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*Research Article*

## **Efficacy of Homoeopathy in Management of Chronic Rhinitis- A Case Report**

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### **ABSTRACT –**

Chronic rhinitis is more common health problem of our modern society it is considered as a life style disorder. Rhinitis is defined as an inflammatory disease of nasal inner lining which is divided into two category allergic rhinitis condition (also called hay fever) and non-allergic rhinitis condition. Chronic rhinitis is characterized by the symptoms of nasal congestion, sneezing, rhinorrhoea, itching variable nasal airflow limitation and hypersecretion nasal discharge. There are many factors is responsible for increase secretion such as virus, allergies, cold weather, food and spices, hormonal change or pregnancy, structural changes such as deviated nasal septum, etc. Homeopathy is best treatment system to treat all type of allergies or non - allergic disorders. This treatment of system directly effect on root and cause in allergies happens to be a hyperactivity of the body immune system. This hyperactive body immune system goes into overdrive when it comes in contact with certain things. These things are harmless in themselves but the immune system tends to look at them as offenders and tries to react in a defensive manner. It tries to wash them off by producing excess discharge mucus. The homeopathic medicines repair the body immune system and the hyperactivity is easily corrected. Then the body reacts normally as well as same things that used to cause the allergies. Preferable Medicine is Arsenic Album which is one of the best Homeopathic medicines for Allergic Rhinitis or Hay Fever.

**KEY WORDS-** chronic rhinitis, AEC (Absolute eosinophils count), IgE, TLC, allergen, Homoeopathy

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**INTRODUCTION**

Chronic rhinitis is a respiratory disorder which is an IgE mediated immune response of nasal mucosa to air born allergen and it is specified by nasal watery discharge , nasal obstruction , eruption in inner layer of nasal mucosa , sneezing , cough, lachrymation of the eye , burning sensation in nose and eyes . redness of eye with hearing impairment etc.

It also has psychological and cognitive symptoms such as fatigue, depression, anxiety, poor concentration, sleep disturbances, and limited daily activities and exercise capacity. Frequent respiratory infections and other respiratory sequelae are reported. (Ramsridhar, 2023) AR is usually a long-standing condition that often goes undetected in the primary-care setting. In India, a homeopathic remedy, Arsenicum Album 30C (Arsenic Album 30, from arsenic trioxide) was widely promoted. It is helpful for the treatment of chronic rhinitis

**PRIMARY CONCERN -**

Patient is arranged in non-randomized condition with the proper concern of treatment and ethical view of my research topic. After taken a full concern of patient , he is in my research study work with proper understanding to all view of disease and method of homoeopathic treatment with all medical ethics which is applicable in the research work.

**CASE REPORT -**

A 42 years old man was suffering from chronic rhinitis. He is supervisor in TB controlled department. We cross check with family history. His father with hypertension, mother with diabetes. No one from his family with chronic rhinitis. Diagnosis criteria- it is based on value finding of IgE (iu/mL) ,

TLC (cu mm) , ESR (mm for 1st hr ) , Absolute eosinophils count (cu mm)

**THERAPEUTICS INTERVENTION-**

Homoeopathic medicines are used in over-sensitized immune system and thus act as an immunomodulator or immunoregulator. It means that this system of medicine act on nature law of cure. Many homeopathic medicine act on chronic rhinitis eg Rhus Tox, Sabadilla, Arsenic album, Arsenic Album, Allium cepa, Merc sol., Natrum Mur, Silica , Kali Bichrome. Lachesis, Psorinum etc with other supporting management such as gargle with hot water , take a hot steam , avoid causative factors etc.

**Past History:** He has eczema from the age of 18 years and jaundice from age of 10 years.

**Family History:** Nothing related history found.

**Physical Generals:** He complaint headache. Itchy nose, Lachrymation and Burning eyes , Sore and itchy throat, Nasal congestion, , Running nose, and Itchy ear. He has other complication which is related to chronic rhinitis such as pain in ear , hearing loss, infection in middle part of ear, loss of balance, inflammation in sinus, Nasal polyp, asthma, Disturb sleep , Restlessness, slightly headache etc.

