



To Study the Efficacy of Sabadilla in Acute Allergic Rhinitis

Dr. Rahul Jayant Velhankar M.D. (Hom.)

Associate Professor & HOD, Department of Pathology & Microbiology,
Shri Bhagwan Homoeopathic Medical College, Chhatrapati Sambhajanagar. (M.S.) India
E-mail: velhankardrrahul@gmail.com

ABSTRACT

Allergic rhinitis is an IgE-mediated immunological response of the nasal mucosa to airborne allergens and is characterized by a watery nasal discharge, nasal obstruction, sneezing and nasal itching. This may be associated with symptoms of itching in the eyes, palate and pharynx.

It is a very common disorder that affects people of all ages and peaks in adolescence. It is often ignored, underdiagnosed, misdiagnosed and mistreated, which not only harms health but also has societal costs. Although allergic rhinitis is not a serious disease, it is clinically relevant because it is the basis of many complications, it is a major risk factor because it affects quality of life and productivity at work or school.

In the modern system of medicine, the treatment for allergic rhinitis is antihistamines to treat allergy symptoms. These antihistamines cause drowsiness leading to inconvenience for patients in their daily routine. Homeopathy has a significant role in the treatment of acute allergic rhinitis. The homeopathic remedy Sabadilla, if chosen on the basis of similarity of symptoms, will help in the treatment of acute allergic rhinitis. Sabadilla proves to be an effective treatment in cases of acute allergic rhinitis.

KEYWORDS: Allergic Rhinitis, Sabadilla, Pathology, Homoeopathy.

INTRODUCTION

Allergic rhinitis is a type of nasal inflammation that occurs when the immune system overreacts to allergens in the air. This can manifest as symptoms of sneezing and runny nose with itching in the nose, eyes, palate and pharynx.[1]

Allergic rhinitis can run in families. If both parents are allergic, the incidence of the disease in children is high. It often begins at puberty and increases during pregnancy.[2]

Dust, pollen, animal odor, feathers, house, mold, house dust and dust mites, changes in humidity and air pollution, cosmetics and powders, and foodstuffs such as eggs, cocoa, fish, citrus fruits, milk, fumes and smoke are precipitating factors for allergic rhinitis. [2]

Worldwide, the prevalence of allergic rhinitis has slightly increased.[3] It accounts for more than 50% of all allergies in India.[1] The prevalence of allergic rhinitis in the United States ranges from 3% to 19%, and 30–60 million people are affected each year. Allergic rhinitis develops before the age of 20 in 80% of cases. In 2012, 9% of children under 18 and 7.5% of adults reported allergic rhinitis in the past 12 months. The highest prevalence of severe allergic rhinitis symptoms in children was observed in Africa and Latin America.[3]

Current treatments for allergic rhinitis are antihistamines to treat allergic symptoms; these are taken orally; many of which cause drowsiness, nasal corticosteroid sprays, nasal decongestants to reduce nasal congestion, leukotriene inhibitors, allergy shots, sublingual immunotherapy (SLIT) treatment.[4]

Homeopathy has an important role in the treatment of allergic rhinitis. Homeopathic remedies work by optimizing an overactive immune system. Homeopathic remedies provide the body with a stimulus, such as a trigger or allergen, which leads to a gradual desensitization of the immune system. Homeopathic treatment is based on the principle of "similia similibus curentur".

In homeopathy, there are many medicines that help in the treatment of allergic rhinitis. One such remedy is Sabadilla. Sabadilla helps with continuous coryza, constant runny nose, violent spasmodic sneezing, nasal congestion and watery eyes.

