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# Holistic Homoeopathic Approach in IgE-Mediated Allergic Rhinitis: A Case-Based Observational Study

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## Articalinfo

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## Abstract

Allergic rhinitis (AR) is a chronic inflammatory condition of the nasal mucosa mediated by immunoglobulin E (IgE), affecting quality of life and productivity. Despite the availability of conventional therapies, many patients seek alternative treatments for sustained relief and improved well-being. Homoeopathy, based on the principle of individualisation and holistic management, offers a patient-centric approach to allergic disorders. To evaluate the efficacy of individualised homoeopathic management in cases of IgE-mediated allergic rhinitis through clinical observation and holistic assessment. Individualised homoeopathic treatment demonstrated positive outcomes in the management of IgE-mediated allergic rhinitis, suggesting a promising complementary role for holistic, patient-centered approaches. Further large-scale controlled studies are warranted to validate these findings.



## Introduction

Allergic rhinitis is a prevalent immunological disorder characterized by nasal congestion, rhinorrhea, sneezing, and itching, often triggered by environmental allergens such as pollen, dust, and mould. Globally, the prevalence of AR has been increasing, impacting social, occupational, and psychological domains. Immunoglobulin E (IgE) plays a central role in the pathophysiology of allergic rhinitis through mast cell degranulation and histamine release, leading to chronic inflammatory responses.

Conventional therapy—including antihistamines, corticosteroids, and immunotherapy—provides symptomatic relief but often fails to address the underlying hypersensitivity or the patient's

holistic well-being. Homoeopathy offers an alternative by focusing on individualized treatment, understanding the person as a whole, and aiming for restoration of internal balance.

Allergic rhinitis (AR) affects an estimated 10–30% of the global population and is a common manifestation of Type I hypersensitivity reaction mediated by immunoglobulin E (IgE), Bousquet et al. (2020). Conventional therapeutic modalities, including antihistamines, corticosteroids, and immunotherapy, primarily aim to control symptoms but fail to address the underlying immune dysregulation, Dykewicz et al., 2021.

Homoeopathy, a holistic medical system developed by Samuel Hahnemann, emphasizes individualized treatment by



considering the totality of symptoms and constitutional characteristics. Recent scientific studies suggest that potentized homoeopathic medicines may exert regulatory effects on immune mechanisms, possibly influencing cytokine profiles and IgE-mediated pathways, Bellavite et al., 2019, Khuda et al., 2020.

This study aims to evaluate the efficacy of individualised homoeopathic treatment in the management of allergic rhinitis, focusing on both clinical and immunological outcomes.

## Materials and Methods

### Study Design and Setting

A prospective, observational, case-based study was conducted at **Foster Development Homoeopathic Medical College & Hospital, Aurangabad, India**. Ethical clearance was obtained from the institutional

review board prior to study initiation.

### Sample Size and Duration

Thirty (30) patients of both genders, aged 18–55 years, clinically diagnosed with IgE-mediated allergic rhinitis, were included. The study duration was 6 months.

### 2.3 Inclusion Criteria

- Patients diagnosed with IgE-mediated allergic rhinitis (confirmed by raised serum IgE levels  $> 100$  IU/mL).
- History of recurrent sneezing, nasal discharge, and nasal blockage for  $>3$  months.
- Willingness to participate and comply with follow-up visits.

### 2.4 Exclusion Criteria



- Patients under immunotherapy or corticosteroid medication. (scale: 0–12).
- Presence of nasal polyps, chronic sinusitis, or asthma.
- Pregnant or lactating women.

## 2.5 Case-Taking and Remedy Selection

Detailed case-taking was performed following classical homoeopathic principles, including physical generals, mental symptoms, modalities, and miasmatic tendencies. Repertorization was done using **Kent's Repertory** and **Homoeopathic Materia Medica**.

Remedies were prescribed in 30C or 200C potency as per susceptibility.

## 2.6 Assessment Parameters

- **Total Nasal Symptom Score (TNSS)** – Sneezing, rhinorrhea, itching, and nasal obstruction

- **Serum IgE levels (IU/mL)** – Baseline and after 12 weeks.
- **Visual Analogue Scale (VAS)** – Patient's subjective feeling of relief (0–10). Follow-up assessments were performed every 4 weeks.

