

Research Article

Management of Chronic Rhinitis with Individualized Homoeopathic Medicines- A Case Report

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ABSTRACT –

Chronic rhinitis is more common health problem of our society it may be considered as a modern life style disorder. India has a more populated country in whole world with the population of 1.40 Billions people and approximate 20-25% people age between 20 to 55 years are more effected from various type chronic rhinitis disorder. There are many factors are responsible such as environmental factors, genetic factors, occupational factors or nonallergic factors. Homoeopathic medicine are more effective in chronic rhinitis. Symptoms frequency are reduced or disappeared by the homoeopathic medicine and given the moderate / satisfactory response in patients.

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

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INTRODUCTION –

Chronic rhinitis is more common health problem of our society it may be 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 other than chronic rhinitis are various type such as Chronic Simple Rhinitis ,

Hypertrophic Rhinitis , Atrophic Rhinitis , Rhinitis Sicca, Rhinitis Caseosa. Chronic rhinitis is characterized by intermittent or persistent symptoms of nasal congestion, sneezing, rhinorrhoea, itching variable nasal airflow limitation and hypersecretion . 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. chronic rhinitis is usually an extension of rhinitis caused by inflammation or infection.

RESEARCH METHODOLOGY OF CASE STUDIES-

This is the nonrandomized, cross over study . Patients is equally divided into two group . These are group A (50 patients) and Group B (50patients). In group A patients will given constitutional homoeopathic medicine and group B will be given only placebo 30 (sugar of milk) for 9 months. then after 9 months, In group A patients will given with placebo 30 (sugar of milk) and group B will be given constitutional homoeopathic medicine for 9 months.

SELECTION OF POTENCY AND REPTETION OF DOSES:

Potency selection is done according to homoeopathic posological principles, criteria and guideline. The doses are different from patient to patient. Repetition are done according to individual need of the cases as per the principles of homoeopathy .

DRUG DISPENSING :

Based on globules, powders, liquid form. (Drug is acquired from standard homoeopathic pharmacy and drug was stored as per the rules of Indian homoeopathic pharmacopeia.)

NOSOLOGICAL DIAGNOSIS:

It has been done after clinical study and investigation (Complete Blood Counts, allergic test – as required etc.), standard case record are prepared and maintained of individual patients and also standardized, follow up sheet was prepared and maintained regularly. Treatment has been done as follows :

- Homoeopathic treatment
- Proper diet and regimen
- Auxiliary line of treatment
- Investigation – the required and appropriate investigation

CRITERIA OF FOLLOW UP :

- Follow-up , as and when required for chronic cases respectively.

Local Examination:

S No.	Symptoms	Condition
1	Sneezing with water nasal discharge	Last 10-12 years
2	Deviated nasal septum (DNS)	2 years (Due to pollen grain ,dust, moist or change of the weather etc
3	Ear	Pain in ear - behind
4	Eye condition	Redness with Lachrymation
5	Conjunctiva Itching	Yes
6	Headache	Forehead
6	Cough	Dry cough
7	Expectoration	No

PRESENT COMPLAIN -

- Symptoms – Onset & Gradually
- Duration 10-12 years
- Sensation - Burning
- Location - nasal septum
- Modalities aggravation from cold air, cold coryza, and amelioration from hot air, normal weather

- Patients followed up - as per nature of the cases

OUTCOME ASSESSMENT :

Based on frequency of symptom in one episode. (0 – 5 scaling)

- 0 No symptoms
- 1 Occassionaly symptoms
- 2 Little more symptoms
- 3 Moderate symptoms
- 5 Severe symptoms

After this analysis patients will be Good , Moderate or Bad response

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–

PATIENTS INFORMATION-

A 63 years old man was suffering from chronic rhinitis with mentally nervous patient. He is a agriculture farmer of hindu family. 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)

Past History – Pneumonia at the age of 13 years (* rhinitis complaints – last 10-12 years before due to allergic disorder eg pollen grain, dust etc

Family History

- Father – death due to Diabetes mellitus, Hypertension
- Mother – Natural death
- Sibling – Brother – 2 (one is death from cardiac accident)
- Sister -1

Mental symptoms – Nervous, Timid

- Concomitant – redness of the eye with lachrymation, Pain in both eye, behind the ear

CLINICAL FINDING -

- Sneezing with watery nasal discharge – last 10- 12 years
- Deviated Nasal septum (DNS) – 8-10 yrs (due to pollen grains, dust , dry air etc.)