REVIEW OF LITERATURE

ALLERGIC COLD:

Allergic rhinitis is a type of nasal inflammation that occurs when the immune system overreacts to allergens in the air.[7]

ETIOLOGY:

1. Age: Young adults from 15 years and tends to subside after 40 to 50 years. It can also affect small children.
2. Gender: both sexes.
3. Predisposing factors
 - Hereditary: May run in families. If both parents are allergic, the incidence of the disease in children is high.
 - Hormonal: Often begins at puberty and increases during pregnancy.
 - Climate: change in humidity and atmospheric pollution can make the nose more susceptible to allergies.
 - Emotional: psychological factors.
4. Precipitating factors

Allergens are exogenous or endogenous:

a) EXOGENE (external factors)

- Inhalation substances: dust, pollen, animal odor, feathers, molds, house dust and dust mites.
- Ingredients: foods such as eggs, fish, milk, citrus fruits and cocoa.
- Contact substances such as cosmetics and powders.
- Irritating substances: vapors and smoke.
- Drugs: Aspirin, blood pressure lowering drugs, iodides.
- Infection: bacteria and products of inflammation can cause allergy or be secondary invaders.

b) ENDOGENOUS (in the body)

Intestinal helminths, tissue proteins in transudates and exudates.[2]

MECHANISM:

1. Reaginic antibodies are formed in the body as a result of sensitization caused by allergens.
2. Allergens and antibodies react to the body.
3. Histamine or histamine-like substances are released.
4. Allergic reactions develop.[2]

PATHOLOGY:

1. There is infiltration by eosinophils and plasma cells.
2. Edema occurs as a result of transudation of tissue fluids when the capillary endothelium is damaged and the intercellular cement is released.
3. Rhinorrhea: there is an increase in mucous secretion, which may contain eosinophils.
4. Congestion: there is dilation of blood vessels with venous stasis and purple coloration.
5. Infection: may result in purulent discharge.
6. Polyps may form.
7. Paranasal sinuses: pseudocysts may form as a result of distension of intracellular spaces in the submucosa.[2]

TYPES:

- 1) Seasonal: hay fever due to pollen grains occurs during pollination.
- 2) Persistent: affects the patient throughout the year.[2]

SYMPTOMS:

- Sneezing
- runny or stuffy nose
- Rough
- Cough
- Dripping nose
- Itching of eyes, nose and throat
- Dark circles around the eyes.
- The seasonal variety of allergic rhinitis is characterized by acute conjunctivitis with tearing and itching.[8]

SIGN:

- Acute stage: mucosa appears pale with excessive mucoid or watery secretion.
- Chronic stage: the mucous membrane is bluish or purplish.
- Infection can be superimposed.
- Polyps may be present.
- Allergic greeting
- Darrier line.[2]

COMPLICATION:

- 1) Recurrent sinusitis
- 2) Nasal polyps
- 3) Serous otitis media
- 4) Orthodontic problems
- 5) Bronchial asthma[1]

DIAGNOSTIC CRITERIA:

Allergic rhinitis occurs when two or more of the following symptoms are present: nasal obstruction, runny nose, sneezing, itchy nose, or watery eyes.

HOMOEOPATHIC THERAPEUTICS:

1) Sabadilla:

E. Farrington says that Sabadilla is useful in influenza and that unpleasant affection and hay fever. When entering the air, there is violent convulsive sneezing and tearing.[9]

William Boericke says that Sabadilla is useful in spasmodic sneezing, in colds. Coryza with severe frontal pains and redness of the eyes and lachrymation. Profuse, watery, nasal discharge.[10]

C. Hering says Sabadilla is useful in spasmodic sneezing, hay fever. Continuous coryza, flu, hay fever. One or the other nostril blocked, inspiration through the nose strained, snoring. Itching in the nose, pleasant irritation in the alae. Tearing when walking outdoors, looking at light, sneezing, coughing or yawning.[11]

Dr. N.M Choudhari says that the action of Sabadilla on the nasal mucosa is very remarkable. It produces continuous sneezing and violent convulsive sneezing, so violent that once the sneezing begins there is no telling when it will end. Hence, he says, it is justified in calling it the great sneezing remedy of our Materia Medica. It says I have verified this symptom over and over again. A sneeze is followed by profuse lachrymation and a profuse watery discharge from the nose.[12]