## Statistical Analysis

Data were analyzed using paired *t*-test and Wilcoxon signed-rank test. A *p*-value <0.05 was considered statistically significant.

## Results and Discussion

The study demonstrates that individualized homoeopathic remedies can effectively reduce both subjective and objective parameters in IgE-mediated allergic



rhinitis. Reduction in serum IgE levels indicates modulation of the hypersensitive immune response. The improvement in constitutional symptoms such as fatigue, irritability, and sleep disturbance highlights the holistic effect of homoeopathic therapy. These results are consistent with previous studies that have shown positive outcomes with individualized homoeopathy in allergic conditions. The individualized selection and minimum dose principles appear to enhance both immune balance and psychological well-being.

The present study demonstrates that individualized homoeopathic treatment results in significant improvement in both subjective and objective parameters of allergic rhinitis. Reduction in serum IgE levels supports the hypothesis that homoeopathy may act through

immunomodulatory mechanisms rather than mere symptomatic palliation, Witt et al., 2005, Nayak et al., 2017.

Significant reduction was observed in the TNSS ( $p < 0.05$ ) and IgE levels after individualized homoeopathic intervention. The majority of patients (83%) reported marked to moderate improvement in sneezing, nasal obstruction, rhinorrhea, and itching. Remedies frequently prescribed included *Natrum muriaticum*, *Arsenicum album*, *Sulphur*, *Nux vomica*, and *Calcarea carbonica*. Holistic improvement in sleep, appetite, and mental calmness was also reported.

Holistic management through homoeopathy not only addresses nasal symptoms but also improves sleep, concentration, and overall vitality—reflecting its psychosomatic benefits, Patil et al.,



2022. The concept of *vital force* aligns with modern psychoneuroimmunological understanding of allergic disorders, where emotional stress modulates immune responses Gupta et al., 2021.

The individualized approach ensures that the treatment is tailored to each patient's constitution, mental state, and modality, which distinguishes homoeopathy from standardized pharmacotherapy. The study demonstrates that individualized homoeopathic remedies can effectively reduce both subjective and objective parameters in IgE-mediated allergic rhinitis. Reduction in serum IgE levels indicates modulation of the hypersensitive immune response. The improvement in constitutional symptoms such as fatigue, irritability, and sleep disturbance

highlights the holistic effect of homoeopathic therapy.

These results are consistent with previous studies that have shown positive outcomes with individualized homoeopathy in allergic conditions. The individualised selection and minimum dose principles appear to enhance both immune balance and psychological well-being.

#### **Report of case study:**

##### **Case no. 1**

OPD No. -B3836

Date-14/09/2020

Name- Sakshi Bodekar

Age- 20

Gender- F

Marital Status- unmarried  
occupation- student

Address-Aurangabad



## Chief complaints

Recurrent & repeated sneezing 10 to 15 times since 8-9 months but increased since 3 months.

Paroxysm 2+

Location	Sensation & complaints	Modalities	Concomitant
Nose:- origin since 8-9 months & increased since 3 months Onset: gradual Progress: Rapid Duration: 3-4 days Progress: slow Frequency: twice in month Intensity: moderate	Recurrent & repeated sneezing 8 to 10 times. Paroxysmal 2+ Watery Discharge. Nasal obstruction	<early morning <dust, <cold exposure	Dullness Concentration difficult.
Eye	Redness, Itching, Watering of eyes.	<morning <cold	

Past history: Recurrent tonsillitis

Perspiration- scanty

Family history: Father- hypertension;

urine- pale urine

Mother: Allergic rhinitis

Stool- no complaints

Patient as person (Physical generals):-

sleep- sound

Appetite- average; Diet- mixed

Dreams- not specific

Thirst- 7-8 glass/day

thermal state- cilly

Desire- Eggs

Aversion-sweets



Physical constitution- Fair in complexion, average in height, thin built

Mentals: mental General symptoms (Life space)- A 12 yrs male child is from middle class family. The family have good interpersonal relationship among them. She doesn't contribute in household work as physical exhausts her & she doesn't like to work.

She has average performance in academics, she forgets about her home work & needs constant supervision from her mother for their completion. She gets exhausted after reading or writing one or two pages. She also forgets

about her belonging in school & is scolded by her parents & teachers.

