

# Harilakshmi Jayachandran

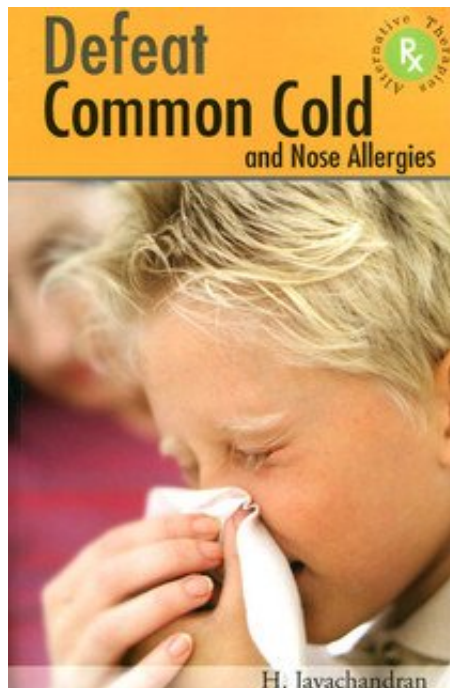
## Defeat Common Cold & Nose Allergies

Leseprobe

[Defeat Common Cold & Nose Allergies](#)

von [Harilakshmi Jayachandran](#)

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## **Homeopathic Management of Non-allergic Rhinitis - A Case Analysis**

Several patients who visit our free clinics run by **Dr Rangachari** in Singapore, have been treated for symptoms of non-allergic rhinitis. When they came for consultation, they were heavily dependent on anti-histamines to carry on their normal daily work. There was no known allergic cause for the symptoms. They have shown good progress after homeopathic treatment and their consumption of anti-histamines has reduced dramatically.

His complete case analysis of a patient who stopped taking antihistamines after taking homeopathic treatment, is presented below.

### **DETAILS OF CASE**

Name : Mr. X.

Age : 28

Nationality: Indian

Status : Married

Occupation : Technician

Work Environment : He works in an air conditioned environment which he finds very chilly.

**Chief Complaint** : Sneezing; running nose; eyes red and watering, every day

- Sneezing episodes every day after waking up in the morning
- Sneezes about 50 times or more throughout the day - feels it is due to the strong air conditioning in the office. Finds it difficult to work because of sneezing
- Sometimes, itching inside the nose is followed by sneezing.
- Sneezing more in the day and much less at night; able to sleep quite well
- Copious watery discharge from the nose and the handkerchief becomes wet
- Sometimes nose becomes blocked
- Often the eyes become red accompanied by burning and lachrymation
- After too much sneezing, patient has headache and body pain
- Worse in the air conditioned environment. Better outdoors
- Had this problem since 3 years (after coming to Singapore). Sneezing is much less when he goes to india
- He had to take anti-histamines every day and wants to stop their usage

**Other Complaints**

- Headache because of sneezing
- Head feels heavy; sensation like water moving in the head from side to when head is moved
- Body pain, especially joints, legs and hands
- Feverish feeling, but no fever

**Mentals** : Anxiety due to family responsibilities; feeling home-sickness.

**Past History** : Tendency to take cold easily.

**Family History** : Mother has asthma, hypertension and diabetes. Grandmother and elder brother have asthma. Elder brother also takes cold easily and has eosinophilia. Father has diabetes.

**Physical Appearance and Examination**

- **Appearance** : Slightly dark complexioned, medium stature, slender build
- **Examination** : Eyes slightly red, on first visit; snuffles now and then

**First Prescription (Before Repertorization)**

Based on acute symptoms, the patient was prescribed *Sabadilla*. 30C and was asked to return after a week.

**CASE ANALYSIS**

Chief Complaint : Chronic and recurrent rhinitis. Now persistent, causing difficulties at work and home.

**Miasmatic Analysis**

- **Past History** : Patient is prone to catch cold - suggests a tubercular background
- **Family History** : Mother, grandmother and elder brother have asthma; both mother and father have diabetes - suggests sycotic family background
- Current tendency for persistent rhinitis symptoms indicates that the active miasm may be psoric or tubercular.

**ANALYSIS AND CLASSIFICATION OF SYMPTOMS**

**Mental Generals**

1. *Anxiety* due to family responsibilities.
2. Home-sick feelings.
3. Slight resentment due to family disputes.
4. Likes and feels better in open space / open air.

