



ORIGINAL RESEARCH PAPER

Homeopathy

A CLINICAL OBSERVATIONAL AND FOLLOW-UP STUDY: ROLE OF HOMOEOPATHY IN THE MANAGEMENT OF ALLERGIC RHINITIS (HAY FEVER)

KEY WORDS: ALLERGIC RHINITIS, HAY FEVER, HOMOEOPATHY, CLINICAL STUDY, QUALITY OF LIFE, LONG-TERM RELIEF ETC....

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ABSTRACT

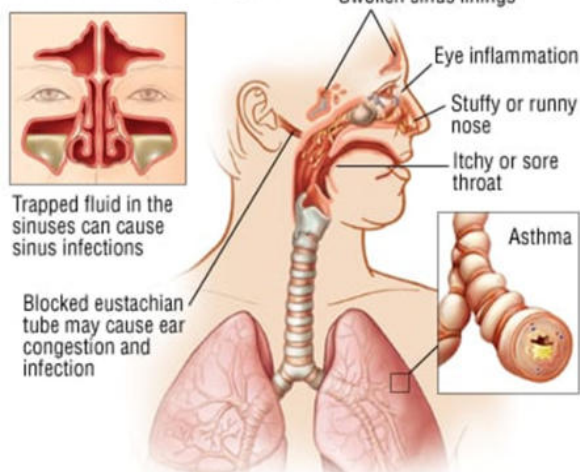
Allergic rhinitis is a common, chronic, and recurrent allergic disorder that significantly affects quality of life. It is often underestimated as a minor seasonal problem, leading to delayed diagnosis and inadequate management. Symptoms such as recurrent sneezing, nasal discharge, nasal obstruction, headache, disturbed sleep, and daytime fatigue are frequently reported. The present clinical observational study evaluates the role of Homoeopathy in the management of allergic rhinitis and its long-term effects after withdrawal of medication. A total of 268 patients, including males, females, and children, were treated with individualized homoeopathic medicines and observed over a defined treatment and follow-up period. The outcomes suggest that Homoeopathy offers significant symptomatic relief, improves quality of life, and reduces recurrence even after discontinuation of medicines.

INTRODUCTION

Allergic rhinitis, also known as hay fever, has emerged as a major lifestyle-related disorder in modern society. Increasing exposure to environmental pollutants, dust, pollen, animal dander, chemical irritants, and changing living conditions has contributed to its rising prevalence.

Conventional treatment modalities largely focus on symptomatic suppression, often requiring prolonged or repeated medication. In contrast, Homoeopathy emphasizes an individualized, holistic approach aimed at correcting the underlying susceptibility rather than merely controlling symptoms.

Problems relating to allergies



Allergic rhinitis

Symptoms Of Allergic Rhinitis:

- Runny nose
- Sneezing
- Itchy nose and eyes
- Red eyes in spring or summer

Causes Of Allergic Rhinitis:

- Pollen from trees, grass and weeds
- House dust mites
- Animals such as dogs and cats
- Mould
- Wood dust, flour dust and latex

MATERIALS AND METHODS

This study was conducted as a clinical observational and

follow-up study on patients diagnosed with moderate to severe allergic rhinitis.

Total Number Of Patients: 268

Distribution Of Patients:

Male: 112

Female: 98

Children (6–14 years): 58

Inclusion Criteria:

Clinically diagnosed allergic rhinitis
Duration of illness more than one year
Recurrent or persistent symptoms

Exclusion Criteria:

Structural nasal abnormalities
Patients with recent nasal or sinus surgery

Patients were prescribed individualized homoeopathic medicines based on the totality of symptoms, constitutional features, and susceptibility pattern. The treatment period extended up to 12 weeks, followed by a medicine-free observation period of 6 weeks to assess the sustainability of improvement.

HOMOEOPATHIC MEDICINES & THEIR INDICATIONS

Allergic Rhinitis / Hay Fever

1. Allium Cepa

- Profuse, watery, acrid nasal discharge
- Excoriates nostrils and upper lip
- Sneezing worse in warm room, better in open air
- Associated with bland lachrymation (non-irritating tears)
- Symptoms worse in evening

Sabadilla

- Violent, paroxysmal sneezing
- Sensation of cold air in nose
- Watery nasal discharge with itching
- Marked sensitivity to smell of flowers, perfumes
- Worse from cold air, better by warmth

Arsenicum Album

- Thin, watery, burning nasal discharge
- Obstruction at night, patient restless and anxious
- Sneezing with chilliness
- Symptoms worse after midnight
- Better by warmth and warm drinks

Natrum Muriaticum

- Recurrent allergic rhinitis, especially chronic cases
- Sneezing in morning, worse in sunlight
- Profuse watery discharge like egg-white
- Loss of smell and taste
- Patient reserved, sensitive, emotionally suppressed

NuxVomica

- Nasal blockage at night, runny nose in daytime
- Frequent sneezing, irritability
- Associated with gastric disturbances
- Worse in morning, cold air, and after exertion
- Better by warmth

Pulsatilla

- Thick, yellow-green nasal discharge
- Nasal obstruction worse in warm room
- Changeable symptoms
- Better in open air
- Mild, gentle, emotional patients

Euphrasia

- Profuse, bland nasal discharge
- Acrid, irritating lachrymation (opposite of *Allium cepa*)
- Eye symptoms predominant
- Sneezing with headache
- Worse in evening

Kali Bichromicum

- Thick, ropy, stringy nasal discharge
- Post-nasal drip
- Pain at root of nose
- Nasal blockage alternating sides
- Chronic sinus involvement

Observations

Patients were regularly evaluated for changes in:

- Frequency and severity of sneezing
- Nasal discharge and nasal obstruction
- Headache and facial heaviness
- Sleep quality
- Daytime fatigue and work efficiency

RESULTS

Significant Symptomatic Improvement:

Most patients showed marked reduction in sneezing, nasal blockage, and nasal discharge within the treatment period.

Sustained Relief After Stopping Medication:

During the follow-up phase, nearly 70–75% of patients maintained improvement without recurrence of major symptoms.

Response in Children:

Children demonstrated notable improvement in nasal symptoms, sleep pattern, attention span, and overall wellbeing.

Quality of Life Enhancement:

Patients reported better sleep, reduced fatigue, improved concentration, and enhanced daily functioning.

DISCUSSION

The findings of this study indicate that allergic rhinitis is not merely a local nasal disorder but a manifestation of systemic hypersensitivity. Homoeopathy, by addressing the individual's inherent susceptibility and immune imbalance, produces deeper and more lasting therapeutic effects.

The persistence of clinical improvement even after discontinuation of medicines highlights the disease-modifying potential of homoeopathic treatment rather than simple symptomatic control.

CONCLUSION

Homoeopathy plays a significant and effective role in the

management of allergic rhinitis across all age groups, including males, females, and children. Individualized homoeopathic treatment provides sustained relief, minimizes recurrence, and improves overall quality of life. This study supports the integration of Homoeopathy as a valuable therapeutic option in the long-term management of allergic rhinitis.

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