After scolding she becomes angry.

She likes to travel. She has fear of lightening, ghost, lizards, cockroaches, rats. She avoids fear full things & if exposed to this, she needs someone to be near her.

### **General examination-**

General appearance: fair, average height  
Built-thin

pulse-90b/min  
RR- 18 breaths/min

B.P.-108/70 mmHg

Temperature- afebrile  
Pallor- +

Oedema----

nails- brittle

Eyes-

teeth- NAD

Throat-

tongue- normal

Lymphnodes- NAD

Systemic examination-

RS- NAD

CVS-S1S2 N



GIT- NAD

CNS-NAD

INVESTIGATION-

DIAGNOSIS- Allergic rhinitis

GUT- NAD

Miasmatic diagnosis-syco-psoric

FRS- NAD

### Analysis and evaluation of symptoms-

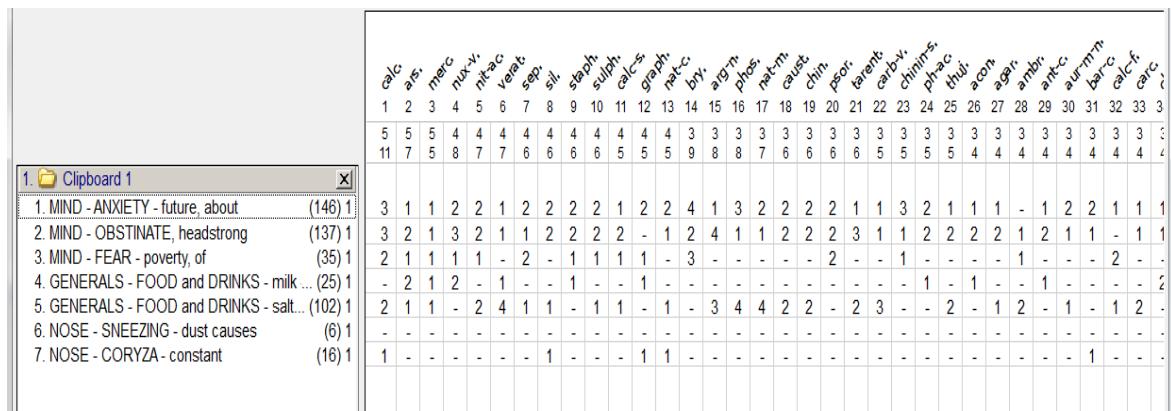
Mental general	Physical general	Particular symptoms
Forgetful Fear of ghost Anger contradiction from Desire to travel Dullness Precocity of children's	Craving eggs Aversion to sweets	Nose obstruction whole day Sneezing dust exposure to Itching of nose

### Re\*er

Forgetful	Fear of ghost
Anger contradiction from	Desire to travel
Mind dullness	Precocity of children's
Craving eggs	Aversion to sweets
Nose obstruction the whole day	
Sneezing dust exposure	
Itching of the nose	



## Repertorization-



Prescription- Cal Carb200- Single doses

Placebo- BD/ 30 days

**Follow up:**

Date	Complaints	Prescription
15/10/20	No significant change in the complaints, but general feeling is better	Calcarea Carb200 sd SL/BD for 15 days
30/10/20	There is slight > in obstruction of nose. The general feeling is better after medicine	SL/BD for 15 days
16/11/20	The symptoms are < last 3 days. Patient feels week & exhausted	Calc Carb 30/ BD for 2 days SL/BD for 15 days
04/12/20	General feeling is better. No any repeat episode of coryza, sneezing is still there.	SL/BD/1month
05/01/21	Suffering from sneezing early morning with watery discharge but asymptomatic whole day	SL/BD for 1 month

Investigations after treatment:



**Result:** case is improved.

### Case No. 2

OPD No. -B3639

Date-21/08/20

Name- Nisha

Age-24

Gender-female

Marital Status- unmarried

occupation- student

Address-Aurangabad

Chief complaints

Location	Sensation & complaints	Modalities	Concomitant
RS Nose since 4 Months 4-5 days with	Sneezing immediately a/f the exposure to Dust. Sneezing with profuse coryza. H/O suppression Of skin eruptions.	< morning < dust < cold >rest	Weakness Cann't concentrate on the work. Redness

Past history: fracture Lt. Radius in 5<sup>th</sup> std.