**Physical Generals**

1. Slender build of medium height.
2. Thirst, appetite, stools, sleep are normal.
3. Likes salty food, but avoids it for health reasons.
4. Thermal status - no preference for cold or warm weather.
5. Sweats more on back and chest.
6. Feverish feeling, but no fever.

**Particulars*****Eyes***

- Quite often, the eyes become red (at least once a day).
- *Eyes watering and irritated*, even when not sneezing.
- Burning sensation in the eyes.
- Tears when coughing or sneezing.

***Nose***

- Sneezing episodes every day after waking up in the morning
- Sneezes about 50 times or more, throughout the day - feels it is due to the strong air conditioning in the office
- Sometimes, itching inside the nose is followed by sneezing
- Sneezing more in the day and much less at night; able to sleep quite well
- Copious watery discharge from the nose making the handkerchief wet
- Nose blocked; sometimes, both nostrils are blocked

***Head***

- *Headache on sides* because of too much sneezing
- Head feels heavy

- Sensation like water moving in the head from side to side when head is moved

### ***Extremities***

- Joint pain in legs and hands

### ***Modalities***

- > *In ait conditioned environment; by taking cold fruits from the refrigerator*
- > In open spaces; in the absence of air conditioning

## **EVALUATION OF SYMPTOMS (GRADING/CHOOSING SYMPTOMS FOR REPERTORIZATION)**

Since the mental or physical generals are not very pronounced, only the particulars are taken for repertorization. Symptoms in *italics* are converted to rubrics and repertorised.

### **Particulars**

#### ***Eyes***

- *Red*
- *La.chryma.tion*
- *Tears when coughing or sneezing*
- *Burning sensation*

#### ***Nose***

- *Sneezing episodes* on waking up and throughout the day
- *Itching inside the nose*
- *Copious watery discharge from the nose*
- *Nose blocked quite often; sometimes both are nostrils*
- Sneezing more in the day and less at night

#### ***Head***

- *Head feels heavy; pain in the sides*

- Sensation like water moving in the head from side to side when head is moved

### **Modalities**

- > *In air conditioned environment*, by taking cold fruits from the refrigerator
- > In open spaces; in the absence of air conditioning

## **REPERTORIZATION**

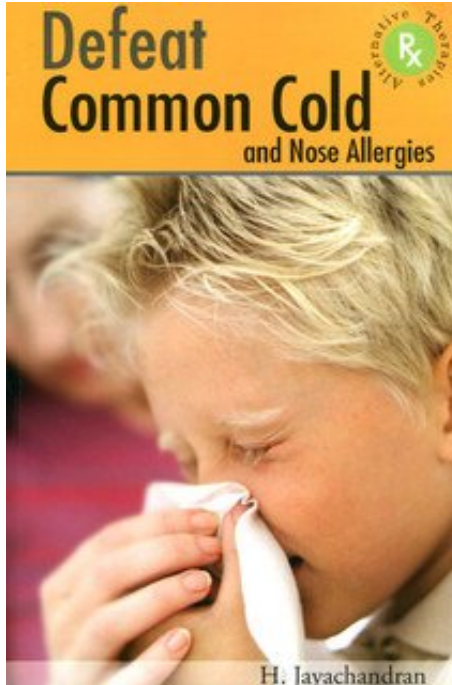
### Using **Kent's Repertory**

### **Conversion of Chosen Symptoms to Rubrics**

<b>Chosen symptoms</b>	<b>No.</b>	<b>Rubrics from Kent's Repertory</b>	<b>Page No.</b>
Redness of eyes	1	Eye, redness, lids, edges of	265
Lachrymation	2	Eye, lachrymation	245
Tears with coughing	3	Eye, lachrymation, cough, with	245
Frequent bout of sneezing	4	Nose, sneezing, paroxysmal	351
Nose blocked	5	Nose, obstruction	340
Watery discharge	6	Nose, discharge, copious	330
Itching inside the nose	7	Nose, itching, inside	339
Heaviness in head	8	Head, heaviness, sides	127
Aggravated by air conditioned room	9	Generalities, cold, air agg.	1348

### **Results of Repertorization - Group of Remedies to be Considered**

<b>Remedy</b>	<b>Marks/No. of Symptoms Covered</b>
Arsenicum	16/6
Euphrasia	11/5
Natrium mur.	19/8
Nux vom.	14/7
Sabadilla	17/9
Pulsatilla	15/6
Sulphur	18/7



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