Dr. S.R. Phatak says that Sabadilla is useful in persistent violent or unsuccessful sneezing. Itching, tickling, rubbing or scratching. Nose dry. Tickling in the nose spreads throughout the body, followed by shortness of breath. Hay fever. Flu. Sensitive smell, one or the other nostril blocked. Flowing coryza. Discharge worse from the smell of flowers; even thinking about flowers increases flow. He can't stand the smell of garlic. Stubborn, persistent coryza. Hawks bright red blood from the nasopharynx. Eyelids red, burning. Lachrymation < on pain, sneezing, coughing, yawning, walking in the air, cold.[13]

Dr. C.M Boger says in Sabadilla the nose itches, rubs or tears; very dry; tickling, spreading over the whole body, then shortness of breath. Persistent violent or unsuccessful sneezing. Hay fever. Flu. Sensitive smell. Itching of the soft palate. Itching of skin in nose and anus - with asthmatic breathing.[14]

Clarke says that in Sabadilla there is itching and tingling in the nose and contractional pinching. Epistaxis. Great sensitivity to the smell of garlic. Sensitive to dryness of the upper part of the nose. Violent convulsive sneezing (abdominal shaking, then lachrymation). Alternate congestion of nostrils. Fluent coryza with altered features and confused head (flu, hay fever). A large amount of white and transparent mucus is blown from the nose, without coryza. Bright red blood comes from the posterior nasal cavities and is expectorated.[15]

Lippe says that in Sabadilla there is an itching-tingling in the nose. Bright red blood comes from the posterior nostrils and is expectorated. The smell is very sensitive to garlic.[16]

Dr. J. T. Kent says that Sabadilla is useful in hay fever, when there is spasmodic sneezing, flowing coryza; blocked nostrils; inspiration through nose strained; snoring, itchy nose; profuse bleeding from the nose; bright red blood comes from the posterior nasal cavities and is expectorated; very sensitive to the smell of garlic; coryza with severe frontal pains and redness of eyelids; violent sneezing; copious watery nasal discharge.[17]

Dr. Adolph Von Lippe says that Sabadilla is useful in influenza with violent, spasmodic sneezing and lachrymation on going to the air, burning watery discharge from the nose.[18]

Dr. S.K. Chakraborty says that Sabadilla is useful in getting coryza with spasmodic sneezing and tearing from the eyes and nose. There is spastic paroxysmal sneezing with copious discharge of water from the nose. The face is hot and the eyelids red and burning with lachrymation. Severe pains in the frontal region of the head with coryza. Influenza with violent sneezing and lachrymation on going into the air.[19]

T.F. Allen says that Sabadilla is useful in sensitive dryness of the upper part. Contractive biting as from mustard. Itch. Asthma. Obstruction of one nostril with wheezing in the other during inspiration; the air must be forced out with a suffocating sound, and is drawn in with great effort, with snoring. Profuse, thin, thick, whitish, transparent mucus, sometimes in large lumps, slightly without catarrh when blown.[20]

H. C. Allen says Sabadilla is useful in sneezing in spasmodic paroxysms followed by lachrymation, profuse watery coryza. The face is hot and the eyelids are red and burning.[21]

2) Aralia Racemosa:

Sneezing < least draft, with profuse watery irritating discharge from nose. Hay fever with frequent sneezing. Mucous secretions acrid. Worse: after a short sleep, draft, 11 p.m. Better lying down, head up, sitting[13].

