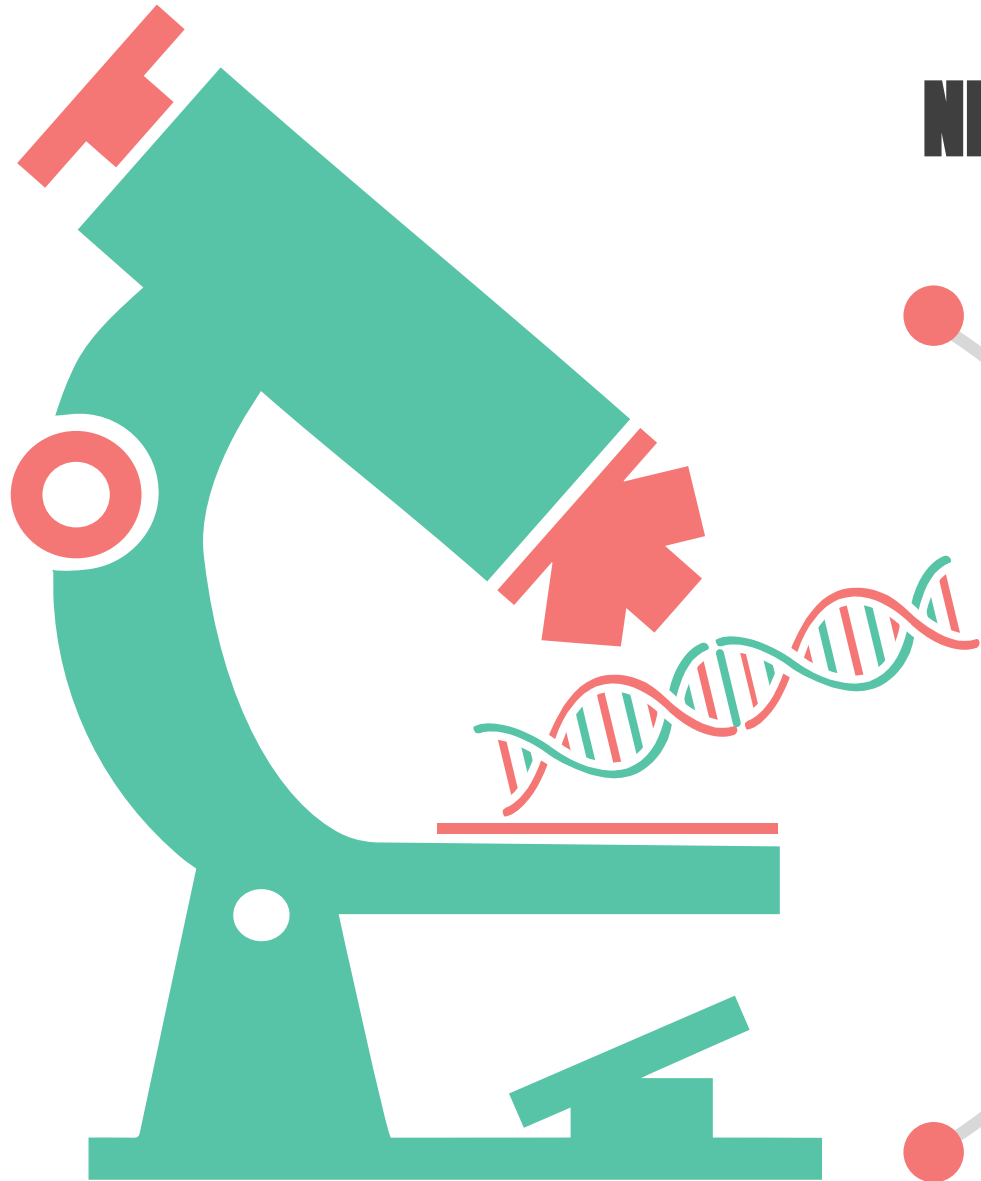


# “ TO STUDY THE ROLE OF MIASMS IN THE HOMOEOPATHIC PRESCRIBING IN CASES OF ALLERGIC RHINITIS : A CASE SERIES STUDY ”



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**NEED OF STUDY**

**AIM & OBJECTIVE**

**REVIEW OF LITERATURE**

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**CONCLUSION**

**SUMMARY**



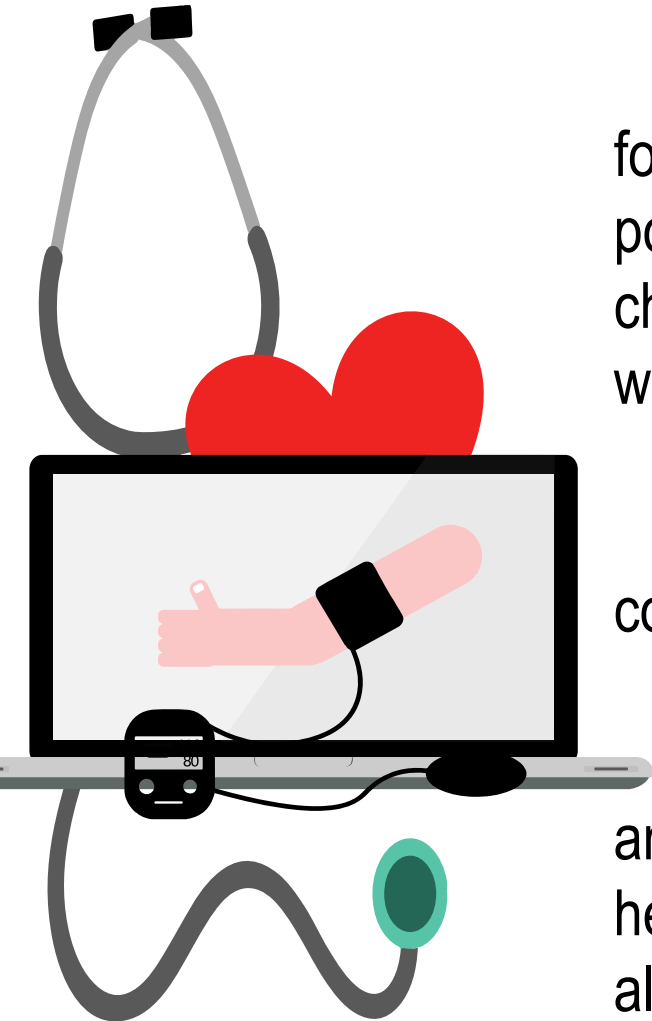
# NEED OF STUDY

Allergic rhinitis is an IgE mediated immunologic response of nasal mucosa to airborne allergens and is characterized by watery nasal discharge, nasal obstruction, sneezing and itching in the nose. This may be associated with symptoms of itching in the eyes, palate and pharynx.

Prevalence of allergic diseases including asthma rhinitis, anaphylaxis, food, drug or insect allergy, is rising worldwide affecting about 10-25% of population. Though it often adversely affects the quality of life, In majority of children had one or more comorbidity, allergic rhinitis adversely affected behavior, work performance and life style of patients.

The present treatment for allergic rhinitis is antihistamines, nasal corticosteroid sprays, Leukotriene inhibitors, Sublingual immunotherapy treatment .

Homeopathy offers lot of potential in treating various genetic disorders and it has contributed in treating patients with allergic, autoimmune and hereditary disorders worldwide. Miasma has a significant role in the treatment of allergic rhinitis.





**AIM** :-TO STUDY THE ROLE OF MIASMS IN THE HOMOEOPATHIC PRESCRIBING IN CASES OF ALLERGIC RHINITIS : A CASE SERIES STUDY

**OBJECTIVE** :-

- 1] To study the role of miasms in homoeopathic prescribing.
- 2] To evaluate the use of miasms in managing cases of allergic rhinitis.
- 3] To study the clinical presentation of allergic rhinitis.
- 4] To find out the reduction in the frequency and intensity of sneezing and running nose.

# REVIEW OF LITERATURE



- Allergic Rhinitis (AR) refers to the nasal and ocular symptoms that occur as a result of an inflammatory hypersensitivity reaction to aerollergens deposited on the nasal mucosa and conjunctiva.
- Rhinitis is the most frequent respiratory disease in the world and the most frequent manifestation of allergic disease in humans. It is often linked to other atopic diseases such as food allergy, atopic dermatitis or asthma. Nearly a quarter of the global population suffers this disorder which represents a world health problem, because it affects the quality of life, the sleep, the work and the learning.
- It is estimated that 400 million people suffer from allergic rhinitis across the world. Reported incidence of allergic rhinitis in India also ranges between 20% and 30%.

