with nasal itching feeling, loss of smell, cough with sneezing, heaviness in the forehead region, weakness, loss of concentration	Justicia Adhatoda mother tincture 15 drops in 30 ml of water twice daily before meals
20/3/2024	sneezing (20 to 40 /day), decreases watery discharge from nose, each nostril was partially blocked along with nasal itching feeling, loss of smell, cough with sneezing, heaviness in the forehead region, weakness, improvement concentration	Justicia Adhatoda mother tincture 15 drops in 30 ml of water twice daily before meals
06/4/2024	improvement in all symptoms noted	Justicia Adhatoda mother tincture 15 drops in 30 ml of water twice daily before meals
20/4/2024	improvement in all symptoms noted	Justicia Adhatoda mother tincture 15 drops in 30 ml of water twice daily before meals
05/5/2024	improvement in all symptoms noted	Placebo 15 drops in 30 ml of water twice daily before meals
19/6/2024	Patient stable with no major symptom	Placebo 15 drops in 30 ml of water twice daily before meals

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