

Know Your Patients of Allergic Rhinitis

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Abstract: To evaluate the effect of Mind over the body in cases of Allergic Rhinitis. Method: 30 cases of chronic Allergic Rhinitis of different age group were selected and detail history including the Emotional state of each patient was defined. Result: From the pilot study of 30 cases of Allergic Rhinitis, the result shows that there were many emotional disturbances in their life. 15 cases had suppressed or repressed irritation as the chief factor while others showed emotional disturbances due to sensitive nature, want of love, difficulties in term of sexuality and fertility etc.

Key Words: Allergic rhinitis, allergens, suppressed anger, repression, want of Love, Patient treated with Homeopathic medicine

Introduction –Allergic rhinitis is an allergic inflammation of the nasal airways. It occurs when an allergen such as pollen, dust, smoke, chemical etc are inhaled by an individual. Complaints of allergic rhinitis also occur when patient is exposed to odour as of perfume, flower or exposure to woollen clothes, cat fur, cold air, air condition, getting wet in rain, after bath etc.

This usually causes sneezing, itchy and watery eyes, swelling and inflammation of the nasal passages, and an increase in mucus production. Symptoms vary in severity between individuals. Particulate matter in polluted air, chemicals and detergents, which can normally be tolerated, can greatly aggravate allergic rhinitis.

In allergies heredity and environmental exposures may contribute to a predisposition to allergies. It is roughly estimated that one in three people have an active allergy at any given time and at least three in four people develop an allergic reaction at least once in their lives. In Western countries between 10–25% of people annually are affected by allergic rhinitis.

Allergic rhinitis may be classified as seasonal or perennial. Seasonal allergic rhinitis occurs particularly during pollen seasons. It does not usually develop until after 6 years of age. Perennial allergic rhinitis occurs throughout the year.

Allergic rhinitis may also be classified as mild, moderate & severe. Intermittent is when the symptoms occur for less than 4 days per week or less than 4 consecutive weeks. Persistent is when symptoms occur for more than 4 days/week and more than 4 consecutive weeks. The symptoms are considered mild with normal sleep, no impairment of daily activities, no impairment of work or school, and symptoms are not troublesome. Severe symptoms result in sleep disturbance, impairment of daily activities, and impairment of school or work.

The characteristic symptoms of allergic rhinitis are: rhinorrhea (excess nasal secretion), sneezing, itching, and nasal congestion and obstruction. Characteristic physical findings include swelling and redness of conjunctiva, swelling and redness of nasal turbinate, and middle ear effusion.

In this era where speed and accuracy keeps you at the winning end, people do not even have time and curiosity to know what is happening to them. It is said that the emotional disturbances always have the

vent, either at physical or at mental sphere. When people are stressed it can be at the conscious or at unconscious level. All such emotion disturbs the mind and thus the body. In case of allergic rhinitis the aggression has precipitated itself out of the psyche and now giving in vent at the level of the body.

In certain cases of allergic rhinitis the patient is not able to avoid the allergens. In our country it is difficult to prevent our self from dust, smoke etc. If someone uses the perfume it will cause problem to the patient, we cannot avoid the exposure to pollens or avoid air condition in technology offices. Such patient cannot work normally with complains of sneezing, rinorrhoea, swelling and itching of eyes etc. The patients take anti allergic tablet daily to avoid complaints. These drugs have their own side effects and gradually patient become resistant to the same medicines. Thus with the unavoidable maintaining factors we have to treat these cases. In such case the physician's main focus is to treat the physical symptoms of the patients. The mental disturbances which are expressed at the level of the body are of least concerned to the physician. If we try to study the mind of these patients we see that there are many emotional disturbances which also provoke the disease. One needs to treat the mental state to achieve cure in such cases.

Materials and Methods – A sample of 30 cases of allergic rhinitis both male and female of all age group were taken up for study. The patients were selected from my private practice and patients coming to our college outpatient department. A detailed case – taking was done as instruction given by Dr. Hahnemann in Organon. The mental state of each patient was studied in detail to understand the emotional disturbances prevalent in each individual case. From the history homoeopathic similimum was decided and administered according to the homoeopathic principles.

