



# SUITABILITY OF ANTI MIASMATIC MEDICATION FOR PATIENTS WITH PERENNIAL ALLERGIC RHINITIS

R. Thirugnanasambantham\* and M. Murugan

*Department of Organon of Medicine and Homoeopathic Philosophy, Sarada Krishna Homoeopathic Medical College, Kulasekharam, Kanniyakumari District, Tamilnadu.*

## ABSTRACT

Perennial allergic rhinitis is defined as sneezing with watery discharge from the nose throughout the year mostly due to cause of dust, animal dander, pollen, and allergens. The symptoms of perennial allergic rhinitis mostly sneezing with watery discharge associated with nose block and sinusitis. Homoeopathy treatment is very effective and helps in preventing recurrence and complications of allergies in the nasal cavity. This study aims to portray the efficacy of anti miasmatic treatment for treating perennial allergic rhinitis. This study also implies to identify the frequently indicated medicine in the management of perennial allergic rhinitis. The most frequently indicated medicine was phosphorus.

**KEYWORDS:** Perennial allergic rhinitis, Anti miasmatic treatment, Homoeopathy, Phosphorus.

## INTRODUCTION

Allergic rhinitis is a condition characterised by the watery discharge from the nose, nasal congestion, and sneezing. It's caused by an acute hypersensitivity reaction in the nasal mucosa and can be seasonal or perennial<sup>(1)</sup>. An allergic to inhaled particles including pollen, dust, hairs, or animal dander is the most common cause<sup>(2)</sup>. The Perennial allergic rhinitis induced<sup>(2)</sup> by animal dander, cosmetics, moulds, foods, and house dust is all allergens.<sup>(3)</sup> According to epidemiologic research conducted in several nations; the incidence of Allergic rhinitis ranges between 3 to 9 per cent. According to data, Seasonal Allergic Rhinitis affects about ten per cent of the general population, while Perennial Allergic Rhinitis affects 10 to 20 per cent of the general population.<sup>(4)</sup> In India, the prevalence of allergic rhinitis is estimated to be between 20% and 30%.<sup>4</sup> According to studies, the incidence of allergic rhinitis has just been rising in India in recent years<sup>(5)</sup>.

## MATERIALS AND METHODS

Materials and methods include the collection of data, methodology, assessment and interpretation of data. Patients were selected randomly based on clinical features, history and examination of the patient. Data were obtained from the patients, bystanders and investigator's examination. Recording of cases was done in the pre-structured case format of Sarada Krishna Homoeopathic Medical College and hospital. Cases were selected according to the inclusion criteria. A sample of 30 cases selected from among the patients with perennial allergic rhinitis visiting the Out Patient Department, In Patient Department and Rural centres of Sarada Krishna Homoeopathic Medical College for homoeopathic treatment were randomly assigned in the study.

## METHODOLOGY

Thirty patients with chronic allergic rhinitis were chosen at random from the Sarada Krishna Homoeopathic Medical College Hospital's OPD, IPD, and Rural Centre. The case information was recorded in Sarada Krishna Homoeopathic Medical College Hospital's standardised pre-structured case format. Based on the totality, a well-chosen anti-miasmatic medicine was provided. Assessments were done in the subsequent follow-up and the changes were recorded. Improvement was assessed based on the Rhinitis Control Assessment Test (RCAT) chart before and after treatment. Results were presented in tables and charts and the statistical analysis with paired t-test was done.

## RESULTS

According to this of perennial allergic rhinitis, mostly all the 30 cases were found to be covers psoric miasm (100 %). According to this study, 8 cases (26.66 %) were treated with Phosphorus, Sulphur in 6 cases (20 %), Calcarea Carb in 4 cases (13.33 %), Silicea was used in 3 cases (10 %), Natrum Mur was used in 2 cases (6.66 %), Natrum Sulph was used in 2 cases (6.66 %), Lycopodium was used in 2 cases (6.66 %), Pulsatilla was used in 2 cases (6.66 %), Hepar Sulph was used in 1 case (3.33%). In this study, the minimum

score obtained according to the symptom scoring chart was 10 and after treatment, it was found to be increased up to 21. This study on the treatment of patients with Perennial allergic rhinitis shows a significant improvement. Out of 30 cases, 11 cases (36.66 %) show marked improvement in 3 months and 1 case (3.33 %) improvement is seen only in the 4<sup>th</sup> month.

