

The Miasmatic Approach to Homoeopathy for Allergic Rhinitis and How Effective It Is

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Abstract-

In terms of frequency of diagnosis, allergic rhinitis ranks high. In India, allergic rhinitis ranks highest among chronic diseases. Asthma is the common name. The impact of allergy symptoms on a person's well-being and actions may be substantial. Asthma, sinusitis, recurring middle ear infections, sleep problems, and persistent cough are among the many significant complications that may develop from untreated allergic rhinitis. Our goals are: 1. One goal is to learn how miasm plays a role in allergic rhinitis. 2. To determine if homoeopathic remedies work for allergic rhinitis in instances.

Methods: A total of one hundred patients were scheduled for therapy. Taking into account the whole range of symptoms, including illness stage, the homoeopathic therapy was administered to them. Medications were administered in dilutions as small as a centimeter. Significant changes were seen in the pre- and post-treatment scores. Out of 100 patients in the trial group, 76 (or 76% of the total) demonstrated improvement, 17 (or 17% of the total) remained at the same level of improvement, and 7 (or 7% of the total) discontinued therapy altogether. It was common practice to give Pulsatilla with Arsenicum Album.

Key word- Allergic Rhinitis, Hay Fever, Asthma, Sinusitis, IgE

Introduction-

When you have allergic rhinitis, you could have symptoms including sneezing, runny nose, blocked nasal passages, itching in the conjunctiva, nose, and throat, and inflammation of the upper airway. This condition is characterized by an inflammatory response of the nasal membranes mediated by IgE, which is a hypersensitivity reaction to certain allergens. and lacrimation, which happens simultaneously. There are two types of allergic rhinitis: seasonal and permanent. connection to exposure to allergens. This condition, if left untreated, may cause serious Hay fever, or allergic rhinitis, is a widespread condition that affects a large number of people and has serious monetary, health-related, and quality-of-life implications. Allergy rhinitis affects almost 20% of the population. It appears like allergic rhinitis is on the rise across the globe. About 26% of the population in India is affected. Because of the wide range of climates experienced throughout the nation, the flora and animals of India display remarkable variety. Rajasthan is likely a breeding ground for

allergic rhinitis in those who are already vulnerable to the condition, thanks to its dry, dusty atmosphere. According to epidemiological research, the number of cases of allergic rhinitis is on the rise globally. We do not know what is causing this surge. Nonetheless, dietary considerations, the tendency toward less active lives, increased concentrations of airborne pollutants, increasing populations of dust mites, decreased ventilation in buildings, and so on might all have a role. As a result of breathing in allergens like pollen, dust, or animal dander (small pieces of dead skin and hair), it happens. Such people's immune systems respond to allergens by producing immunoglobulin E (IgE) antibodies. Signs and symptoms are produced when allergens interact with IgE. "Pollinosis" is an allergic reaction to plant pollens in general, while "hay fever" describes an allergic reaction to grass pollens in particular. Hay fever is a frequent name used to describe a condition when grasses release their pollens into the air around the time hay is cut, even though there is neither fever nor hay in hay fever.

Science has not only increased our understanding of allergies, but it has also led to better treatment outcomes. Other allergy symptoms, such as bronchial asthma, bronchitis, eczema, and others, might develop from untreated allergic rhinitis. The common cold affects everyone differently. Traditional medicine treats colds with the same old routine, prescribing intranasal corticosteroids, antihistamines, decongestants, nasal irrigation, and even surgery to alleviate congestion and coughing, all of which come with the risk of unwanted side effects. In contrast, homoeopathy takes a patient-centered approach that focuses on the person rather than the illness, which increases the likelihood of a successful treatment with minimal side effects and less reliance on invasive surgical procedures. Instead than focusing on the symptoms of a patient's illness, homoeopathic doctors take a more comprehensive view of the patient as a whole. Certain people experience hypersensitivity to allergens and the development of Allergic Rhinitis; this phenomena may be better understood by using the concepts of miasm and susceptibility, first proposed by our great physician Dr. Hahnemann and later developed by other trailblazers. By addressing this pathological predisposition, homoeopathy hopes to alleviate symptoms and ultimately heal the patient.

Objective-

Criteria of assessment-
disappearance of symptoms after treatment and non recurrence.