Desire- Salt

Family history: Father-Eczema over the

Aversion-Milk

arm; Mother: Allergic rhinitis

Perspiration- over the head

Patient as person (Physical generals):-

urine- pale urine

Appetite- average; Diet- mixed

Stool- no complaints

Thirst-7-8 glass/day

sleep- Desire to sleep



Dreams- not specific

thermal state-Chilly

Physical constitution- lean, Red lips, fair

Gyn./ Obs. History:

Menarche- 12 yrs

L.M.P.- 15/08/20

Menstrual History- 28 days/ 3-5 days red/ No pain

Leucorrhea- white occasional

Mentals: mental General symptoms (Life space)-

Patient from Aurangabad. In school days a s well as till 12<sup>th</sup> std, She got 75% marks in 10<sup>th</sup>. She took commerce subject because of her ambition was high. But unfortunately she got 50% marks in 12<sup>th</sup> std. Everything was rechecked but in vain. Patient wept a lot of disappointment. She suffered for one month with depression. She decided not to learn further. But due to parents & relatives advice. She decided to learn further. She took admission B. Com. she was failed due to difficulty in commerce subject. Now a days she is staying in house with mother doing house work. She has decided to do M. Com with correspondence college.

Noe a days her father business is slack due to closer of many companies. Patient is anxious about her father's future because she feels that after her marriage there would be no one to look after him. Overall a reserved person by nature with a few friends.

**General examination-**  
 General appearance: fair, red lips  
 Built- Moderate  
 Pulse- 60b/min  
 RR- 19 breaths/min  
 B.P.-130/70 mmHg  
 Temperature- afebrile  
 Pallor- +  
 Oedema- NAD  
 nails- brittle  
 Eyes- pink  
 teeth- NAD



Throat- NAD

GIT- NAD

Lymphnodes-NAD

CNS-NAD

Systemic examination-

GUT- NAD

RS- NAD

INVESTIGATION-

CVS-S1S2 N

DIAGNOSIS- Allergic rhinitis

Miasmatic diagnosis-syco-psoric

### Analysis and evaluation of symptoms-

Mental general	Physical general	Particular symptoms
Anxiety about future Obstinate Weeping disposition Fear of poverty Dullness coryza during Hopeful alternating with discourage.	Salt desire for Aversion to milk	Sneezing due to dust Sneezing throughout day Sneezing with profuse coryza Nose coryza constant

### Totality of symptoms-

Anxiety about future  
Obstinate  
Weeping disposition  
Fear of poverty  
Dullness during coryza  
Aversion to milk  
Desire for salt  
Sneezing due to dust  
Coryza constant



## Repertorization-

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34		
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Prescription- Cal Carb200- Single doses

Placebo- BD/ 30 days

## Follow up:

Date	Complaints	Prescription
21/09/20	No significant change in the complaints, but appetite increased.	Calcarea Carb200 sd SL/BD for 15 days
06/10/20	Complaints are still there but less severity. The general feeling is better after medicine	SL/BD for 15 days
21/10/20	The symptoms are > last 3 days. Patient feels week & exhausted	Calc Carb 200/ BD for 2 days SL/BD for 15 days
09/11/20	General feeling is better. No any repeat episode of coryza, sneezing is still there.	SL/BD/1month
05/12/20	Came with dullness increased with the sneezing in morning. But appetite improved sleep is sound	SL/BD for 1 month



### Investigations after treatment:

**Result:** the patient continued the medicine with progressive better result.

### Case No 3

OPD No. -B3816

Date-15/08/20

Name- Ramaesh Jadhav

Age-34

Gender- Male

Marital Status- married      occupation- Businessman,      Address-

Aurangabad

Chief complaints

Past history: fracture: suffered from chicken pox in childhood.

