CASE STUDY ON PATIENT WITH ALLERGIC RHINITIS

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ABSTRACT

Allergic rhinitis, also known as hay fever, is a type of inflammation in the nose which occurs when the immune system overreacts to allergens in the air. Signs and symptoms include a runny or stuffy nose, sneezing, red, itchy, and watery eyes, and swelling around the eyes. The fluid from the nose is usually clear.

Yoga is a great science of equalled gift to the mankind from India. In order to exterminate the ailment from our bodily system, we can cure it by practicing some asanas, pranayama, natural remedies and by dietary modifications.

INTRODUCTION

Rhinitis is broadly defined as inflammation of the nasal mucosa. It is a common disorder that affects up to 40% of the population. Allergic rhinitis is the most common type of chronic rhinitis, affecting 10–20% of the population, and evidence suggests that the prevalence of the disorder is increasing. Severe allergic rhinitis has been associated with significant impairments in quality of life, sleep and work performance.

In the past, allergic rhinitis was considered to be a disorder localized to the nose and nasal passages, but current evidence indicates that it may represent a component of a systemic airway disease involving the entire respiratory tract. There are a number of physiological, functional and immunological relationships between the upper (nose, nasal cavity, paranasal sinuses, Eustachian tube, pharynx and larynx) and lower (trachea, bronchial tubes, bronchioles and lungs) respiratory tracts. For example, both tracts contain a ciliated epithelium consisting of goblet cells that secrete mucous, which serves to filter the incoming air and protect structures within the airways. Furthermore, the submucosa of both the upper and lower airways includes a collection of blood vessels, mucous glands, supporting cells, nerves and inflammatory cells. Evidence has shown that allergen provocation of the upper airways not only leads to a local inflammatory response, but may also lead to inflammatory processes in the lower airways, and this is supported by the fact that rhinitis and asthma frequently coexist. Therefore, allergic rhinitis and asthma appear to represent a combined airway inflammatory disease, and this needs to be considered to ensure the optimal assessment and management of patients with allergic rhinitis.

Symptoms of Allergic Rhinitis

- Red, watery and/or swollen eyes/eyelids
- Runny and/or itchy nose
- Headache
- Earache
- Drowsiness
- Frequently sore throat
- Mouth breathing during sleep
- Extensive bouts of sneezing (specifically during the spring)

Types:

- **Seasonal allergic rhinitis**: Seasonal allergic rhinitis usually occurs in the spring, summer, and fall due to outdoor molds and pollens in the air from grass, trees and weeds. Symptoms normally improve when the weather turns cold, or after hard frosts.
- **Perennial allergic rhinitis**: Perennial allergic rhinitis can occur throughout the year. Often symptoms are caused by things found indoors, such as dust mites, animal dander, cockroaches or indoor mold.

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Causes: Allergic rhinitis is triggered by breathing in tiny particles of allergens. The most common airborne allergens that cause rhinitis are dust mites, pollen and spores, and animal skin, urine and saliva.

Complications
- Acute or chronic sinusitis.
- Otitis media.
- Sleep disturbance or apnea.
- Dental problems (overbite)
- Palatal abnormalities.
- Eustachian tube dysfunction.

Case presentation: A 29 years old Hindu female patient working with own business came with the following problems such as running nose, sneezing, itching in eyes, disturbed sleep, irregular bowel movement and abnormal sweating since 2-3 months. While examine we found her B.P. is 120/70mmHg and weight 53.2kg.

Intervention: patient practiced yoga therapy session of one hour for 6 days per week for one and half month including loosening exercises, Asanas, Pranayamas, Meditation and Kriyas and followed diet which is advised during consultation.

Duration: 45 days

Frequency: one hour yogic practices for 6 days a week followed by proper diet.

Yogic management

Loosening exercises: 10 minutes

Budhi & dhriti Shakti vikasaka kriya, Uccarana sthala & visuddha chakra shuddhi, Vaksha sthala Shakti vikasaka-1&2

Suryanamaskara: 3 rounds (5 min.)

Asanas: 20 minutes
1. Tad asana - 3 Rounds/2 Min.
2. Virabhadrasana - 2 Rounds/2 Min.
3. Trikonasana - 2 Rounds/2 Min.
4. Ashwa sachalan asana - 2 Rounds/2 Min.
5. Gomukhasana - 2 Rounds/2 Min.
6. Simhasana - 5 Rounds/3 Min.
7. Matsyasana - 1 Round/1 Min.
8. Viparatikarni mudra - 2 Rounnds/1 Min.
9. Bhujangasana - 2 Rounds/1 Min.
10. Pavamuktasana - 2 Rounds/2 Min.
11. Shavasana - 1 Round/2 Min.

Pranayama: 12 Min. (each 3 minutes)
1. Anulom-vilom pranayama
2. Bhastrika pranayama
3. Suryabhedini pranayama
4. Bhramari pranayama

Meditation: Omkara chanting or guided meditation focusing on the affected part. (5 min.)

Relaxation: Deep relaxation technique (5 min.)

Bandha: Jalandhara bandha

Kriyas: Jalneti, Sutraneti, Kapalbhati, Kunjal

Naturophy Management
- Neutral chest pack
- Hot foot bath
- Partial massage to chest & back
- Sun bath once a day

Dietary Regimen: Advised to take moderately low-fat, high-complex-carbohydrate diet.

Include following foods in the diet
- Dark green, leafy vegetables
- Deep yellow and orange vegetables
- Nettles, cabbage, beet tops, beets, carrots
- Onions, garlic, ginger

Eliminate the following from the diet
- Bananas and citrus fruit
- Chocolate
- Food colorings
- Peanuts
- Red meat
- Sugar
- Wheat
- Alcohol, caffeine and dairy products

Objective data
Patient has followed prescribed yoga practice with lifestyle modification for one and half months. She provided the following information
- Sneezing- reduced
- Itching- no tears and itching in eyes
- Nasal discharge-reduced as per prior condition
- Nasal obstruction-nasal airway obstruction improve
- Sleep- improved
- Bowel-no constipation

General examination results
Weight – 55.2 kg, BP - 122/80mmHg

DISCUSSION
A 29 years old Hindu female patient working with own business came with the following problems such as running nose, sneezing, itching in eyes, disturbed sleep, irregular bowel movement and abnormal sweating. She wanted to reverse back with her problem without any surgical intervention and allopathic medicines and get back to positive mental health. A allergic rhinitis problem is an inflammation of nasal passages caused when the immune system retaliates in its response to certain particles in the environment. She was suffering from last few months due to dust allergy. This affected her mental health & stamina. Then patient took invasive treatment of yoga & naturopathy followed by proper dietary regimen and heals herself.

CONCLUSION
Regular yogic practices with proper medical counseling and guidance helped patient regain physical and mental health. In this case patient experienced the satisfaction within one and
half month of regular practice & her investigation reports supported the result.

References


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