Among 100 cases with diagnosis of "allergic

Results-

Out of 100 patients of study 76 patients (76%)

Result Obtained	No. of Patients	Percentage
Improvement	76	76%
Status quo	17	17%
Dropped out	07	07%
Total	100	100%

maintained status quo while dropped out during treatment.7 cases (7%)

The following are the main objectives of the study:
To understand the Influence of Miasm in the development of Allergic Rhinitis.

To assess the Efficacy of Homoeopathic Medicines in the cases of Allergic Rhinitis.

Material and Method-

Sources of data -The subject for this study were taken from OPD/IPD of Swasthya kalayan Homoeopathic Medical College and Hospital, Sitapura, Jaipur.

Study Design- A type of interventional study without control (placebo) group. Minimum 100 cases satisfying the inclusion and exclusion criteria have been studied. All the cases of allergic rhinitis were taken for the study in one year.

Inclusion criteria - Subjects from 0-70 years and of both the sexes irrespective of socioeconomic status.

Exclusion criteria - 1. Subjects with treatment for any other chronic disease. 2. Subjects with worm infestations having high eosinophil count.

Intervention- Patients were selected on the basis of inclusion & exclusion criteria. A detailed case history was taken with clinical presentation & necessary investigations were done. Medicine prescribed on basis of totality of symptoms. Patients were reviewed on every seventh day for the first two months and later every 15 days for the remaining period of study.

Table no. 2- Miasmatic Distribution showed improvement while 17 patients (17%) rhinitis" Maximum prevalence was noticed in the age group of 21-30 years. The second's highest prevalence was of age group 11-20 consisting 21 (21%) patients.

Miasm	No. of Patients	Percentage
Psora	48	48%
Sycosis	42	42%
Tubercular	8	08%
Syphilis	2	02%
Total	100	100%

No. of Patients

Table No. - 1 Response after treatment

Miasmatic Distribution- In the miasmatic distribution of 100 cases of allergic rhinitis in First and second decade of life it was seen that majority of patients had Psora in background i.e. 48 (48%), 42 patients (42%) were Sycosis, 8 (8%)

patients belonged to Tubercular miasm and 2 (2%) patient had Syphilitic miasm in background(84%) presented with Nasal Itching. Eye Symptoms were seen in 80 cases (80%) and 56 cases (56%) presented with Nasal Obstruction.

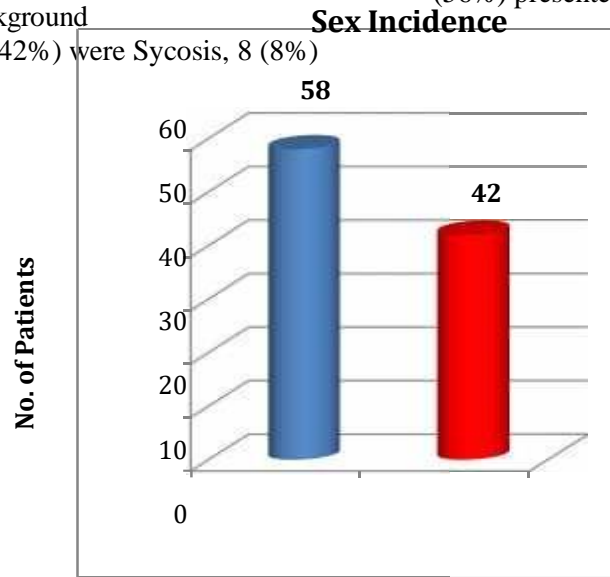


Fig No. 2 Sex Distribution

During my study predominance of patients

Table No. 3- Present complaint

from urban background in the study of Allergic Rhinitis. Among the total 100 cases studied, 78 (78%) were from urban areas and 32 (32%) were from rural areas

Presenting Complaints	No. of Patients	Percentage
Sneezing	100	100
Rhinorrhoea	100	100
Nasal Itching	84	84
Eye symptoms	81	81
Nasal Obstruction	56	56

Complication	No. of Patients	Percentage
Asthma	39	68.4
Sinusitis	11	19.29
Nasal Polyps	4	7.01
Otitis Media	3	5.2

Table No. 4 – Complication of Allergic Rhinitis Amongst the common Environmental Allergens reported to cause allergies, it was observed that 60 patients (60%) reported exacerbation of symptoms from dust, 24 (24%) from Strong smells, 14 cases each