Family history: Father- Apparently healthy; Mother: Allergic rhinitis

Patient as person (Physical generals):-

Appetite- average; Diet- mixed      Thirst-8-9 glass/day

Desire- Alcohol      Aversion- NS

Perspiration- profuse      urine- pale urine

Stool- Regular      sleep- Restless during sleep,

position- change position during

sleep



Dreams- not specific

Thermal state-Hot

Physical constitution- dark complexion, stout & tall

Mentals: mental General symptoms (Life space)-

Patient started a business after his studies, but he faced loss in his business. He got disappointed & to come out of it, started drinking alcohol. His wife does not like this, there are frequent conflicts between him & his wife on this matter. He has become irritable these days, & doesn't listen to what his wife says.

General examination-

General appearance: dark complexion

Built- Moderate

Pulse-72b/min

RR- 18 breaths/min

B.P.-120/80 mmHg

Temperature- afebrile

Pallor- +

Eyes- itching present

Throat-NAD

Lymphnodes-NAD

Systemic examination-

RS- NAD

CVS-S1S2 N

GIT- NAD

CNS-NAD

GUT- NAD

INVESTIGATION-

DIAGNOSIS- Allergic rhinitis

Miasmatic diagnosis-syco-psoric

Analysis and evaluation of symptoms-

Mental general	Physical general	Particular symptoms
Anger	Alcohol desire Thermal-Hot	Nasal discharge profuse Sneezing paroxysmal



Ailment from mortification Grief		Itching inside posterior nares
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Totality of symptoms-

Anger

Ailment from mortification

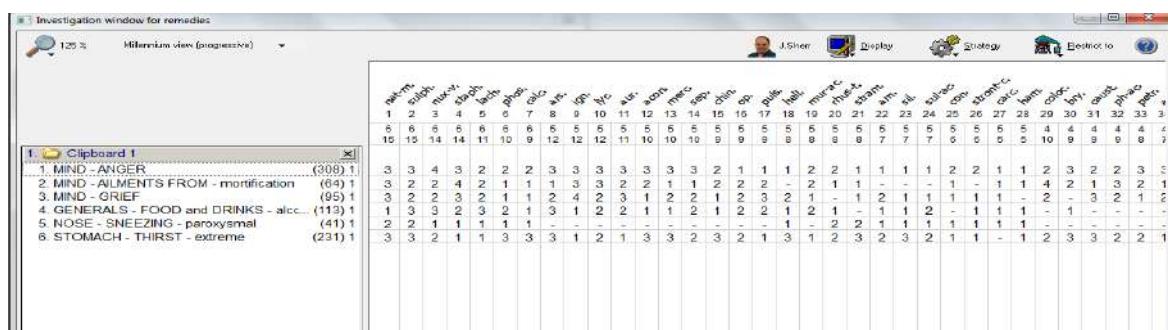
Grief Alcohol desire

Nasal discharge profuse

Sneezing paroxysmal

Itching inside posterior nares

Repertorization-



Prescription- Nat mur 200- Single doses

Placebo- BD/ 30 days

Follow up:

Date	Complaints	Prescription
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16/09/20	No significant change in the complaints, but appetite increased.	Nat mur200 sd SL/BD for 15 days
02/10/20	Complaints are still there but less severity. The general feeling is better after medicine	SL/BD for 15 days
19/10/20	The symptoms are > last 3 days. Patient feels week & exhausted	Nat Mur 200/ BD for 2 days SL/BD for 15 days
20/11/20	General feeling is better. No any repeat episode of coryza, sneezing is still there.	SL/BD/1month
21/12/20	Came with dullness increased with the sneezing in morning. But appetite improved sleep is sound	SL/BD for 1 month

Investigations after treatment:

Result: the patient continued the medicine with progressively better result.

#### Case No 4

OPD No. -B4431

Date- 05/08/20

Name- Amresh Kumar

Age-30

Gender- Male

Marital Status- unmarried      occupation- bussiness      Address-Aurangabad

Chief complaints

Past history: suffered from measles in childhood

Family history: Father- DM ; Mother: HTN



### Patient as person (Physical generals):-

Appetite- Moderate	Diet- mixed	Thirst-8-9 glass/day
Desire- Bitter food		Aversion- NS
Perspiration- Normal, on exertion		urine- pale urine
Stool- Regular		sleep- Normal, position straight
Dreams- Unremembered		Thermal state-Hot

Physical constitution- dark complexion with oily skin, tall

Mentals: mental General symptoms (Life space)-

Patient has spent his childhood alone mostly staying at hostel, after education he got married, but there was frequent conflicts between his wife so they got separated a year ago. He constantly thinks about past events in his life. Introvert, speaks less with family & friends. Doesnot like to be with his friends & likes to be alone.