**Thermal Relationship:** Chilly.

**Mental Symptoms:** He has condition is forgetful with more thinking concept.

**Local Examination:**

S No.	Symptoms	Condition
1	Sneezing with water nasal discharge	Last 5-6years
2	Deviated nasal septum (DNS)	2 years ( Due to pollen grain, dust, moist or change of the weather etc
3	Ear	Earache
4	The eye condition	Lachrymation
5	Conjunctiva Itching	Yes
6	Headache	Frontside
6	Cough	Mild cough
7	Expectoration	No

**Present complaint**

- **Symptoms onset** - Gradually
- **Duration** 5-6 years
- **Sensation** - Burning with redness
- **Location** - Nasal Septum
- **Modalities-** aggravation from cold air, change of the weather, and amelioration from hot air, lying on right side
- **Concomitant** – lachrymation of the eye, earache

- Lachrymation of the eye
- Headache – frontal side
- Frequency Of Sneezing 26 episode per month
- Sneezing per episode 15 per episode
- Rhinorrhoea -yes
- Lachrymation from both eye
- Conjunctiva Itching - Yes
- Nasal And Oropharyngeal Itching - yes
- Nasal Blockage - running nasal discharge – no blockage
- Cough – mild cough
- Expectoration – No

**CLINICAL FINDING –**

- Sneezing with watery nasal discharge – last 5-6 years
- Deviated Nasal septum (DNS) – 2 yrs (due to pollen grains, dust , moist air or change of the weather etc.)
- Cough -mild
- Earache

**DIAGNOSIS –** Chronic Rhinitis

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**ANALYSIS OF THE CASE:** After case taking of all mental, physical generals and particular symptoms were classified, analysed and each symptom evaluated as per their merit.

**PRESCRIPTION AS PER TIMELINE-**

<b>Placebo Controlled Study (16.07.2020-17.03.2021)</b>	<b>Medicinal Study (18.04.2021-25.01.2022)</b>
Sac lac 30 OD x twice in a month (between 15 days interval)	Arsenic album 30 OD x Once a month (between 30 days interval)

**DIAGNOSTIC ASSESSMENT –**

S No.	Clinical test	First Investigation (16.07.2020)	Second Investigation (17.03.2021)	Third Investigation (20.12.21)
01	IgE (iu/mL)	189.67	188.40	182.58
02	TLC (cu mm)	12200	11300	12106
03	Eosinophils (cu mm)	7.7	7.2	6.7
04	ESR (mm for 1st hr )	25	22	12
05	Absolute eosinophils count (cu mm)	509.67	500.23	478.67

**PATOLOGICAL INVESTIGATION REPORTS –**

**First Investigation (16.07.2020) –**

Patient Name: [REDACTED]	Age / Sex: 42 YRS / M	
Address: [REDACTED]	Date: 16/07/2020	
Referred By: [REDACTED]	Reported on: 16/07/2020 03:25 PM	12441
Daily Case Number: L18		
Collected on: 16/07/2020		
Investigations: Serum IgE, AEC, CBC with ESR		

**HAEMATOLOGY  
CBC WITH ESR**

TEST	VALUE	UNIT	REFERENCE
Hemoglobin Instrument: Horeba 5 part Analyser	12.5	g/dl	12 - 16
<b>Total Leukocyte Count</b> Instrument: Horeba 5 part Analyser	<b>12,200</b>	<b>cumm</b>	<b>4,000 - 11,000</b>
Differential Leucocyte Count			
Neutrophils	62.3	%	40 - 80
Lymphocyte	24.0	%	20 - 40
<b>Eosinophils</b>	<b>7.7</b>	%	<b>1 - 6</b>
Monocytes	6.0	%	2 - 10
Basophils	0.0	%	< 2
Instrument: Horeba 5 part Analyser			
Platelet Count Instrument: Horeba 5 part Analyser	1.96	lakhs/cumm	1.5 - 4.5
Total RBC Count Instrument: Horeba 5 part Analyser	4.56	million/cumm	4.5 - 5.5
Hematocrit Value, Hct Instrument: Horeba 5 part Analyser	42.3	%	40 - 50
Mean Corpuscular Volume, MCV Instrument: Calculated	92.8	fL	83 - 101
Mean Cell Haemoglobin, MCH Instrument: Calculated	27.4	Pg	27 - 32
<b>Mean Cell Haemoglobin CON, MCHC</b> Instrument: Calculated	<b>29.6</b>	%	<b>31.5 - 34.5</b>
Mean Platelet Volume, MPV Instrument: Calculated	10.3	fL	6.5 - 12
R.D.W. - SD Instrument: Calculated	39.56	fL	39 - 46
R.D.W. - CV Instrument: Horeba 5 part Analyser	12.36	%	11.6 - 14
P.D.W. Instrument: Horeba 5 part Analyser	11.3	fL	9.6 - 15.2
<b>Erythrocyte Sedimentation Rate (Wintrobe)</b>	<b>25</b>	<b>mm for 1st hour</b>	<b>0 - 9</b>



An iso 9001-2015 Certified Pathology  
C. M. H. O. (R. NO. CL-4344)