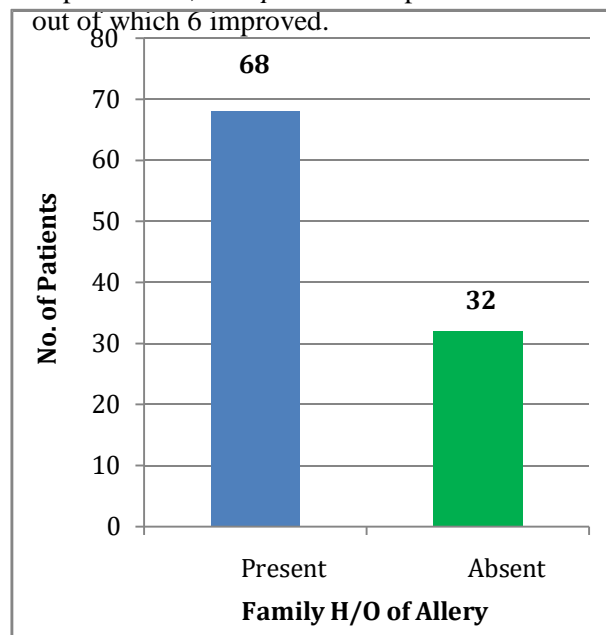
Out of 100 cases of Allergic majority of patients presented with sneezing and
Out of 100 patients 57 patients developed complications. Bronchial asthma was the most common complication in 39 patients out of 57 (68.4%). 11 patients developed sinusitis, 3 had developed otitis media, and only 4 had nasal polyp.

Rhinorrhoea i.e. 100 (100%) each, 84 cases (14%) from soft toys, pets and flowers whereas 2 cases from hay and 1 from Grass. Many patients reported seasonal exacerbations also, 28 cases i.e. 28 % had exacerbations at change of weather, 14 cases (14%) at winters, 12 cases (12%) at spring and 2 (2%) in summer.

Environmental Factors	No. of Patients	Percentage
Dust	60	60%
Change Of Weather	28	28%
Strong Smells	24	24%
Winters	14	14%
Soft Toys (Fur)	14	14%
Pets	14	14%
Flowers	14	14%
Spring	12	12%
Autumn	06	06%
Hay	04	04%
Grass	02	02%
Summers	02	02%

Fig No. 4- Family H/O of Allergy
Out of 100 cases of Allergic Rhinitis treated with Homoeopathic Medicines 36 cases were given *Arsenic alb* out of which 36 improved; *Pulsatilla* was 14%
Table No. 5- Allergen Table No. 6- Medicine prescribed and efficacy

prescribed in 18 cases out of which 12 showed improvement; *Phosphorus* was prescribed in 10 cases out of which 6 improved.



Medicine Prescribed	No. of Patients			
	Improved	Status quo	Dropped out	Total
Ars. Alb.	36	00	00	36
Pulsatilla	12	04	02	18
Phos.	06	02	02	10
Nux. v.	06	03	00	09
Calc. carb.	05	02	01	07
Nat. mur.	04	03	00	07
Silicea	03	02	01	05
Nat. Sulph.	03	01	00	04
Lyco.	04	00	01	04
Total	76	17	07	100

Among 100 cases of Allergic Rhinitis majority of the cases i.e. 68 (68%) had a family history of Allergic Disorders. Whereas, 32 cases (32%) did not have any family history of any allergic disorders.

Conclusion-

Improvement was seen in 78% of the patients out of 100% in the current research, which aimed to determine the effectiveness of homoeopathic therapy for allergic rhinitis. Patients with allergic rhinitis are most common between the ages of 20 and 30. In this research, it was discovered that allergic rhinitis is more common in men than in girls. Patients benefited most from the constitutional remedies that included Ars Album, Nux Vom, Pulsatilla, Sulphur, Nat Mur, Kali mur, Silicea, Calc carb, Natrum sulph, and Kali bich. The constitutional remedies provided the patients with the utmost alleviation. After constitutional remedies were administered, the patient's condition improved more rapidly. Integration of the miasmatic and constitutional approaches was necessary for their respective treatments to be effective. I now have a better concept of how to handle instances of allergic rhinitis thanks to this research. Eliminating the illness and lessening the severity and frequency of episodes are goals of homoeopathic treatment of allergic rhinitis. Due to its emphasis on the patient as an individual, homoeopathic therapy for allergic rhinitis has more promise. Not only can homoeopathic treatments eliminate the illness, but they also prevent its sequelae. However, in order to comprehend the disease's subtler dangers, further research is required.

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