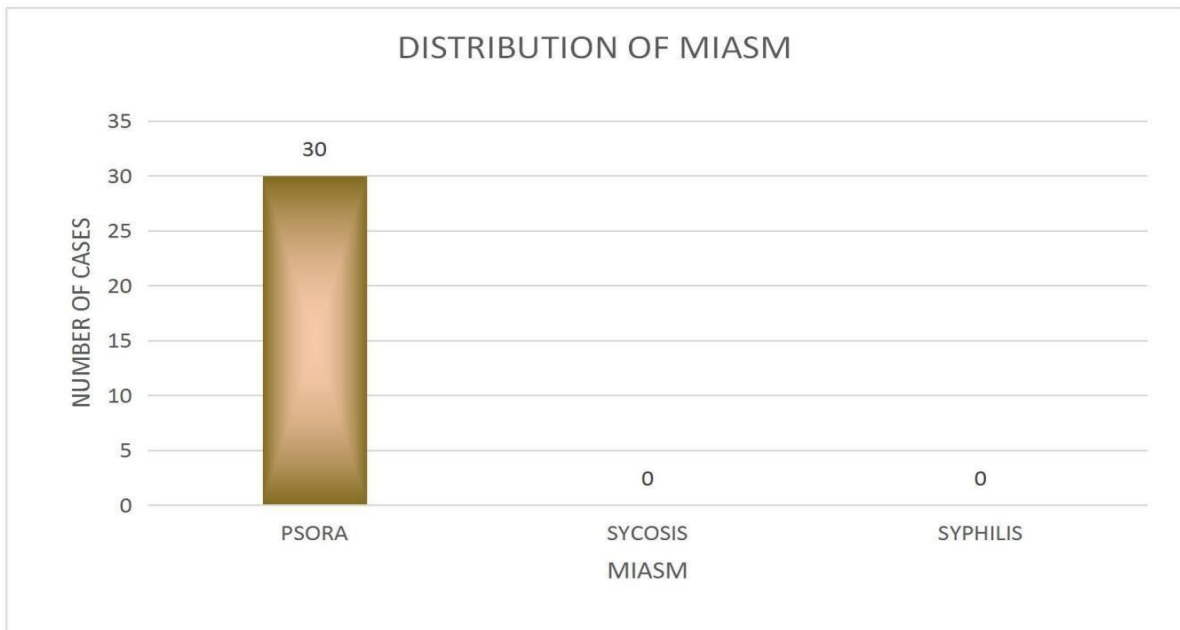


Figure 1: DISTRIBUTION OF MIASM

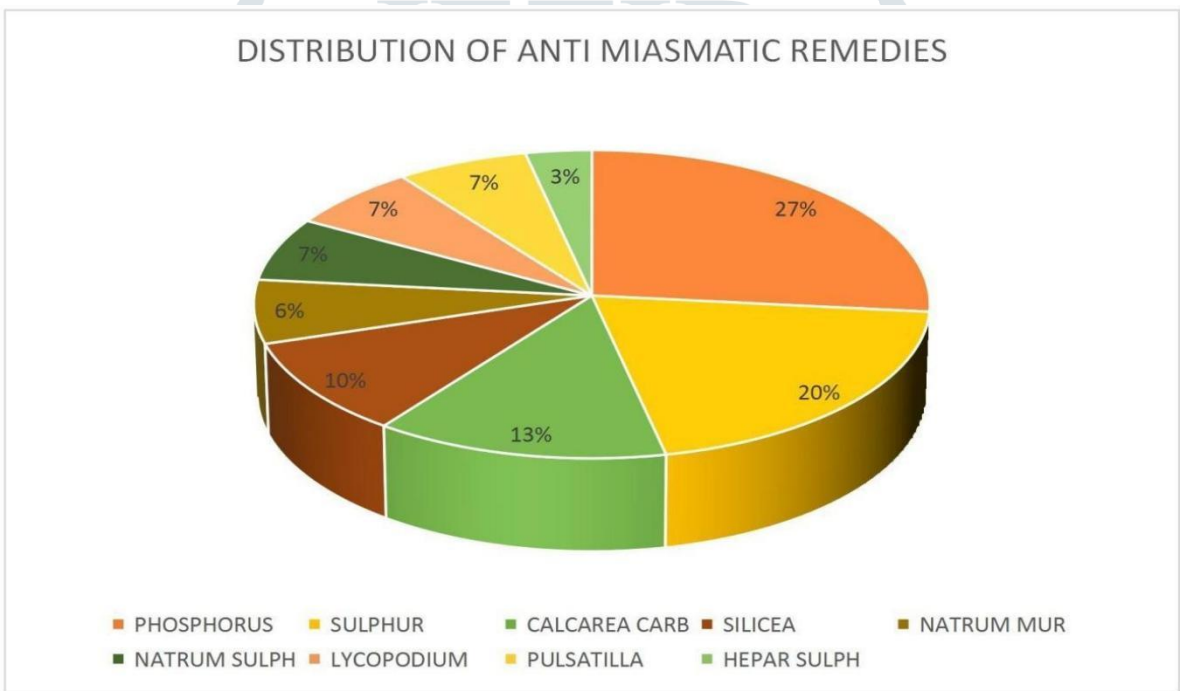


