

A CLINICAL STUDY OF CHRONIC RHINITIS WITH THE MANAGEMENT OF HOMOEOPATHIC MEDICINE – CASE REPORT

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Article Received on
22 June 2024,

Revised on 12 July 2024,
Accepted on 01 August 2024

DOI: 10.20959/wjpr202416-33507



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ABSTRACT

Chronic rhinitis is more common health issue of our society. Which is it is life style disorder. It's a an inflammatory disease of nasal inner lining which is divided into two category allergic rhinitis condition (Also called a hay fever) and non-allergic rhinitis condition. Chronic rhinitis is characterized by different type of the symptoms of sinus, nasal septum with congestion, sneezing, rhinorrhoea, itching, variable nasal airflow, nasal discharge (Watery or pale watery). There are many factors is responsible for increase the symptoms such as virus, allergies, cold weather, food and spices, hormonal change or pregnancy, structural changes such as deviated nasal septum, etc. Homeopathy is best type of treatment system which is treat to all type of allergies or non - allergic disorders or complaints. Homoeopathic

medicine is directly react the root and cause of allergens and gave the hyperactivity response of the body immune system. then after find the symptomatic changes in patients.

KEYWORDS: Chronic rhinitis, AEC (Absolute eosinophils count), IgE, TLC, allergen, Homoeopathy.

INTRODUCTION

Chronic rhinitis is a disorder of ENT system and effect to the respiratory systems which is an antigen antibody response of IgE immune response of nasal mucosa to air born allergen such as pollen grain, dust, or any other external small particles. and given the more nasal, throat, eyes and respiratory symptoms and these are headache, congestion, heaviness on head, nasal congestion, nasal watery discharge, pain in sinus, nasal obstruction, eruption in inner layer of nasal mucosa, sneezing, cough, lachrymation of the eye, itching in eyes, burning sensation in nose and eyes. redness of eye with hearing impairment etc. and also have a different type of

psychological and mental symptoms such as depression, anxiety, less concentration, disturbed sleep, less routine life, etc.

Primary concern

Patients are arranged in non-randomized condition with the proper concern of treatment through homeopathy and also informed ethical view of my research topic. After full concern of patient with signature of patient and his/her attendant start the treatment. With all prospect of homeopathic treatment and management of chronic rhinitis.

CASE REPORT

A 40 years old man was suffering from chronic rhinitis. He is Pharmacist in a private hospital. Details of his family history are father has a Hypertension with Diabetes and mother has depression patient. One elder brother is healthy and sister was died from Covid. Diagnosis criteria is based on valuable finding of IgE (iu/mL, TLC (cu mm), ESR (mm for 1st hr), Absolute eosinophils count (cu mm) from reputed pathology centre.

Therapeutics intervention

Homeopathic medicines are very useful in over-sensitized immune system and act on immunomodulator or immunoregulator. This system of medicine act on nature law of cure means like cure like. There are many drugs are effective in case chronic rhinitis without any side effect. Low potency medicine are very effective other than high potency there are many drugs are sabadilla, rhus tox, ars alb, allium cepa, merc sol. Lachesi kali bichrome etc with accessory advice of gargle with saline hot saline water. Take steam, avoid causative substance or environments.

Past history: He has Pneumonia from the age of 8 years and small pox from age of 14 years.

Family history

- Father HTN with diabetes,
- Mother- Depression
- Brother - Healthy
- Sister - Died from Covid

Physical generals

His complaint are headache, throat dryness, cough dry, headache in forehead, heaviness feeling on head, itching in eyes, dyspnoea, allergy from dust and pollen grain or any other small particles sneezing with congestion in sinus, nasal polyp, restlessness over talking tendency etc.

Thermal relationship: Hot.

Mental symptoms: He has condition is want to talk every time, loquacy.

Local examination

S No.	Symptoms	Condition
1	Sneezing with congestion in sinus	Last 10 years
2	Deviated nasal septum (DNS)	2 years (Due to pollen grain, dust, or any other small particles)
3	Ear	Itching
4	Eye	Burning with itching
5	Conjunctiva Itching	Yes
6	Headache	Forehead , Heaviness
6	Cough	Dry
7	Expectoration	No

Present complaint

- **Symptoms onset** - Gradually
- **Duration** 10 years
- **Sensation** - Burning with itching
- **Location** - Nasal Septum
- **Modalities**- Aggravation from sun heat or summer cold air, and amelioration from cold application, lying on left side.
- **Concomitant** – Lachrymation of the eye, itching ear

Clinical finding

- Sneezing with sinus congestion – Last 10 years
- Deviated Nasal septum (DNS) – 2 yrs (Due to pollen grains, dust or any other small particles)
- Cough - Dry
- Ear - Itching
- Eye – Burning with itching

- Headache – Heaviness in forehead
- Frequency of Sneezing 12 episode per month
- Sneezing per episode 10-12 per episode
- Conjunctiva Itching - Yes
- Nasal And Oropharyngeal- Itching with congestion
- Cough – Dry cough
- Expectoration – No

Diagnosis – Chronic Rhinitis.