Consultant Pathologist  
(Pooja Path Lab)

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Patient Name: <b>M. RAJESH KUMAR SINGH</b>	Age / Sex: 42 YRS / M	
Address: <b>[REDACTED]</b>		
Referred By: <b>[REDACTED]</b>	Date: 16/07/2020	12441
Daily Case Number: L18		
Collected on: 16/07/2020	Reported on: 16/07/2020 03:25 PM	
Investigations: Serum IgE, AEC, CBC with ESR		

Erythrocyte sedimentation rate (**ESR** or **sed rate**) is a **test** that indirectly measures the degree of inflammation present in the body. The **test** actually measures the rate of fall (sedimentation) of erythrocytes (red blood cells) in a sample of blood that has been placed into a tall, thin, vertical tube

TEST	VALUE	UNIT	REFERENCE
Absolute Eosinophil Count	509.67	cumm	0 - 440

### BIOCHEMISTRY

TEST	VALUE	UNIT	REFERENCE
Serum IgE	189.67	IU/mL	1 - 190

~~~ End of report ~~~



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**[REDACTED]**

Consultant Pathologist  
**[REDACTED]**

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Second Investigation (17.03.2021)-

|                  |            |                 |                         |                                                                                              |
|------------------|------------|-----------------|-------------------------|----------------------------------------------------------------------------------------------|
| PatientName:     | [REDACTED] | Age/Sex:        | 42YRS/M                 | <br>12444 |
| Address:         | [REDACTED] | Date:           | 17/03/2021              |                                                                                              |
| Referred By:     | [REDACTED] | Reported on:    | 17/03/2021 11:32AM      |                                                                                              |
| DailyCaseNumber: | L21        | Investigations: | SerumIgE,AEC,CBCwithESR |                                                                                              |
| Collected on:    | 17/03/2021 |                 |                         |                                                                                              |

**HAEMATOLOGY**  
**CBCWITHESR**

| TEST                                                         | VALUE         | UNIT                | REFERENCE           |
|--------------------------------------------------------------|---------------|---------------------|---------------------|
| Hemoglobin<br>Instrument:Horeba5partAnalyser                 | 12.0          | g/dl                | 12-16               |
| <b>TotalLeukocyteCount</b><br>Instrument:Horeba5partAnalyser | <b>11,300</b> | <b>cumm</b>         | <b>4,000-11,000</b> |
| DifferentialLeucocyteCount                                   |               |                     |                     |
| Neutrophils                                                  | 72.0          | %                   | 40-80               |
| <b>Lymphocyte</b>                                            | <b>19.0</b>   | %                   | <b>20-40</b>        |
| Eosinophils                                                  | 5.0           | %                   | 1-6                 |
| Monocytes                                                    | 4.0           | %                   | 2-10                |
| Basophils                                                    | 0.0           | %                   | <2                  |
| Instrument:Horeba5partAnalyser                               |               |                     |                     |
| PlateletCount<br>Instrument:Horeba5partAnalyser              | 2.0           | lakhs/cumm          | 1.5 - 4.5           |
| TotalRBCCount<br>Instrument:Horeba5partAnalyser              | 4.8           | million/cumm        | 4.5 - 5.5           |
| HematocritValue,Hct<br>Instrument:Horeba5partAnalyser        | 42.0          | %                   | 40 - 50             |
| MeanCorpuscularVolume,MCV<br>Instrument:Calculated           | 87.5          | fL                  | 83 - 101            |
| <b>MeanCellHaemoglobin,MCH</b><br>Instrument:Calculated      | <b>25.0</b>   | <b>Pg</b>           | <b>27 - 32</b>      |
| <b>MeanCellHaemoglobinCON,MCHC</b><br>Instrument:Calculated  | <b>28.6</b>   | %                   | <b>31.5- 34.5</b>   |
| MeanPlateletVolume,MPV<br>Instrument:Calculated              | 6.6           | fL                  | 6.5-12              |
| <b>R.D.W.-SD</b><br>Instrument:Calculated                    | <b>48.0</b>   | <b>fL</b>           | <b>39-46</b>        |
| R.D.W.-CV<br>Instrument:Horeba5partAnalyser                  | 12.3          | %                   | 11.6-14             |
| P.D.W.<br>Instrument:Horeba5partAnalyser                     | 12.3          | fL                  | 9.6-15.2            |
| <b>ErythrocyteSedimentationRate(Wintrobe)</b>                | <b>22</b>     | <b>mmfor1sthour</b> | <b>0 - 9</b>        |



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|                                         |                                 |                                                                                              |
|-----------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------|
| PatientName: [REDACTED]                 | Age/Sex: 42YRS/M                |                                                                                              |
| Address: [REDACTED]                     | Date: 17/03/2021                | <br>12444 |
| Referred By: [REDACTED]                 | DailyCaseNumber: L21            |                                                                                              |
| Collected on: 17/03/2021                | Reported on: 17/03/2021 11:32AM |                                                                                              |
| Investigations: SerumIgE,AEC,CBCwithESR |                                 |                                                                                              |

Erythrocytesedimentationrate(**ESR**orsedrate)isatestthatindirectlymeasureshedegreeofinflammationpresentinthebody.The**test**actually measures the rate of fall (sedimentation) of erythrocytes (red blood cells) in a sample of blood that has been placed into a tall, thin, vertical tube

| TEST                    | VALUE  | UNIT | REFERENCE |
|-------------------------|--------|------|-----------|
| AbsoluteEosinophilCount | 500.23 | cumm | 0-440     |

### BIOCHEMISTRY

| TEST     | VALUE | UNIT  | REFERENCE |
|----------|-------|-------|-----------|
| SerumIgE | 180.3 | IU/mL | 1-190     |

