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RESEARCH ARTICLE

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ROLE OF HOMOEOPATHY IN CASE OF ALLERGIC RHINITIS

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ABSTRACT

Allergic rhinitis is a common inflammatory disorder of the nasal mucosa characterized by sneezing, nasal itching, watery rhinorrhoea and nasal obstruction after exposure to allergens. This article presents a homoeopathic approach in a case of allergic rhinitis and highlights the role of individualized remedy selection.

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INTRODUCTION

Allergic rhinitis affects quality of life through recurrent nasal symptoms, disturbed sleep, impaired concentration and fatigue. Homoeopathic case-taking considers the totality of characteristic symptoms, including mental generals, physical generals, modalities and particulars, for individualized remedy selection.

CASE PROFILE

A 28-year-old female presented with recurrent episodes of sneezing, watery nasal discharge, nasal obstruction and itching of the nose for the past 2 years. Complaints were aggravated by house dust and exposure to cold air and were more troublesome in the early morning. The patient also reported restlessness and anxiety during acute attacks.

PRESENTING COMPLAINTS

- Paroxysmal sneezing, especially in the early morning
- Profuse watery nasal discharge with burning/irritation
- Nasal obstruction alternating between the two nostrils
- Itching of nose and throat
- Recurrent attacks after exposure to house dust
- Disturbed sleep and fatigue during severe attacks

PHYSICAL GENERALS

Appetite: Normal

Thirst: Frequent, small quantities

Thermal Reaction: Chilly; sensitive to cold air

Sleep: Disturbed during attacks

Dream: Anxious

Urine: Satisfactory

Stool: Satisfactory

MENTAL GENERALS

- Anxiety during acute attacks
- Restlessness
- Fastidious about personal surroundings
- Fear that the complaint may become serious
- Mentally tired after prolonged symptoms
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MIASMATIC BACKGROUND: The case is considered predominantly psoric in the homoeopathic framework, with recurrent hypersensitivity and functional manifestations. A family tendency to allergic/atopic complaints was reported.

CLINICAL FINDINGS

ALLERGIC RHINITIS

REPERTORIAL TOTALITY ON THE FIRST VISIT: Repertorial analysis: Arsenicum album covered the complete selected totality with strong representation of the characteristic nasal symptoms and the accompanying anxiety/restlessness.

Remedy	Ars	Nat-m	All-c	Sabad	Euphr	Nux-v
Totality / Symptoms Covered	12/5	9/5	10/5	9/5	9/5	11/5
Sneezing: morning	2	2	3	3	2	2
Nose: discharge: watery, acrid	3	2	3	2	3	2
Nose: obstruction: alternating	2	2	1	1	1	3
Mind: anxiety with restlessness	3	1	1	1	1	2
Generalities: worse dust/cold air	2	2	2	2	2	2

PRESCRIPTION

Arsenicum Album 200C × one dose

Placebo (Sac lac) × TDS × 5 days

Advice: Avoid known triggers where possible; maintain adequate hydration and follow standard medical care if symptoms become severe, persistent, or complicated.

FOLLOW UP

Date	Symptoms	Prescription
02/06/2026	No marked relief initially; sneezing and watery discharge continued. Nasal obstruction and restlessness present.	Sac lac × TDS × 15 days
20/06/2026	Sneezing markedly reduced. Nasal discharge reduced. Sleep improved; less restlessness. Occasional symptoms after dust exposure.	Arsenicum Album 200C × one dose; Sac lac × TDS × 5 days
26/06/2026	Marked improvement. Nasal obstruction greatly reduced. Sneezing occasional. Patient reports better sleep and feels fresh after waking.	Sac lac × TDS × 5 days

CONCLUSION

Individualized homoeopathic treatment showed significant improvement in this case of allergic rhinitis .

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