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- Cough < dry at night
- Pain in ear – behind side
- Pain in eye – redness with lachrymation
- Headache – forehead side
- Frequency Of Sneezing 18 episode per month
- Sneezing per episode 23-25 per episode
- Rhinorrhoea yes
- Lachrymation yes from both eye
- Conjunctiva Itching - Yes
- Nasal And Oropharyngeal Itching - yes
- Nasal Blockage - running nasal discharge – no blockage

- Cough - dry cough
- Expectoration - no
- Breathlessness - yes

DIAGNOSIS – Chronic Rhinitis

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.

REPERTORIZATION OF THE CASE -

Physician Name : Dr. MANISH KUMAR SHRIVASTAVA , Patient Name : Mr. RAMAVTAR , Reg. No. : 1 , Date : 19/06/2024																
Remedy	Nat-m	Ars	Acon	Bell	Sulph	Nit-ac	Nux-v	Sil	Calc	Chin	Nat-ar	Phos	All-c	Kali-c	Puls	
Totally	23	22	21	21	21	18	18	18	18	17	17	17	17	17	17	
Symptoms Covered	8	9	9	9	8	8	8	8	7	9	8	8	7	7	7	
[Murphy] [Cough]Dry, cough:	3	3	3	3	3	2	3	2	3	3	3	3	0	3	3	
[Murphy] [Dreams]Dreaming, general:	3	3	2	2	2	2	2	3	3	2	2	3	1	3	3	
[Murphy] [Eyes]Lachrymation, general, (see Tears):	3	2	3	3	3	3	1	2	3	1	1	3	3	2	3	
[Murphy] [Eyes]Red, discoloration:	3	3	3	3	3	2	3	2	2	2	3	1	3	2	1	
[Murphy] [Eyes]Burning, pain:	3	3	3	3	3	2	2	1	3	3	1	2	3	3	3	
[Murphy] [Headache]Forehead, headaches, pain, general:	3	3	3	3	3	2	3	3	2	2	3	3	2	2	3	
[Murphy] [Nose]Discharge, nasal, (see Coryza):Watery, (see Coryza, watery):	4	3	2	1	2	3	3	2	2	2	3	1	4	0	1	
[Murphy] [Ears]Pain, ears:Behind, ear:	1	1	1	2	2	2	1	3	0	1	1	1	1	2	0	
[Murphy] [Chest]Restlessness, in:	0	1	1	1	0	0	0	0	0	1	0	0	0	0	0	

PRESCRIPTION AS PER TIMELINE-

Medicinal Study	Placebo Controlled Study
(10.07.2020 -10.03.2021)	(11.04.2021- 20.01.2022)
Ars Alb 30 OD x twice in a month (between 15 days interval)	Sac lac 30 OD x twice in a month (between 15 days interval)

DIAGNOSTIC ASSESSMENT –

S No.	Clinical test	First Investigation (10.07.2020)	Second Investigation (10.03.2021)	Third Investigation (15.12.2021)
01	IgE (iu/mL)	119.89	110.2	108.05
02	TLC (cu mm)	12200	11500	11504
03	Eosinophils (cu mm)	8	5	5
04	ESR (mm for 1st hr)	26	20	21
05	Absolute eosinophils count (cu mm)	478.90	470.65	472.51

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First Investigation (10.07.2020)-

Patient Name: [REDACTED]	Age / Sex: 63 YRS / M	 12439
Address: [REDACTED]	Date: 10/07/2020	
Referred By: [REDACTED]	Reported on: 10/07/2020 03:15 PM	
Daily Case Number: L16		
Collected on: 10/07/2020		
Investigations: Serum IgE, AEC, CBC with ESR		