~~~ Endofreport~~~



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 Consultant Pathologist  


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Third Investigation (20.12.21)-

|                  |            |                 |                         |  |
|------------------|------------|-----------------|-------------------------|--|
| PatientName:     | [REDACTED] | Age/Sex:        | 42YRS/M                 | <br>12691 |
| Address:         | [REDACTED] | Date:           | 20/12/2021              |  |
| Referred By:     | [REDACTED] | Reported on:    | 20/12/2021 10:45AM      |  |
| DailyCaseNumber: | L21        | Investigations: | SerumIgE,AEC,CBCwithESR |  |
| Collected on:    | 20/12/2021 |                 |                         |  |

**HAEMATOLOGY**  
**CBCWITHESR**

| TEST   | VALUE        | UNIT                | REFERENCE           |
|--|--------------|---------------------|---------------------|
| Hemoglobin<br>Instrument:Horeba5partAnalyser                 | 13.0         | g/dl                | 12-16               |
| <b>TotalLeukocyteCount</b><br>Instrument:Horeba5partAnalyser | <b>12106</b> | <b>cumm</b>         | <b>4,000-11,000</b> |
| DifferentialLeucocyteCount                                   |              |                     |                     |
| Neutrophils  | 72.0         | %                   | 40-80               |
| Lymphocyte   | 19.0         | %                   | <b>20-40</b>        |
| <b>Eosinophils</b>   | <b>6.7</b>   | %                   | 1-6                 |
| Monocytes  | 4.0          | %                   | 2-10                |
| Basophils  | 0.0          | %                   | <2                  |
| Instrument:Horeba5partAnalyser                               |              |                     |                     |
| PlateletCount<br>Instrument:Horeba5partAnalyser              | 2.0          | lakhs/cumm          | 1.5 - 4.5           |
| TotalRBCCount<br>Instrument:Horeba5partAnalyser              | 4.8          | million/cumm        | 4.5 - 5.5           |
| HematocritValue,Hct<br>Instrument:Horeba5partAnalyser        | 42.0         | %                   | 40 - 50             |
| MeanCorpuscularVolume,MCV<br>Instrument:Calculated           | 87.5         | fL                  | 83 - 101            |
| <b>MeanCellHaemoglobin,MCH</b><br>Instrument:Calculated      | <b>25.0</b>  | <b>Pg</b>           | <b>27 - 32</b>      |
| <b>MeanCellHaemoglobinCON,MCHC</b><br>Instrument:Calculated  | <b>28.6</b>  | %                   | <b>31.5- 34.5</b>   |
| MeanPlateletVolume,MPV<br>Instrument:Calculated              | 6.6          | fL                  | 6.5-12              |
| <b>R.D.W.-SD</b><br>Instrument:Calculated                    | <b>48.0</b>  | <b>fL</b>           | <b>39-46</b>        |
| R.D.W.-CV<br>Instrument:Horeba5partAnalyser                  | 12.3         | %                   | 11.6-14             |
| P.D.W.<br>Instrument:Horeba5partAnalyser                     | 12.3         | fL                  | 9.6-15.2            |
| <b>ErythrocyteSedimentationRate(Wintrobe)</b>                | <b>12</b>    | <b>mmfor1sthour</b> | <b>0 - 9</b>        |



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 [REDACTED]  
 [REDACTED]  
 [REDACTED]

