

A Holistic Homeopathic Management of Acute Allergic Nasopharyngitis in A Pediatric Case-A Case Report

Abstract-Allergic nasopharyngitis is a common inflammatory condition of the upper respiratory tract in children, often triggered by allergens such as cold food and environmental irritants. This case report presents the effective homeopathic management of a 2-year-old male child suffering from acute allergic nasopharyngitis characterized by copious watery nasal discharge, mucosal dryness, itching, & redness, following the consumption of cold milk. The symptom totality pointed toward *Aconitum napellus* and *Cosmos*, which were prescribed in suitable potencies. Significant symptomatic improvement was observed within a few days, without any recurrence upon follow-up. This case demonstrates the scope of individualized homeopathic treatment in managing acute pediatric allergic conditions effectively & safely

Preliminary Data-Case No: 01

•Sex / Age: 2-year-old Male
•Religion: Hindu, •Occupation: Student

Chief Complaint-Watery nasal discharge +3 (copious) since 4 days
•Redness of the nasal mucosa

Location | Sensation | Modality | Concomitant

•Location (Respiratory System: Nose)
•Sensation Modality Concomitant
•Onset: Sudden- Itching +3
•A/F: Outside food (cold milk)
•Duration: 4 days- Watery discharge (copious) < Cold air
•Dryness +3 of nose > Warm things
•Redness

History of Present Complaint-Patient presented with complaints of:

•Watery nasal discharge +3 (copious) for 4 days
•Dryness +3 of the nose from inside
•Redness of the nasal mucosa
•Itching +3 of the nose < cold air, > warm things
•Complaints started after consuming outside food (cold milk)

Associated Complaints-•Nothing specific

Past History-Nothing significant

Family History-Father-Known case of Rhinitis

Physical Generals-•Appearance: Wheatish skin tone, •Taste: Normal, •Diet: Vegetarian

•Appetite: Normal, •Thirst: Normal
•Desire: Nothing specific,
•Craving: Nothing specific
•Aversion: Nothing specific
•Intolerance: Nothing specific
•Food/Drinks: Nothing specific
•Sleep: Disturbed due to complaints
•Dreams: Nothing specific, •Habits: None

•Vaccination: All required vaccines taken up to date, •Milestones: Normal

Natural Elimination-•Perspiration: None

•Urine: 2-3 times/day, •Stool: Satisfactory
•Thermals: Ambithermal

Life Space Investigation-Not Applicable

General Examination-

Parameter-Observation-•Height-34 cm

•Weight-8 kg, •Pallor-Absent, •Icterus-Absent
•Cyanosis-Absent, •Oedema-Absent
•Nails-Healthy and pink, •Gait-Normal
•Temperature-98°F, •Pulse-91/min
•Respiratory Rate-18/min
Systemic Examination-RS: Clear AEBE

•CVS: S1 and S2 normal
•CNS: Well-oriented and conscious
•GIT: Soft and non-tender

Local Examination-

Nose-•Congestion present

•Hypertrophied turbinates

Laboratory Investigation And Findings-Not Required

Provisional Diagnosis-Allergic nasopharyngitis

Differential Diagnosis-•Common Cold

•Laryngitis, •Nasopharyngitis

Analysis of Symptoms-(Complete characteristic physical particulars)

•Watery nasal discharge +3 (copious)
•Dryness +3 of nose, •Itching +3, •< Cold air

•> Warm things, •Redness of the nasal mucosa

•A/F: Outside food (cold milk)

Miasmatic Analysis-Psora

Totality of Symptoms-

•Itching of the nose from inside
•Dryness of the nasal mucosa
•Nose redness at the tip of the nose
•Watery nasal discharge

•Copious nasal discharges, •< Cold air
•> Warm drinks, •A/F: Outside food (cold milk)

Reportorial Approach-

Follow-Up & Treatment Progression

Date	Symptoms	Prescription
03/01/2024	- Dryness of nose reduced by 80% - Watery nasal discharge reduced by 70% - Redness - Absent - Itching reduced by 70% O/E - Temperature: 100°F - Nose: Nasal Turbinates - Normal - Nasal mucosa - Redness Reduced	Cosmos 200 (1P) Rubrum 200 (4 Pills) TDS
08/02/2024	- Watery copious discharge Absent - Body temperature - Normal - Itching - Absent O/E - Temperature: 98°F - Nose: Nasal Turbinates - Normal - Nasal mucosa - Redness Reduced	Cosmos 200 (1P) Rubrum 200 (4 Pills) TDS
12/02/2024	- Watery copious discharge Absent - Redness - Absent O/E - Temperature: 98°F - Nose: Nasal Turbinates - Normal - Nasal mucosa - Redness Absent	Cosmos 200 (1P) Rubrum 200 (4 Pills) TDS

•Symptom Repertorial Rubric
•Nose Itching (inside) Nose-Itching-inside
•Nose Dryness (inside) Nose-Dryness, inside
•Nose Redness (tip) Nose-Discoloration, general-redness, tip
•Nasal Discharge (watery) Nose-Discharge, general-watery
•Nasal Discharge (copious) Nose-Discharge, general-copious
•A/F Cold drinks aggravation Generals-cold drinks.agg
•Warm things (amel) Generals-warm things, drink amel
•A/F Outside food aggravation Food-Outside, agg.

Repertorial Totality Table

•Remedies acon. sil. sulph. carb-v. nit-ac. calc. bell. sep. puls. nat-m.
•Score 9/20 9/17 8/20 8/19 8/17 8/16

8/14 8/14 8/127/17

Prescription

Remedy-•Aconite 200 C (Stat 1 Powder dose)

•Cosmos 30 x (4 pills, 4-4-4 x 3 days)

General Management & Auxiliary Measures-•Avoid cold drinks

•Take steam inhalation,
•Drink lukewarm water
•Avoid going out without precautions
•Take ginger water

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