HAEMATOLOGY
CBC WITH ESR

TEST	VALUE	UNIT	REFERENCE
Hemoglobin Instrument: Horeba 5 part Analyser	12.9	g/dl	12 - 16
Total Leukocyte Count Instrument: Horeba 5 part Analyser	12,200	cumm	4,000 - 11,000
Differential Leucocyte Count			
Neutrophils	65.0	%	40 - 80
Lymphocyte	24.0	%	20 - 40
Eosinophils	8.0	%	1 - 6
Monocytes	3.0	%	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	4.69	million/cumm	4.5 - 5.5
Hematocrit Value, Hct Instrument: Horeba 5 part Analyser	43.2	%	40 - 50
Mean Corpuscular Volume, MCV Instrument: Calculated	92.1	fL	83 - 101
Mean Cell Haemoglobin, MCH Instrument: Calculated	27.5	Pg	27 - 32
Mean Cell Haemoglobin CON, MCHC Instrument: Calculated	29.9	%	31.5 - 34.5
Mean Platelet Volume, MPV Instrument: Calculated	10.6	fL	6.5 - 12
R.D.W. - SD Instrument: Calculated	42.3	fL	39 - 46
R.D.W. - CV Instrument: Horeba 5 part Analyser	12.3	%	11.6 - 14
P.D.W. Instrument: Horeba 5 part Analyser	10.3	fL	9.6 - 15.2
Erythrocyte Sedimentation Rate (Wintrobe)	26	mm for 1st hour	0 - 9



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Consultant Pathologist

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Patient Name:	[REDACTED]	Age / Sex:	63 YRS / M
Address:	[REDACTED]	Date:	10/07/2020
Referred By:	[REDACTED]	Reported on:	10/07/2020 03:15 PM
Daily Case Number:	L16		
Collected on:	10/07/2020		
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	478.90	cumm	0 - 440

BIOCHEMISTRY

TEST	VALUE	UNIT	REFERENCE
Serum IgE	119.89	IU/mL	1 - 190

~~~ End of report ~~~




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Consultant Pathologist  
[REDACTED]

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**Second Investigation (10.03.2021)**

|                                                                            |                                  |                                                                                              |
|----------------------------------------------------------------------------|----------------------------------|----------------------------------------------------------------------------------------------|
| Patient Name: ██████████                                                   | Age / Sex: 63 YRS / M            | <br>12442 |
| Address: ██████████                                                        | Date: 10/03/2021                 |                                                                                              |
| Referred By: ██████████                                                    | Reported on: 10/03/2021 01:18 PM |                                                                                              |
| Daily Case Number: L19                                                     |                                  |                                                                                              |
| Collected on: 10/03/2021                                                   |                                  |                                                                                              |
| Investigations: Serum IgE, ESR (Wintrobe), AEC, Complete Blood Count (CBC) |                                  |                                                                                              |

**HAEMATOLOGY**  
**COMPLETE BLOOD COUNT (CBC)**

| TEST                                                               | VALUE         | UNIT         | REFERENCE             |
|--------------------------------------------------------------------|---------------|--------------|-----------------------|
| Hemoglobin<br>Instrument: Horeba 5 part Analyser                   | 12.0          | g/dl         | 12 - 16               |
| <b>Total Leukocyte Count</b><br>Instrument: Horeba 5 part Analyser | <b>11,500</b> | <b>cumm</b>  | <b>4,000 - 11,000</b> |
| Differential Leucocyte Count                                       |               |              |                       |
| Neutrophils                                                        | 72.0          | %            | 40 - 80               |
| Lymphocyte                                                         | 20.0          | %            | 20 - 40               |
| Eosinophils                                                        | 5.0           | %            | 1 - 6                 |
| Monocytes                                                          | 3.0           | %            | 2 - 10                |
| Basophils                                                          | 0.0           | %            | < 2                   |
| Instrument: Horeba 5 part Analyser                                 |               |              |                       |
| Platelet Count<br>Instrument: Horeba 5 part Analyser               | 2.0           | lakhs/cumm   | 1.5 - 4.5             |
| Total RBC Count<br>Instrument: Horeba 5 part Analyser              | 4.6           | million/cumm | 4.5 - 5.5             |
| Hematocrit Value, Hct<br>Instrument: Horeba 5 part Analyser        | 42.5          | %            | 40 - 50               |
| Mean Corpuscular Volume, MCV<br>Instrument: Calculated             | 92.4          | fL           | 83 - 101              |
| <b>Mean Cell Haemoglobin, MCH</b><br>Instrument: Calculated        | <b>26.1</b>   | <b>Pg</b>    | <b>27 - 32</b>        |
| <b>Mean Cell Haemoglobin CON, MCHC</b><br>Instrument: Calculated   | <b>28.2</b>   | <b>%</b>     | <b>31.5 - 34.5</b>    |
| Mean Platelet Volume, MPV<br>Instrument: Calculated                | 11.0          | fL           | 6.5 - 12              |
| R.D.W. - SD<br>Instrument: Calculated                              | 42.3          | fL           | 39 - 46               |
| R.D.W. - CV<br>Instrument: Horeba 5 part Analyser                  | 12.3          | %            | 11.6 - 14             |
| P.D.W.<br>Instrument: Horeba 5 part Analyser                       | 12.3          | fL           | 9.6 - 15.2            |



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 Consultant Pathologist  
 (C.M.H.O. Path Lab)

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|                    |            |                 |                                                            |
|--------------------|------------|-----------------|------------------------------------------------------------|
| Patient Name:      | [REDACTED] | Age / Sex:      | 63 YRS / M                                                 |
| Address:           | [REDACTED] | Date:           | 10/03/2021                                                 |
| Referred By:       | [REDACTED] | Reported on:    | 10/03/2021 01:18 PM                                        |
| Daily Case Number: | L19        | Investigations: | Serum IgE, ESR (Wintrobe), AEC, Complete Blood Count (CBC) |
| Collected on:      | 10/03/2021 |                 |                                                            |



| TEST                                                                                                                                                                                                                                                                                                         | VALUE         | UNIT                   | REFERENCE      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|------------------------|----------------|
| <b>Erythrocyte Sedimentation Rate (Wintrobe)</b>                                                                                                                                                                                                                                                             | <b>20</b>     | <b>mm for 1st hour</b> | <b>0 - 9</b>   |
| 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 |               |                        |                |
| <b>Absolute Eosinophil Count</b>                                                                                                                                                                                                                                                                             | <b>470.65</b> | <b>cumm</b>            | <b>0 - 440</b> |

**BIOCHEMISTRY**

| TEST      | VALUE | UNIT  | REFERENCE |
|-----------|-------|-------|-----------|
| Serum IgE | 110.2 | IU/mL | 1 - 190   |