# **PHYSIOPATHOLOGY :-**

Allergic rhinitis is characterized by a two phase allergic reaction: an initial sensitization phase where allergen exposure results in IgE formation as well as induction of the humoral response, and subsequent clinical disease after repeated antigen exposure.

## **SYMPTOM OF ALLERGIC RHINITIS:-**

Anterior rhinorrhea

Especially sneezing paroxysms

Nasal obstruction

Nasal itching

Conjunctivitis unilateral symptoms

## **COMPLICATION:-**

- 1) Recurrent sinusitis
- 2) Nasal polypi
- 3) Serous otitis media
- 4) Orthodontic problems
- 5) Bronchial asthma

## **HOMOEOPATHY APPROACH:-**

Homoeopathy can be defined as a System of Drug-Therapeutics based on the Law of Similars.

As per homeopathy philosophy Organon of Medicine miasms are the root cause of diseases and depend on the miasmas the patient is carrying; patient's body gets predisposed to various disorders.

Miasma has a significant role in the treatment of allergic rhinitis.



# **RECENT RESEARCHES**

## **Recent advances in allergic rhinitis**

Published online 2018 Aug 23.

Allergic rhinitis (AR) is a common condition. Estimates of its prevalence vary widely but good epidemiologic studies suggest that 20 to 30% of adults and up to 40% of children are affected.

Symptoms can have significant negative impact on the patients' quality of life, often interfere with sleep, and contribute to poor performance at work and school.

In approaching the patient with rhinitis symptoms, clinicians must distinguish AR from non-AR (NAR) and nasal symptoms due to mechanical factors but not miss the presence of local nasal allergy.

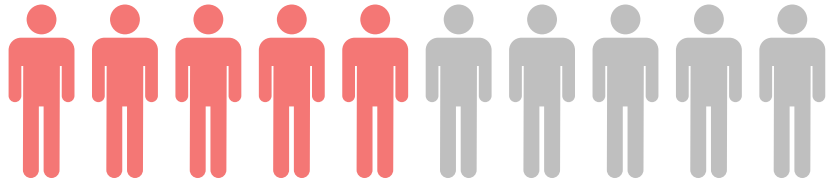
Treatment for more severe disease should employ anti-inflammatory as well as symptomatic medication





# OBSERVATION & RESULT

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## OBSERVATION NO .1



Out of 30 cases, the maximum sex incidence was seen in 16 males - 60% and 14 females - 40% of the total cases.



## OBSERVATION NO .2



Out of 30 cases, nasal discharge was found in 30 cases (100%), sneezing in 28 cases (93.33%), lachrymation in 27 cases (90%), itching of nose in 26 cases (86.66%), itching of eyes in 26 cases (86.66%), redness & burning of eyes in 10 cases (33.33%).



## OBSERVATION NO .3



The frequency and intensity of sneezing and running nose reduced in 25 cases (83.33%) and increased in 2 cases (6.66%) and was same in 3 cases (10%).

# CONTINUOUS...



## OBSERVATION NO .4

It is found that in this study, 25 cases improved and 5 cases not improved. Hence, miasmatic prescription is effective in treating allergic rhinitis.



## OBSERVATION NO .5

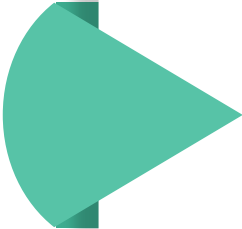
Out of 30 cases, the maximum potency used in the patients was found to be moderate 86.66% i.e. in 26 patients used moderate and in 6.66% i.e. in 02 patients used high potency & 6.66% i.e. 02 patient used low potency as per susceptibility of patients. The indicated homoeopathic medicine was prescribed in 200c, 1m & 30c.



## OBSERVATION NO .6

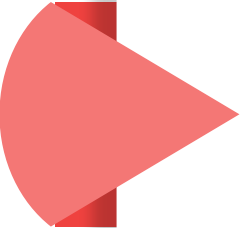
In this study out of 30 cases, it was found that patients covering the Psora-sycosis miasm (26 cases i.e. 86.66 %) miasm are prominently found in this study, 4 cases-13.33% were found in psora miasm.