The medicines were purchased in the required potency from the reputed homoeopathic pharmacy. The dose schedule or repetition of doses was decided on the basis of individual susceptibility and sensitivity and other homoeopathic principles. Medicines were administered in required potency in globule forms, orally to be kept 4-5 globules dry on the tongue. Cases were analyzed according to Kentian method. Software Cara with complete repertory was used for repertorisation.

The effect and the outcome of improvement in cases of allergic rhinitis was noted & evaluated on the following criteria.

Criteria for improvement or cure –

- Rhinorrhea Frequency
 - Intensity
 - Duration

- Sneezing Frequency
 - Intensity
 - Duration

- Itching nose Frequency

- Intensity
 - Duration
- Itching eye
 - Intensity
 - Duration
- Burning
- Redness
- Nasal obstruction
- Ear complaints
- Swollen nasal turbinate
- Provoked with Causative Factor / or not

The subjective improvement of various symptoms and signs and careful assessment about the stability at emotional levels which was done after administration of medicines was accurately monitored through regular, clinical interview session.

Results - All 30 patients were of persistent allergic rhinitis. There were 16 female patients (54%) and 14 male patients (46%). 12 patients had mild complaints, 11 patients had moderate complaints while 7 patients had severe complaints. At emotional level 18 patients had repressed or suppressed anger as provoking factor while 10 patients had want of love and 2 patients had problems related to sexuality.

At physical level allergic rhinitis was aggravated by odour, dust, after bath, morning waking on, smoke, exposure to air condition etc.

All 30 patients were treated with constitutional remedy (comprising of mind & body totality) and they showed a gradual improvement in the symptoms of allergic rhinitis in terms of intensity and frequency. With all this they had learned to handle their emotions which now did not disturb them at a major level. The remedies used with the desired response are: Natrum Muraticum in 7 cases, Magnesium in 7 cases, Phosphorus in 6 cases, Sepia in 6 cases and Nux vomica in 4 cases. In most cases treatment lasted for 8 - 9 months duration. In 2 - 3 patients it had to be continued for 15 months. Then after the patients did not have any complaint of sneezing or watering of nose and eyes. The patients were then after able to tolerate the external aggravating factors like odour, dust, smoke, air condition etc. So overall the patient improved at the mental and the physical level. Remedies in 200 and 1M potencies were used infrequently. In case of acute episodes in between, it had to be substituted by acute drug with the totality then available.

Discussion - It is believed that when eyes cannot cry, the nose cries. It is important to understand the psychological aspect of allergy. Allergies are sign of strong resistance and aggression that have been suppressed or repressed in their psyche and gets expressed at the level of body. These patients have problems with their aggression, which they do not recognize and thus they are unable to resolve it.

Repressed means patients are not consciously aware of their emotions and thus cannot tackle them. Such aggressive persons are just like a gentle man who has repressed his or her anger. In case of allergy the aggression has precipitated itself out of the psyche and now giving in vent at the level of the body.

It is also known that aggression is associated with fear. We try to attack (in form of aggression) those areas which we fear about. Allergy is a type of attack of the body to the otherwise non harmful substances like pollens, cat fur, dust etc. Such allergens have their own significance and they symbolise love, sexuality, fertility, aggression or dirt.

In these cases of allergic rhinitis I have tried to understand the repressed emotions of the patient because Homoeopathy believes that as long as the mind does not stabilize, the body keeps on reacting to the external things.

Conclusion – Within the limits of our study it can be concluded that allergic rhinitis is triggered by some psychological stress leading to emotional distress which is further reflected on the body as hypersensitive reaction. Homoeopathy heals the mind thus reducing the physical distress of the patient. Other patient treats the symptoms while Homoeopathy treats patient as a person. The psychosomatic aspect of allergic rhinitis is handled very gently by the sweet little pills of Homoeopathy.

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