~~~ End of report ~~~



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Consultant Pathologist

Management of Chronic Rhinitis with Individualized Homoeopathic Medicines- A Case Report
Third Investigation (15.12.2021)-

| | | | |
|--------------------|--|--------------|---------------------|
| Patient Name: | [REDACTED] | Age / Sex: | 63 YRS / M |
| Address: | [REDACTED] | | |
| Referred By: | [REDACTED] | Date: | 15/12/2021 |
| Daily Case Number: | L19 | | |
| Collected on: | 15/12/2021 | Reported on: | 15/12/2021 02:10 PM |
| Investigations: | Serum IgE, ESR (Wintrobe), AEC, Complete Blood Count (CBC) | | |



HAEMATOLOGY
COMPLETE BLOOD COUNT (CBC)

| TEST | VALUE | UNIT | REFERENCE |
|--|---------------|--------------|-----------------------|
| Hemoglobin
Instrument: Horeba 5 part Analyser | 12.0 | g/dl | 12 - 16 |
| Total Leukocyte Count
Instrument: Horeba 5 part Analyser | 11,504 | cumm | 4,000 - 11,000 |
| Differential Leucocyte Count | | | |
| Neutrophils | 65.0 | % | 40 - 80 |
| Lymphocyte | 24.0 | % | 20 - 40 |
| Eosinophils | 5.0 | % | 1 - 6 |
| Monocytes | 3.0 | % | 2 - 10 |
| Basophils | 0.0 | % | < 2 |
| Instrument: Horeba 5 part Analyser | | | |
| Platelet Count
Instrument: Horeba 5 part Analyser | 2.0 | lakhs/cumm | 1.5 - 4.5 |
| Total RBC Count
Instrument: Horeba 5 part Analyser | 4.8 | million/cumm | 4.5 - 5.5 |
| Hematocrit Value, Hct
Instrument: Horeba 5 part Analyser | 42.5 | % | 40 - 50 |
| Mean Corpuscular Volume, MCV
Instrument: Calculated | 92.4 | fL | 83 - 101 |
| Mean Cell Haemoglobin, MCH
Instrument: Calculated | 26.5 | Pg | 27 - 32 |
| Mean Cell Haemoglobin CON, MCHC
Instrument: Calculated | 28.8 | % | 31.5 - 34.5 |
| Mean Platelet Volume, MPV
Instrument: Calculated | 11.0 | fL | 6.5 - 12 |
| R.D.W. - SD
Instrument: Calculated | 42.3 | fL | 39 - 46 |
| R.D.W. - CV
Instrument: Horeba 5 part Analyser | 12.3 | % | 11.6 - 14 |
| P.D.W.
Instrument: Horeba 5 part Analyser | 12.3 | fL | 9.6 - 15.2 |