# DISCUSSION

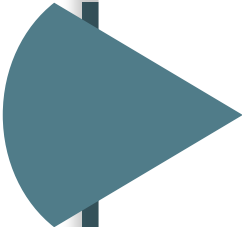


Allergic rhinitis is a common condition prevalent all over the world. It is specifically seen in young adults and children. These conditions arise, as there is an abnormal response of immune system to a specific antigen. Allergic rhinitis if untreated may be associated with chronic sinusitis, Otitis media, Allergic bronchitis etc.

The present study was carried on 30 cases that satisfied the Criteria to study the role of homeopathic remedies in the treatment of allergic rhinitis.



The highest incidence of AR is usually seen in the age group of 11 – 55 years. Hence the patients were found to be children and young adults. Male were found affected more than the females. During the study of AR below mentioned symptoms were found commonly. The maximum number of subjects presented with sneezing; hence this complaint may be considered as basic and absolute manifestations of the disease.

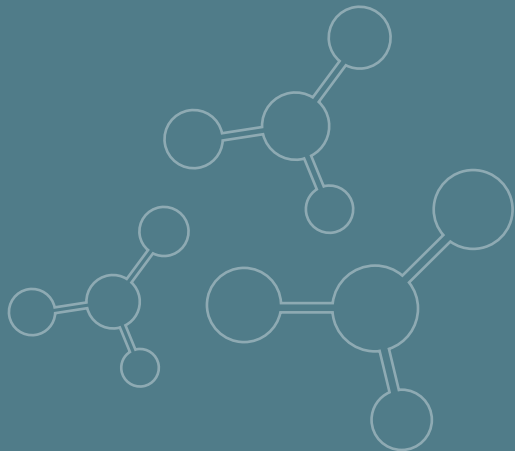


The next presenting complaints were nasal discharge, nasal obstruction, itching of nostrils, itching of eyes, excessive lachrymation, and soreness inside the nose, pain in nasal bone, mouth breathing, with pain at the root of nose, obstruction of nostrils of alternate sides, swelling inside the nose, dryness of nose, loss of smell, itching of soft palate, and with heaviness of eyes.

The difficulties faced by me while treating the subjects were these triggering factors acted obstacles in few cases. Homoeopathic medicines helped me to overcome this and satisfy the outcome.

# CONCLUSION

- In the present thesis the aim of using miasm as the basis of selection of remedy in allergic rhinitis cases was achieved as results were found to be of a good success rate. Considering the total data, out of 30 cases 25 were improved (83.33 %) and 5 were not improved. (16.66%)
- Males were found to be more prone to allergic rhinitis compared to females in this study. In this study observation shows that incidence of allergic rhinitis is 60% in males and 40% in females.



## CONTINUOUS....



- The maximum incidence of patients suffering from allergic rhinitis is in the age group of 11-40 years.
- In this study it is found that remedies which gave maximum benefit to the patient were mainly are Pulsatilla, Aconitum napellus, Sepia, Silicea, Causticum, Dulcamara, Calcarea carb, Arsenicalbum, Sabadilla, Phosphorus, Lycopodium, Tuberculicum, Belladonna, Natrum mur.
- The management of AR was more successful when both constitutional and miasmatic approaches were integrated in the treatment.

Allergic rhinitis is a common condition prevalent all over the world. It is specifically seen in young adults and children.

These conditions arise, as there is an abnormal response of immune system to a specific antigen.

Allergic rhinitis if untreated may be associated with chronic sinusitis, Otitis media, Allergic bronchitis etc. In modern medicine, nasal corticosteroid sprays, nasal decongestants sprays are for reducing nasal stuffiness.

Homeopathy is a science, which is based on similia similibus curentur i.e. likes cure like. It has its own principles and logics and its medicine also follows its rule. Each medicine has its own aspects, its own core and its own picture. So, on the basis of law of similar, it is helpful to treat complaints

# SUMMARY

## **CONTINUOUS.....**

30 cases were taken with simple random sampling, on the basis of inclusion and exclusion criteria. Total 30 cases of allergic rhinitis were taken. After detailed case taking and history of the patients was taken. Patients were considered on the basis of clinical presentation. Medicine for the each case was prescribed on the basis of miasmatic background. So the result of the treatment shows that 25 cases improved and 5 cases not improved. This shows that, miasm is effective in treatment of allergic rhinitis

**Thank You**