Figure 2: DISTRIBUTION OF ANTI-MIASMATIC REMEDIES

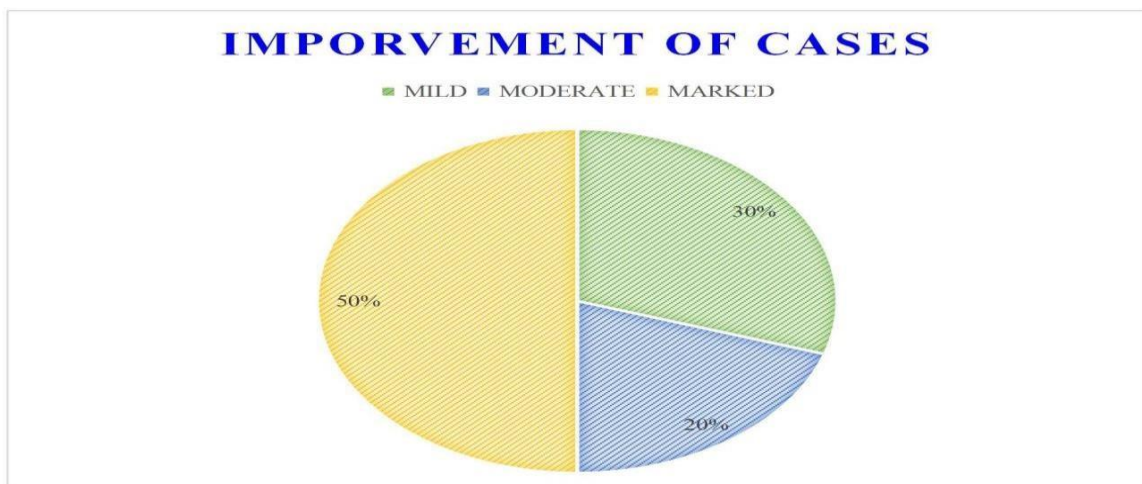
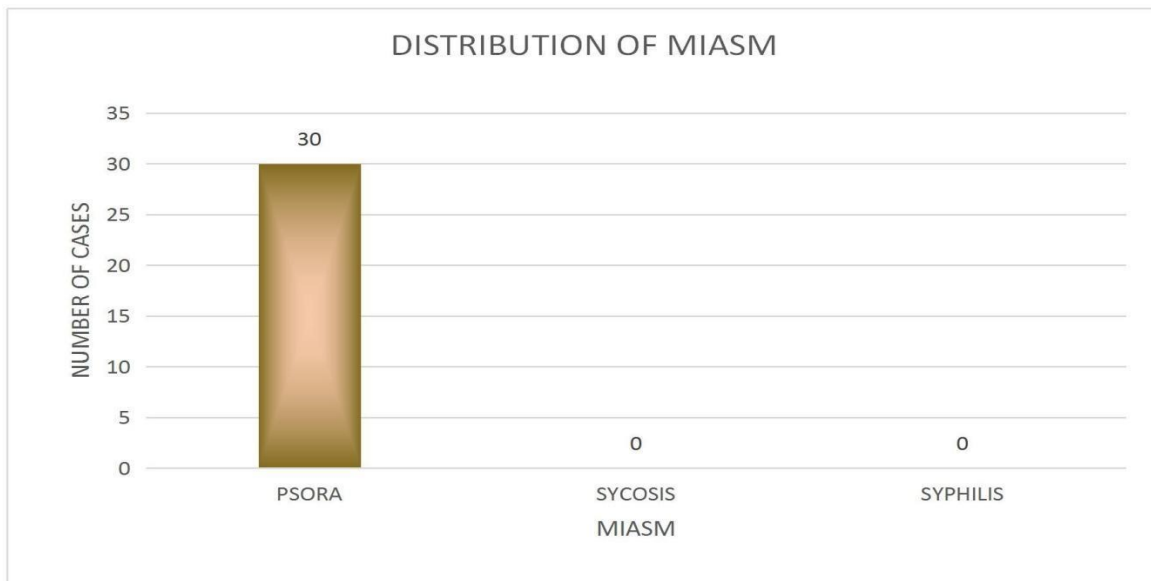