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|                  |                      |                 |                         |  |
|------------------|----------------------|-----------------|-------------------------|--|
| PatientName:     | ████████████████████ | Age/Sex:        | 42YRS/M                 | <br>12691 |
| Address:         | ████████████████████ | Date:           | 20/12/2021              |  |
| Referred By:     | ████████████████████ | Reported on:    | 20/12/2021 10:45AM      |  |
| DailyCaseNumber: | L21                  | Investigations: | SerumIgE,AEC,CBCwithESR |  |

Erythrocytesedimentationrate(**ESR**or**sedrate**)isatestthatindirectlymeasureshedegreeofinflammationpresentinthebody.The**test**actually measures the rate of fall (sedimentation) of erythrocytes (red blood cells) in a sample of blood that has been placed into a tall, thin, vertical tube

| TEST                           | VALUE         | UNIT        | REFERENCE    |
|--------------------------------|---------------|-------------|--------------|
| <b>AbsoluteEosinophilCount</b> | <b>478.67</b> | <b>cumm</b> | <b>0-440</b> |

**BIOCHEMISTRY**

| TEST     | VALUE  | UNIT  | REFERENCE |
|----------|--------|-------|-----------|
| SerumIgE | 182.58 | IU/mL | 1-190     |

~~~ Endofreport~~~



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████████████████████  
████████████████████

**THERAPEUTICS INTERVENTION -**

This is the non-randomized, cross over study chronic rhinitis patient. Firstly, prescribed the sac lac 30 under the placebo group between 16.07.2020-17.03.2021. After successfully

completed the placebo study time period then start the arsenic album 30 under the medicinal group study between 18.04.2021-25.01.2022. this treatment is given the moderate response of symptoms.

**OUTCOMES ASSESSMENT-**

After this analysis patients will be good, moderate or bad response

| S No | Symptoms                                           | Placebo Controlled Study<br>(16.07.2020-17.03.2021) |                 | Medicinal Study<br>(18.04.2021-25.01.2022) |                 |
|------|----------------------------------------------------|-----------------------------------------------------|-----------------|--------------------------------------------|-----------------|
|      |                                                    | Before Treatment                                    | After Treatment | Before Treatment                           | After Treatment |
| 01   | No. of episode (frequency of episode in one month) | 26                                                  | 30              | 30                                         | 16              |
| 02   | No of sneezing in one episode                      | 15                                                  | 16              | 16                                         | 10              |



*Efficacy of Homoeopathy in Management of Chronic Rhinitis- A Case Report*

|    |                           |       |       |       |    |
|----|---------------------------|-------|-------|-------|----|
| 03 | Headache                  | ++++  | +++   | +++   | +  |
| 04 | Itchy nose                | +++++ | ++++  | ++++  | ++ |
| 05 | Lachrymation of the eye   | +++++ | +++++ | +++++ | ++ |
| 06 | Itching eye – conjunctiva | +++   | +++   | +++   | +  |
| 07 | Sore throat               | ++++  | +++   | +++   | ++ |
| 08 | Nasal congestion          | +++   | +++   | +++   | +  |
| 09 | Itchy ear                 | +++   | +++   | +++   | ++ |
| 10 | Cough                     | ++    | ++    | ++    | +  |
| 17 | Itchy throat              | +++   | +++   | +++   | ++ |
| 12 | Burning eyes              | ++++  | +++   | +++   | +  |
| 13 | Running nose              | +++++ | +++   | +++   | ++ |

Based on frequency of symptom in one episode. (0 to +++++ scaling)

0 = No symptoms,

+ Occasionally symptoms,

++ Little more symptoms,

+++ Moderate symptoms,

++++ Moderate severe symptoms,

+++++ Severe symptoms

### Discussion & Conclusion:

Above case shows the effectiveness of the homoeopathic medicine in treatment of chronic rhinitis. Homoeopathy plays a major role in the management of chronic rhinitis with a check on subsequent recurrence of episodes in terms of frequency, duration and intensity. Homoeopathy treats the person by giving constitutional treatment based on individualization. Proper administration of the indicated constitutional remedy facilitates in rapid, gentle and permanent restoration of health – that is cure. Homoeopathic remedies offer gentle relief and reduce the chances of recurrence significantly. However, the results from this single case report are by no means conclusive regarding the long-term clinical effectiveness of homoeopathy for allergic rhinitis. Well- designed studies are required for establishing effectiveness and efficacy of homoeopathy in treating the condition. When patient under the supervision of me then start the homoeopathic treatment as per methodology of clinical study with proper case taking of patient in homoeopathic concept of view then find out the gradually changes in symptoms and give the moderate response of the patient.

**RESULT** - Drug showed moderate response, headache. Etching eyes, burning eyes, cough and nasal congestion were improved in medicinal study group.

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