



A Case Report on utility of Tuberculinum management of Allergic Rhinitis

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ABSTRACT:

Allergic rhinitis is a worldwide and most common problem that can worsen during the harvest season. Symptoms lead to sleep disturbances, fatigue, depression, mood and cognitive function that impair quality of life and productivity. Therefore, the case presented here studies the role of Tuberculinum in the treatment of allergic rhinitis. This case presented with episodes of sneezing and watery nasal discharge and on this basis Tuberculinum 200 was given as an intercurrent remedy followed by an acute totality remedy and marked improvement was noted.

Key words: allergic rhinitis, Tuberculinum, Intercurrent medicine

Introduction:

Allergic rhinitis occurs as a result of an immediate hypersensitive reaction of the nasal mucosa. Grass pollen is responsible for hay fever, the most common type of seasonal allergic rhinitis. Year-round allergic rhinitis may be a specific response to antigens originating from house dust, mold spores, or animal dander, but similar symptoms may be caused by physical or chemical irritants. In the seasonal type, sneezing attacks are frequent, with copious watery discharge from the nose and nasal obstruction. In the perennial variety, symptoms are similar but more continuous and generally less severe. (1)

Allergic rhinitis is one of the most common allergic diseases worldwide, affecting about 10-25% of the population. It is one of the top ten reasons for seeing a primary care physician. (2) The reported incidence of allergic rhinitis in India is also between 20% and 30%.

Case profile:

A 35-year-old woman came in complaining of a watery nasal discharge. Sneezing 6-7 episodes at a time, followed by watery discharge, increased from 6-7 months. The complaint is aggravated by dustiness, change of weather and in the evening around 7-8 pm. Steam inhalation is better. 2 years ago complaints started for which she took allopathic medicine (tab Cetrizine once or twice a week) but got temporary relief.

Location	Sensation	Modality	Concomitant
Nose	Sneezing ⁺³ Nasal discharge ⁺²	<dust, change of weather, evening ⁺³ >steam inhalation ⁺²	-

A/F: No ailments from available.

Past history	Family history
Patient is a known case of Hypothyroidism since 3-4 years on regular treatment (tab Eltroxin 100 mcg). H/O convulsions 2-3 years back on tab Levera 500mg. Takes tab after every 2 days at night. 1 st attack - 21 days after delivery in 2018 2 nd attack - last year	Mother died 3-4 years ago H/O? OA to mother

Personal history:

Appetite	Normal
Thirst	Thirsty, large quantity at small intervals
Desire	Spicy ⁺³
Aversion	Nothing specific
Perspiration	Scanty only on exertion ⁺²
Sleep	Refreshing, sound sleep
Dreams	Do not remember
Urine	3-4times a day, no other complaints
Stools	Satisfactory stools once a day
Thermals	Ambithermalpatient

Menstrual history:

Menarche: 14 years

LMP: 03/ 06/ 2022

Duration: 3-4days

Cycle: 28-30 days

Flow: Dark red and clotted and offensive

Associated complaints: Leucorrhoea 2 days prior to menses

Obstetrics history:G₃P₃A₀L₃G₁ FTCS - girl child - 11 years old - oligohydramniosG₂ FTCS - girl child - 7 years oldG₃ FTCS - girl child - 3 years old**Vital data:**

Temperature: Afebrile

RR: 15/min

Pulse: 90/ min

BP: 100/70mmhg

General Examination:

Pallor: Absent

Edema: Absent

Cyanosis: Absent

Icterus: Absent

Lymphadenopathy: Not palpable

Systemic Examination:RS: A_EB_E

CVS: s1s2+

GIT: Soft and non-tender

CNS: Conscious and oriented

Local examination

Nose -watery discharge from nose

Throat-NAD

Eyes-NAD

Mental history:

Patient's childhood was spent in Ahmedabad. She has 2 sisters and 2 brothers. Patient is very much attached to her mother. She came to Aurangabad after marriage, here she stays with her husband and three daughters. She gets irritated due to household things and when her daughters fight or do mischiefs⁺³. Weeps when someone shouts at her only when she is alone⁺². She is mild religious. Her hobbies are drawing and listening to music.

Analysis of symptoms:

Characteristic Mental Generals	Irritable ⁺³ Weeps alone ⁺²
Characteristic Physical generals	Desire - spicy ⁺³ Thirst - thirsty, large quantity at small intervals ⁺² Perspiration - scanty only on exertion ⁺²
Characteristic physical particulars	Sneezing ⁺³ <dust, change of weather, evening ⁺³ >steam inhalation ⁺² Nasal discharge ⁺²

Totality:

1. Irritable⁺³
2. Weeps alone⁺²
3. Desire – spicy⁺³
4. Thirsty for large quantity of water⁺²
5. Scanty perspiration⁺²
6. Sneezing <dust⁺²
7. Sneezing <change of weather⁺²
8. Sneezing < evening⁺²
9. Nasal discharge⁺²

Prescription:

Tuberculinum 200 2P

Cosmos 30 4 pills TDS x 15 days

Follow up:

21/06/22	Sneezing decreased Watery discharge decreased Headache <eructation's Stopped cetirizine	Treatment: Rubrum 4 pills x TDS x 7days
15/07/22	Sneezing No other complaints	Tuberculinum 200 2P Cosmos 30 4 pills x TDS x 15 days
02/08/22	Sneezing reduced Headache reduced Watery discharge ⁺¹ No gaseous distension 70-80% relief	Tuberculinum 200 1P Cosmos 30 4 pills x TDS x 7 days

Discussion and conclusion:

The following data were available from the Tuberculinum report for allergic rhinitis: Tuberculinum reduces the difficulty of nasal symptoms, i.e. watery discharge from the nose, sneezing, which worsened with a change in weather, dust or in the evening and also covered the patient's psyche.

This study shows a conclusion about the effectiveness of tuberculin in allergic rhinitis. Tuberculinum 200 is always a good start when treating allergic rhinitis. It shortens the duration of the attack and sometimes completely cures the patient.

Declaration of patient consent

The authors acknowledge receipt of all relevant patient consent forms. In the form, the patient gave consent to send images and other clinical information to this journal. The patient acknowledges that his name and initials will not be published and that reasonable efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

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