Figure 3: IMPROVEMENT OF CASES



**Figure 4: DISTRIBUTION OF MIASM**

## DISCUSSION

### Miasmatic Approach:

All the cases belong to the psoric miasm and most of the symptoms were covered by psora. Incalculably greater and more important than two chronic miasms are the chronic miasm of psora. The primary symptoms of psora were few vesicles accompanied by intolerable voluptuous, tickling itching and a peculiar odour. Psora is the only real fundamental cause and producer of all other innumerable forms of chronic disease. <sup>(6)</sup>

### Anti Miasmatic Remedy Prescribed:

Various remedies were used in the treatment of perennial allergic rhinitis. According to this study, 8 cases (26.66 %) were treated with Phosphorus, Sulphur in 6 cases (20 %), Calcarea Carb in 4 cases (13.33 %), Silicea was used in 3 cases (10 %), Natrum Mur was used in 2 cases (6.66 %), Natrum Sulph was used in 2 cases (6.66 %), Lycopodium was used in 2 cases (6.66 %), Pulsatilla was used in 2 cases (6.66 %), Staphysagria was used in 1 case (3.33%).

### Assessment Scale:

In this study, the minimum score obtained according to the symptom scoring chart was 10 and after treatment, it was found to be increased up to 21. The score will be done with help of the Rhinitis Control Assessment Test. <sup>(7)</sup> The RCAT demonstrated adequate reliability, validity, and responsiveness and was deemed acceptable and appropriate by patients. This tool can facilitate the detection of rhinitis symptom control problems, and its brevity supports its usefulness in clinical care.

### Improvement Of Patient:

In the treatment of the patients with perennial allergic rhinitis, 9 cases (30%) was a mild improvement, Out of which 6 cases where moderate improvement (20%) and 15 cases(50%) marked improvement.

## CONCLUSION

This study included 30 cases of patients with perennial allergic rhinitis selected from Sarada Krishna Homoeopathic Medical College's Out Patient Department, In Patient Department, and Rural Center. The instances were then analysed, a totality was created, and medications were administered. The severity of the symptoms was measured before and after

treatment with help of an RCAT score chart. The study found that more patients in the age category of 21 to 40 years old were affected, with males being the most affected. On the analysing of the occurrence of perennial allergic rhinitis, it was found that students were most affected and the second category was a homemaker. In this study, all 30 cases covered Psora miasm as a background.

Phosphorus was shown to be an anti-miasmatic treatment in the majority of cases. The majority number of the patients improved significantly after treatment. The paired "t" test was used to assess the statistically significant results of the pre-test and post-test results. The analysis revealed that utilising the centesimal scale, Anti miasmatic treatment was particularly efficient in treating cases with perennial allergic rhinitis. The patient is treated as a whole in Homoeopathy, preventing problems and complications thereby improving the patient's quality of life and health.

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