

# Harilakshmi Jayachandran

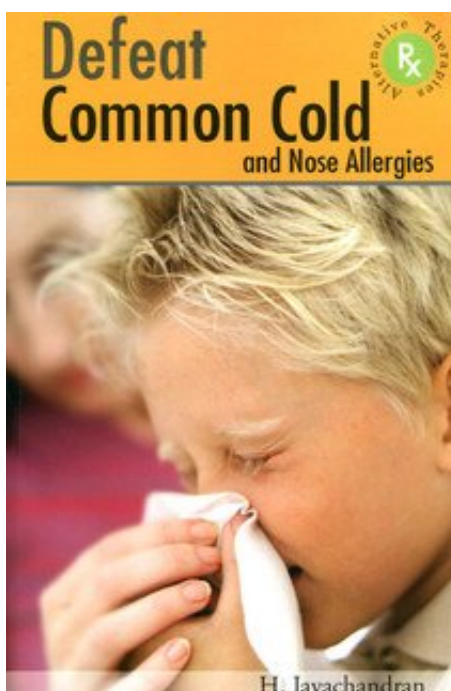
## Defeat Common Cold & Nose Allergies

Extrait du livre

[Defeat Common Cold & Nose Allergies](#)

de [Harilakshmi Jayachandran](#)

Éditeur : Health Harmony



<http://www.editions-narayana.fr/b15082>

Sur notre [librairie en ligne](#) vous trouverez un grand choix de livres d'homéopathie en français, anglais et allemand.

Reproduction des extraits strictement interdite.

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Allemagne

Tel. +33 9 7044 6488

Email [info@editions-narayana.fr](mailto:info@editions-narayana.fr)

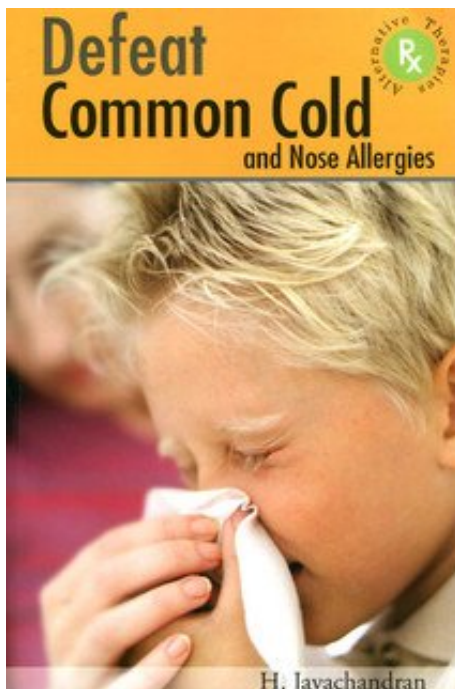
<http://www.editions-narayana.fr>



# Contents

Publisher's Note .....	v
Acknowledgement.....	vi
Preface.....	ix
1. Introduction .....	1
2. Anatomy of Nose and it's Functions.....	5
3. Rhinitis — Definition and Symptomatology.....	7
4. Rhinitis — Classification at a Glance .....	9
5. Allergic Rhinitis - Types, Description and Clinical Features .....	10
<hr/>	
6. Non-allergic Rhinitis - Types, Description and Clinical Features.....	13
7. Etiology of Chronic Non-allergic Idiopathic Rhinitis ..	21
8. Pathophysiology of Non-allergic/idiopathic Rhinitis ...	27
9. Mechanisms Operating in different forms of Non-allergic Rhinitis .....	33
10. Complications of Persistent or Recurring Rhinitis.....	36
11. Non-allergic Rhinitis in Special Cases.....	38
12. Diagnostic Tests .....	42
13. Differential Diagnosis .....	46
14. Lifestyle and Management Advice to Rhinitis Patients	49

15. Conventional Treatment of Non-allergic Rhinitis and its Drawbacks.....	53
16. Homeopathic Perspective of Non-allergic Rhinitis .....	58
17. Homeopathic Remedies from different groups - A look at the repertories.....	61
18. Treatment of Recurring Allergic / Non allergic Rhinitis - A miasmatic approach.....	69
19. Important Remedy Profiles in Rhinitis Treatment I - Acute Remedies .....	76
20. Important Remedy Profiles in Rhinitis Treatment II - Deep Acting Remedies.....	97
21. Homeopathic Management of Non-allergic Rhinitis- A Case Analysis.....	113
22. Some interesting case studies in brief .....	123
23. Supplementary therapies - Biochemic salts and Bach flower remedies .....	129
24. Alternative Methods - A Holistic Approach .....	136
25. Nasal Wash and Nasal Sprays.....	139
26. Yoga Therapy.....	141
27. Ayurveda.....	156
28. Naturopathy Combined with Yoga .....	162
29. TCM - Traditional Chinese Medicine .....	164
30. Nutritional Supplements and Dietary Advice to Patients.....	169
31. Conclusion - Living with Rhinitis.....	175
Bibliography .....	177
Appendix - A general questionnaire designed for rhinitis patients .....	179



Harilakshmi Jayachandran

[Defeat Common Cold & Nose Allergies](#)

192 pages, broché  
publication 2009



Plus de livres sur homéopathie, les médecines naturelles et un style de vie plus sain  
[www.editions-narayana.fr](http://www.editions-narayana.fr)