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[Handwritten Signature]

[REDACTED] (M.B.) PATHOLOGY
 Consultant Pathologist

Management of Chronic Rhinitis with Individualized Homoeopathic Medicines- A Case Report

| | | |
|--|--------------------------|---|
| Patient Name: MISS P. K. AVATAR | Age / Sex: 63 YRS / M |  |
| Address: | | |
| Referred By: C. MANISH KUMAR SHRIVASTAV | Date: 15/12/2021 | 13042 |
| Daily Case Number: L19 | Collected on: 15/12/2021 | Reported on: 15/12/2021 02:10 PM |
| Investigations: Serum IgE, ESR (Wintrobe), AEC, Complete Blood Count (CBC) | | |

| TEST | VALUE | UNIT | REFERENCE |
|--|---------------|------------------------|----------------|
| Erythrocyte Sedimentation Rate (Wintrobe) | 21 | mm for 1st hour | 0 - 9 |
| 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 | | | |
| Absolute Eosinophil Count | 472.51 | cumm | 0 - 440 |

BIOCHEMISTRY

| TEST | VALUE | UNIT | REFERENCE |
|-----------|--------|-------|-----------|
| Serum IgE | 108.05 | IU/mL | 1 - 190 |

~~~ End of report ~~~



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Consultant Pathologist  
(NCC) (M.D. Pathology)

**THERAPEUTICS INTERVENTION**

This is the non randomized , cross over study chronic rhinitis patient. Firstly prescribed the homoeopathic medicine between **10.07.2020-10.03.2021** under the study of medicinal group then after placebo group study between **11.04.2021- 20.01.2022** then given the moderate response of symptoms.

**OUTCOMES ASSESSMENT**

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

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

| S No | Symptoms                                           | Medicinal Study          |                 | Placebo Controlled Study |                 |
|------|----------------------------------------------------|--------------------------|-----------------|--------------------------|-----------------|
|      |                                                    | (10.07.2020-10.03.2021 ) |                 | (11.04.2021- 20.01.2022) |                 |
|      |                                                    | Before Treatment         | After Treatment | Before Treatment         | After Treatment |
| 01   | No. of episode (frequency of episode in one month) | 18                       | 13              | 13                       | 12              |
| 02   | No of sneezing in one episode                      | 23                       | 20              | 20                       | 16              |
| 03   | Headache                                           | ++++                     | +++             | +++                      | +               |
| 04   | Itchy nose                                         | +++++                    | +               | +                        | ++              |
| 05   | Lachrymation of the eye                            | +++++                    | +++             | +++                      | ++              |
| 06   | Sore throat                                        | ++++                     | +++             | +++                      | +               |
| 07   | Nasal congestion                                   | +++                      | +++             | +++                      | ++              |
| 08   | Itchy ear                                          | ++                       | ++              | ++                       | +               |
| 09   | Dry cough                                          | ++++                     | +               | +                        | ++              |
| 10   | Itchy throat                                       | +++                      | ++              | ++                       | +               |
| 11   | Burning eyes                                       | ++++                     | ++              | ++                       | +               |
| 12   | Running nose                                       | +++++                    | ++              | ++                       | ++              |

### DISCUSSION –

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 - Moderate Response

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