

To Study The Role Of Justicia Adhatoda In Management Of Allergic Rhinitis In Children

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Abstract: Background: Allergic rhinitis is the most common chronic disease in children. About one in five children has symptoms by the age of 2 or 3 years. Allergy symptoms can have a profound effect on a child's health, behavior and ability to learn. Left untreated, allergic rhinitis also can lead to a host of other serious conditions, including asthma, recurrent middle-ear infections, sinusitis, sleep disorders and chronic cough. This study is a prospective, clinical, interventional study to evaluate the role of an Indian drug Justicia Adhatoda in management of Allergic Rhinitis among children. Material and Methods: Samples had been selected by simple randomized method from Swami Vivekananda homoeopathic medical college and hospital as well as my private OPD at Vrushti Homoeopathic clinic, jail road, Bhavnagar. The cases were followed for a period of 6 months. Result: In this study it is observed that the age group of 7-9 yrs. has found more liable to get allergic rhinitis. Males are more prone to get allergies than females. Among other causative factors dust is found the most important causative factor. As far as miasms are concerned more cases are found to have all the three miasm. (Psora-Sycotic-syphilis). Conclusion: Justicia Adhatoda, although being a rare remedy has found to improved almost 93% of cases by means of reducing intensity, duration and frequency of cases of allergic rhinitis. [Oza N Natl J Integr Res Med, 2022; 13(6): 30-32, Published on Dated: 15/11/2022]

Key Words: Allergic Rhinitis, Homoeopathy, Justicia Adhatoda, Children, Psora- Sycotic- Syphilis

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Introduction: Rhinitis is described as inflammation of the nasal mucosa and includes common symptoms like nasal discharge, itching, sneezing, nasal blockage, or congestion. There are three types of rhinitis commonly seen in clinical practice: allergic, non-allergic, and infective^{1,2}.

Allergic rhinitis (AR) is an immunoglobulin E (IgE) - mediated immunologic response of the nasal mucosa to airborne allergens such as pollens, dust, or animal dander. Inhalation of allergens in individuals with a sensitized immune system produces degranulation of mast cells with the release of chemical mediators. These mediators are responsible for the symptoms of AR. AR is clinically defined by the presence of rhinorrhea, nasal obstruction, nasal itching, and sneezing which are reversible spontaneously or with treatment^{1,2}.

The incidence of allergic rhinitis has been increasing for the last few decades. Allergic rhinitis has a prevalence of up to 40% in children, although it frequently goes unrecognized and untreated. This can have enormous negative consequences, particularly in children, since it is

associated with numerous complications and co morbidities that have a significant health impact on quality of life. In fact, allergic rhinitis is considered to be a risk factor for asthma. Rhinitis affects quality of life, performance and attendance at school and other curricular as well as extracurricular activities of children. It has significant impact on healthcare costs.

Justicia Adhatoda is a well-known remedy for all sorts of cough and cold amongst the ayurvedic physicians in India. The Ayurveda physicians prize it very much. They are so very sure of its efficacy that they call it Baidyamata i.e., mother of physicians^{5,6}.

It is cooling, destroyer of hoarseness, and a strong arrester of blood. It is highly efficacious in cold, coryza, cough, bronchitis, pneumonia, phthisis, spitting of blood, fever, jaundice, vomiting, thirst, loss of appetite and constipation.

Justicia plays an important part in the disorders of the respiratory system. In coryza it is highly curative where sneezing troubles the patient^{5,6}. This study is being done in order to study how homoeopathy can be helpful in allergic rhinitis.

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Homoeopathic management being cost effective and having no side effect and being safe for children can be very useful in treating cases of allergic rhinitis³. Through this study the role of a rare homoeopathic remedy Justicia Adhatoda in reducing intensity, duration and frequency of allergic rhinitis had been evaluated.

Material & Methods: The study was a Clinical, prospective and interventional study conducted

on a total of 30 apparently healthy children age group of 0-12 years both the genders irrespective of social economic condition presenting with sign and symptoms of allergic rhinitis like sneezing, headache, watery discharge from the nose had taken for the study .immunocompromised patients and patients required surgical intervention were excluded. An assessment tool was developed in order to evaluate the results which is as follows:

Table 1: Assessment Tool

1	Sneezing	Mild+	Moderate ++	Severe +++
2	Nasal discharge	Mild +	Moderate ++	Severe +++
3	Cough	Mild +	Moderate ++	Severe +++
4	Itching ofeyes	Mild+	Moderate ++	Severe +++
5	Itching ofnostrils	Mild +	Moderate ++	Severe +++
6	Increased lachrymation	Mild +	Moderate ++	Severe +++
7	Mouth breathing	Mild +	Moderate ++	Severe +++
8	Nasal obstruction	Mild +	Moderate ++	Severe +++

Results: A sample of thirty cases from patients attended the outpatient department of Swami Vivekanand homoeopathic college and research Centre as well as my private opd (Vrushti homoeopathic clinic) were taken for the study.

Case analysis was done by using the software Zomeo⁴. All the thirty cases were followed up for the period of three months. The following tables reveal the observation and result of the study.

Table 2: Age Wise Distribution Of The Cases

Age (In Years)	No. Of Patients
0-3	7
4-6	8
7-9	10
10-12	5
Total	30

Table 3: Sex Wise Distribution Of The Cases

No	Sex	No. Of Patients
1	Male	19
2	Female	11
	Total	30

Table 4: Common Causative Factors

No	Sex	No. Of Patients
1	Dust	10
2	Grass	5
3	Animal Dander	7
4	Pollen	8

Table 4: Common Miasms

No	Miasm Involved	No. Of Cases
1	Psora	9
2	Psora-Sycosis	5
3	Sycotic-Syphilis	4
4	Psora-Sycotic Syphilis	12

Table 5: Result of Treatment

No	Result	No. Of Patients
1	Improved	28
2	Poor Recovery	02
	Total	30

Discussion: This study shows that the cases of allergic rhinitis is more seen in the age group of 7-9 years of age group and more number of cases were male children. The most common cause being the exposure to dust and pollen and the miasm commonly seen was psora. Out of 30 cases 28 cases were improved while only two had poor recovery.

Conclusion: The following valid conclusion can be drawn from the study. The maximum incidence of the patients suffering from allergic rhinitis is in the age group of 7-9 years in this study. Males were found to be more prone to allergic rhinitis compared to females in this study. More cases are seen having mixed miasmatic background (psora-Sycotic-syphilis). Dust, grass, animal dander, pollen are found as causative factors / triggers, although dust is seen as more profound causative factor. A rare remedy Justicia

Adhatoda is able to annihilate the disease and helps to reduce the intensity and frequency of the episode of Allergic rhinitis.

There is a better scope in Homoeopathic for the treatment of Allergic rhinitis, since the treatment is based on holistic and individualistic approach.

Homoeopathic remedies not only annihilate the disease but also prevent the complications associated with it. However further studies need to be carried out to understand the finer menaces of the disease.

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