Analysis of the case: After proper case taking of patient have a found of many symptoms of mental, physical generals and particular symptoms. These are well classified, analysed and each symptom evaluated as per their recurrency of symptoms.

Repertorization through robin murphy repertory (Homoeopathic medical repertory)

Physician Name : Dr. NAGESH KUMAR SHRIVASTAVA, Patient Name : VIJAY TIWARI, Reg. No. : 5, Date :

Remedy	Sulph	Ars	Lach	Puls	Nat-m	Nat-s	Calc	Phos	Nat-c	Bell	Lyc	Asar
Totally	22	21	21	21	19	18	17	17	15	15	14	14
Symptoms Covered	10	10	10	9	8	8	8	8	8	7	6	6
[Murphy] [Nose] Hay, fever, (see Allergic rhinitis, Coryza)	1	4	1	2	3	1	1	1	0	0	1	1
[Murphy] [Nose] Dryness, in nose:	1	2	1	1	0	0	0	0	0	0	0	0
[Murphy] [Nose] Sneezing, general:	2	3	2	3	3	3	2	2	2	2	3	2
[Murphy] [Eyes] ITCHING, eyes:	1	1	1	1	2	2	2	2	2	1	1	1
[Murphy] [Head] Heaviness, sensation, (see Pressing):	1	2	1	2	1	1	1	1	1	1	1	1
[Murphy] [Headache] Forehead, headaches, pain, general:	1	1	1	1	1	1	1	1	1	1	1	1
[Murphy] [Nose] Swell, general: Odors, general, inspiratory and oral:	1	1	1	1	1	1	1	1	1	1	1	1
[Murphy] [Throat] DRYNESS, throat: Night:	1	1	1	1	1	1	1	1	1	1	1	1
[Murphy] [Cough] Dry, cough:	1	1	1	1	1	1	1	1	1	1	1	1
[Murphy] [Mind] Talking, tales, general: excessive, loquacity:	1	1	1	1	1	1	1	1	1	1	1	1

After proper repertorization of case we find the many medicine for chronic rhinitis, but Lachesis (Third no. in repertorization chart) is suitable medicine for chronic rhinitis here now, which is based on individualisation, patient susceptibility, constitution of patient, thermal relationship of patients and also mental symptoms are important to signifies this drug.

Prescription as per timeline

Medicinal study (11.07.2020-10.04.2021)	Placebo controlled study (11.05.2021-10.02.2022)
Lachesis 30 OD x Once a month (between 30 days interval)	Sac lac 30 OD x twice in a month (between 15 days interval)

Diagnostic assessment

S No.	Clinical test	First Investigation (12.07.2020)	Second Investigation (16.04.2021)	Third Investigation (28.01.22)
01	IgE (iu/mL)	167.6	156.8	149.7
02	TLC (cu mm)	12607	12546	12308
03	Eosinophils (cu mm)	7.8	7.6	6.4
04	ESR (mm for 1st hr)	22	20	18
05	Absolute eosinophils count (cu mm)	502.4	496.4	469.2

Therapeutic intervention

This is the non-randomized, cross over study of chronic rhinitis patient. Firstly, prescribed the medicinal group study and prescribe Homoeopathic medicine - Lachesis 30 between 11.07.2020-10.04.2021. and after successfully completed the medicinal group study start the washout period of one month (between 11.04.2021-10.05.2021) after this start the placebo group study between 11.05.2021-10.02.2022. and found the moderate response of symptoms in chronic rhinitis.

Outcomes assessment

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

S No	Symptoms	Medicinal study (11.07.2020-10.04.2021)		Placebo controlled study (11.05.2021-10.02.2022)	
		Before treatment	After treatment	Before treatment	After treatment
01	No. of episode (frequency of episode in one month)	12	10	10	8
02	No of sneezing in one episode	12	10	10	6
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 AND CONCLUSION

This case was taken by proper ethical view research protocol of chronic rhinitis and gave the treatment as per under the non-randomise cross over study of patient with placebo effect. This patient has a proper under the exclusive and inclusive criteria as per research norms. Homoeopathic medicine play the major role in chronic rhinitis without any side effect. Firstly prescribed the homoeopathic medicine Lachesis 30 for a particular period than after washout period is one month. after complete the washout period start a placebo study for particular fix time and got a surprise change with Moderate Response of symptoms in chronic rhinitis. In this complete study we find that this offer to gentle treatment with reduced the symptoms frequency and recurrency of symptoms. With out any side effect.

When patient under in my supervision othen 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

Medicine showed moderate response in headache. Etching eyes, burning eyes, dry cough and nasal congestion were improved. And also reduced the in medicinal study group.

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