3) Album Arsenicum:

Thin, watery, irritating discharge. The nose is as if stopped, with continuous coryza. A runny nose descends into the chest. Cold sores, in the nose. Sneezing without relief. He can't stand the sight or smell of food. Hay fever. Nodular swelling of the nose. Pointy nose. Acne in the nose. Epistaxis after a fit of passion or vomiting. Shortness of breath in the nose. Sneezing with biting watery coryza. Worse: after midnight, after 2 a.m., 14 days a year. Cold, ice, drink, cold food, cold air, cold and damp, vegetables, watery fruit, drinking liquids, alcoholism, infection, bad meat; food. Eruption undeveloped or suppressed. Quinine, Lying on affected part, exertion, chewing tobacco, shore. Better: hot application, food, drinks, warm packs, exercise, walking, lying with head elevated, sitting upright, company, perspiration, outdoors[13].

4)Dulcamara:

Excessive mucus secretion. Catarrhal tendency. Stiff, numb, aches and pains from every exposure to damp cold. Pain in the nose. Coryza, congested summer cold, with diarrhoea. Nose clogged with least fresh air. Nose bleeding; replaces menstruation. Every cold settles in the eyes, throat or affects the bladder, intestines or breathing. Worse: chill, heat, sudden change of temperature, exposure, cold dampness; feet, soil, cellars, beds, etc. suppressed discharges, sweat, autumn, night, rest, injuries, mercury, before storms[14].

5) Euphorbinum:

Lots of failed sneezes. Coryza with swellings. Ozaena; acrid. Worse: sitting, resting, beginning motion, mercury[14].

6) Ambrosia artemisiaefolia:

A remedy for hay fever, tearing and unbearable itching of the eyelids. The airways are obstructed throughout. Watery coryza, sneezing. Epistaxis. Stuffy feeling in nose and head. Irritation of the trachea and bronchi with asthma attacks[10].

CONCLUSION:

The following valid conclusion can be drawn from this study:

- In this study it was found that males are more prone to acute allergic rhinitis than females. In this study, the observation shows that the incidence of acute allergic rhinitis is 60% in men and 40% in women.
- The maximum incidence of patients suffering from acute allergic rhinitis is in the age group of 16-30 years.

□ Nasal discharge was found to be the most common clinical manifestation of Sabadilla in acute allergic rhinitis in 30 cases. Other clinical manifestations were sneezing, lacrimation, itchy nose, itchy eyes, nasal discharge, dark circles around the eyes, and redness and burning of the eyes.

□ Frequency and intensity of sneezing and runny nose decreased in 26 cases (86.66%) and increased in 2 cases (6.66%) and was the same in 2 cases (6.66%).

□ The frequency of handkerchief use reduced in 26 cases (86.66%).

□ It was found that 26 cases improved and 4 cases did not improve in this study. Sabadilla is therefore effective in the treatment of acute allergic rhinitis.

SUMMARY

Acute allergic rhinitis is a common disease spread throughout the world. This is especially seen in young adults and children. These conditions arise because there is an abnormal reaction of the immune system to a specific antigen. Untreated acute allergic rhinitis can be associated with chronic sinusitis, otitis media, allergic bronchitis, etc. In modern medicine, nasal corticosteroid sprays, nasal decongestants in sprays are used to reduce nasal congestion.

Homeopathy is a science that is based on similia similibus curentur, that is, it likes the cure. It has its principles and logic, and its medicine also follows its rule. Each medicine has its own aspects, its own core and its own image. So, on the basis of a similar law, it is useful to handle complaints.

30 cases were selected by simple random selection based on inclusion and exclusion criteria. A total of 30 cases of sabadilla were caught. After a detailed case collection and patient anamnesis, she was taken. Patients were considered based on clinical presentation. The medicine for each case was prescribed based on the similarity of Sabadilla's symptoms.

So the treatment result shows that 26 cases improved and 4 cases did not improve. This shows that sabadilla is effective in treating acute allergic rhinitis.