General examination-

General appearance: dark complexion with oily skin

Built- Moderate	Pulse-72b/min
RR- 15 breaths/min	B.P.-120/80 mmHg
Temperature- afebrile	Pallor- +



Eyes- itching present

Throat-NAD

Lymphnodes-NAD

Systemic examination-

RS- NAD

CVS-S1S2 N

GIT- NAD

CNS-NAD

GUT- NAD

INVESTIGATION-

DIAGNOSIS- Allergic rhinitis

Miasmatic diagnosis-syco-psoric

Analysis and evaluation of symptoms-

Mental general	Physical general	Particular symptoms
Brooding Aversion to company	Bitter food desire Thermal-Hot	Nasal discharge like white of egg Itching in inner canthi Lachrymation during coryza

Totality of symptoms-



Brooding

Aversion to the company

Bitter food desire

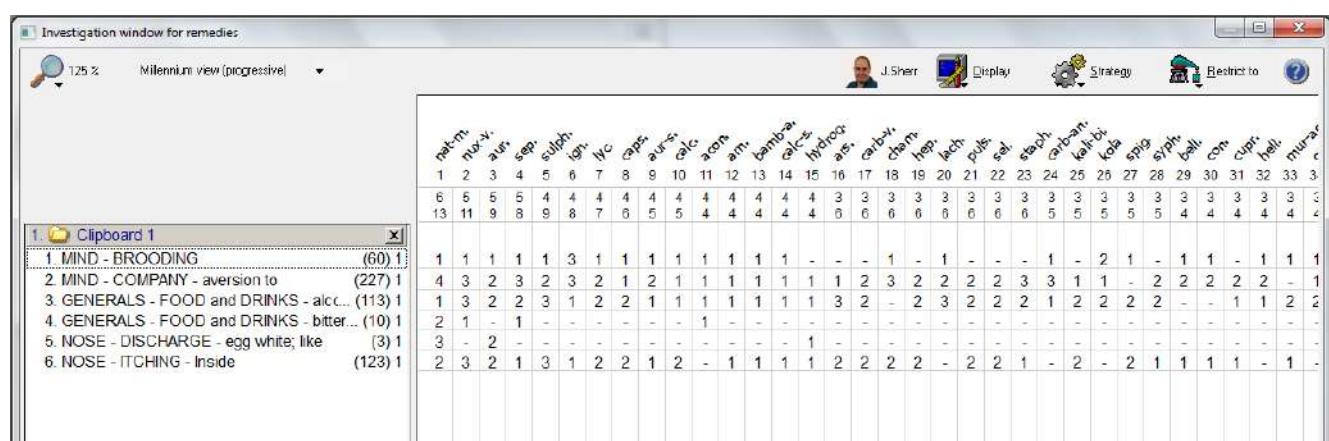
Thermal hot

Nasal discharge like white of an egg

Itching in the inner canthi

Lachrymation during coryza

Repertorization-



Prescription- Nat Mur 200- Single dose

Placebo- BD / 30 days

Follow up:

Date	Complaints	Prescription
05/09/20	No significant change in the complaints, but appetite increased.	200 sd SL/BD for 15 days
21/09/20	Complaints are still there but less severity. The	SL/BD for 15 days



	general feeling is better after the medicine	
07/10/20	The symptoms are > last 3 days. Patient feels week & exhausted	Nat Mur 200/ BD for 2 days SL/BD for 15 days
24/10/20	The general feeling is better. No any repeat episode of coryza, sneezing is still there.	SL/BD/1month
25/11/20	Came with dullness increased with the sneezing in the morning. But appetite improved sleep is sound	SL/BD for 1 month

Investigations after treatment:

Result: the patient continued the medicine with progressively better results.

## Conclusion

Individualised homoeopathic management offers a safe, effective, and holistic approach to IgE-mediated allergic rhinitis. The observed clinical and immunological improvements suggest that

homoeopathy may contribute to immune homeostasis and long-term remission. Further randomised controlled trials with molecular markers are warranted to elucidate the mechanisms of action.



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