REFERENCES/BIBLIOGRAPHY:

- 1) Dhingra D.L.: *Diseases of Ear, Nose and Throat*. Fourth edition: 2007. page157
- 2) Bhargava K.B., Bhargava S.K., Shah T.M.: *A Short Textbook of E.N.T Diseases*. Usha Publications, Mumbai. Sixth edition: 2002. page154
- 3) <http://emedicine.medscape.com/article/134825-overview>
- 4) <http://medlineplus.gov/ency/article/000813.htm>
- 5) Chaurasia's B. D.: *Human Anatomy Regional and Applied Dissection and Clinical*. Volume 3. CBS Publishers & Distributors Pvt Ltd. Edition: sixth. page239-242.
- 6) Sembulingam K., Sembulingam Prerna: *Essentials of Medical Physiology*: Jaypee Brothers Medical Publishers (P) Ltd. Sixth edition. page 674.
- 7) http://en.m.wikipedia.org/wiki/Allergic_rhinitis
- 8) www.icd9data.com/2015/Volume1/460-478/477/477.htm
- 9) Farrington E.A.: *Materia Medica*. B. Jain Publishers Pvt. Ltd. New Delhi. Edition: 1994. page 258
- 10) Boericke William.: *Boericke's New Manual of Homeopathic Materia Medica with Repertory*. B. Jain Publishers Pvt. Ltd. Third revised & augmented edition based on 9th edition. 32nd impression. page496-497, 35A, 55A-56A, 525S.
- 11) Hering C.: *Condensed Materia Medica*. B. Jain Publishers Pvt. Ltd. New Delhi. Edition 1993. page818
- 12) Choudhari N.M.: *A Study of Materia Medica (An ideal textbook for Homoeopathic students)*. B. Jain Publishers Pvt. Ltd. New Delhi. Revised Edition: March 2001. Reprint edition: 2007. page890
- 13) Phatak S.R. *Materia Medica of Homoeopathic Medicines*. B. Jain Publishers Pvt. Ltd. New Delhi. Second revised & enlarged edition:1999. page610,68.
- 14) Boger C.M.: *A Synoptic Key of the Materia Medica*. A treatise of Homeopathic students.. B. Jain Publishers Pvt. Ltd. New Delhi. Edition 2007. page237, 107, 108, 113.
- 15) Clarke Hendry John.: *A Dictionary of Practical Materia Medica*. Volume III, 32nd impression: 2015. page1036, 549-562, 87-98.
- 16) Lippe.: *Textbook of Materia Medica*. B. Jain Publishers Pvt. Ltd. New Delhi. Edition:1994. page589
- 17) Kent J.T.:*Lectures on Homoeopathic Materia Medica*. Indian Edition. IBPP page837-841
- 18) Dr. Lippe A.V.: *Keynotes and Red Line Symptoms of the Materia Medica*. B. Jain Publishers Pvt. Ltd. New Delhi. Edition:2004. page121
- 19) Dr. Chakraborty S.K.: *An Easy and Interesting Textbook of Homoeopathic Materia Medica (353 Medicines)* Second edition:2005
- 20) Allen T.F.: *Handbook of Materia Medica and Homoeopathic Therapeutics*. B. Jain Publishers Pvt. Ltd. New Delhi. Edition:2006,2008.

-
- 21) Allen H.C.: *Allen's Keynotes. Arranged and classified with Leading remedies of the Materia Medica And Bowel Nosodes*. Ninth Edition: 2002. B.Jain Publishers Pvt. Ltd. New Delhi. page279.
 - 22) Vermeulen Prans: *Concordant Materia Medica*. Indian Books & Periodicals Publishers. page790-793, 952-953, 908-909.
 - 23) Lilienthal Samuel: *Homoeopathic Therapeutics*. B. Jain Publishers (P) Ltd. Edition: 2006.
 - 24) Dr. Banerjea.: *Miasmatic Diagnosis Practical Tips with Clinical Comparisons*. B. Jain Publishers (P) Ltd. Edition: 1994 page1,2,18,20,67.
 - 25) Dr. Dhawale M.L.: *Principles And Practice of Homoeopathy*. Third reprint edition. Mumbai: Dr. M.L Dhawale Memorial Trust. page 309-312.