



It is a type of inflammation of the nasal mucous membrane due to the over-reaction of the immune system to any kind of allergens present in the environment.

Allergic rhinitis/ Hay Fever



MAIN
PRESENTATION/
SYMPTOMS

Sneezing

Rhinorrhoea

Nasal obstruction

Discharge from eyes

Conjunctival/ pharyngeal itching

Sinusitis

COMMON ALLERGENS

Grass pollen

Dust mites

Animal saliva

Animal dander

Mold

SIMPLE STEPS FOR MANAGING HAY FEVER

Drink plenty of
water

Consider using a
neti pot

Coat your nostrils

Know your triggers

Use Food as your
Medicine

Healthy oils/ fats

Onions and garlic

Local raw honey

Spices eg.
horseradish,
mustard, chillies,
fenugreek etc.

Conventional approach or Allopathic treatment



Antihistamines



Steroids



De-sensitisation treatments



Laser surgery

MOST RELEVANT SYMPTOMS

What is it exactly ?

How did it start?

Discharge & its characteristics

Sense of taste/ smell

Circumstances of development

Pattern of illness

Concomitants

Generals, like appetite, thirst etc.

Mental changes



ALLIUM CEPA

Symptoms to look for

- Burning nasal discharge
- Bland eye discharge
- D onions and feel better from onions
- Worse in warm, stuffy rooms, better outdoors
- Sensitivity to light

ARSENICUM ALBUM

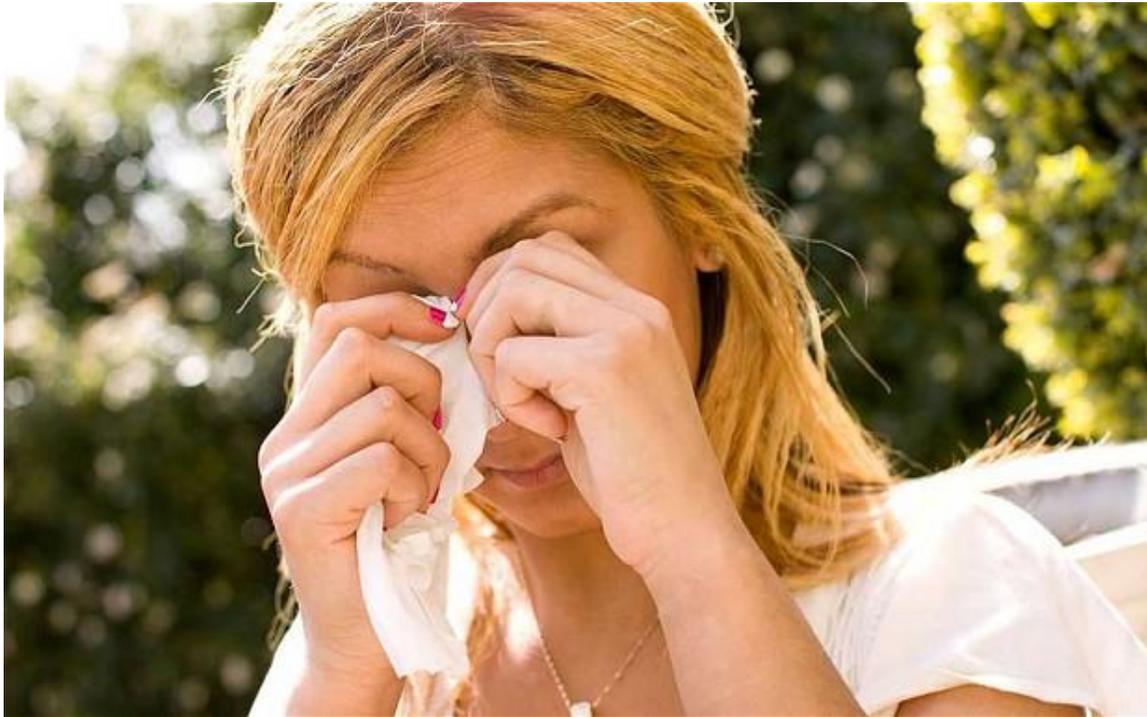
Burning / itching nose/ eyes/
throat

Discharges from both eyes and
nose burning

> Open air

Thirst for small quantities or sips
of water frequently

EUPHRASIA



Sneezing with streaming eyes/ nose

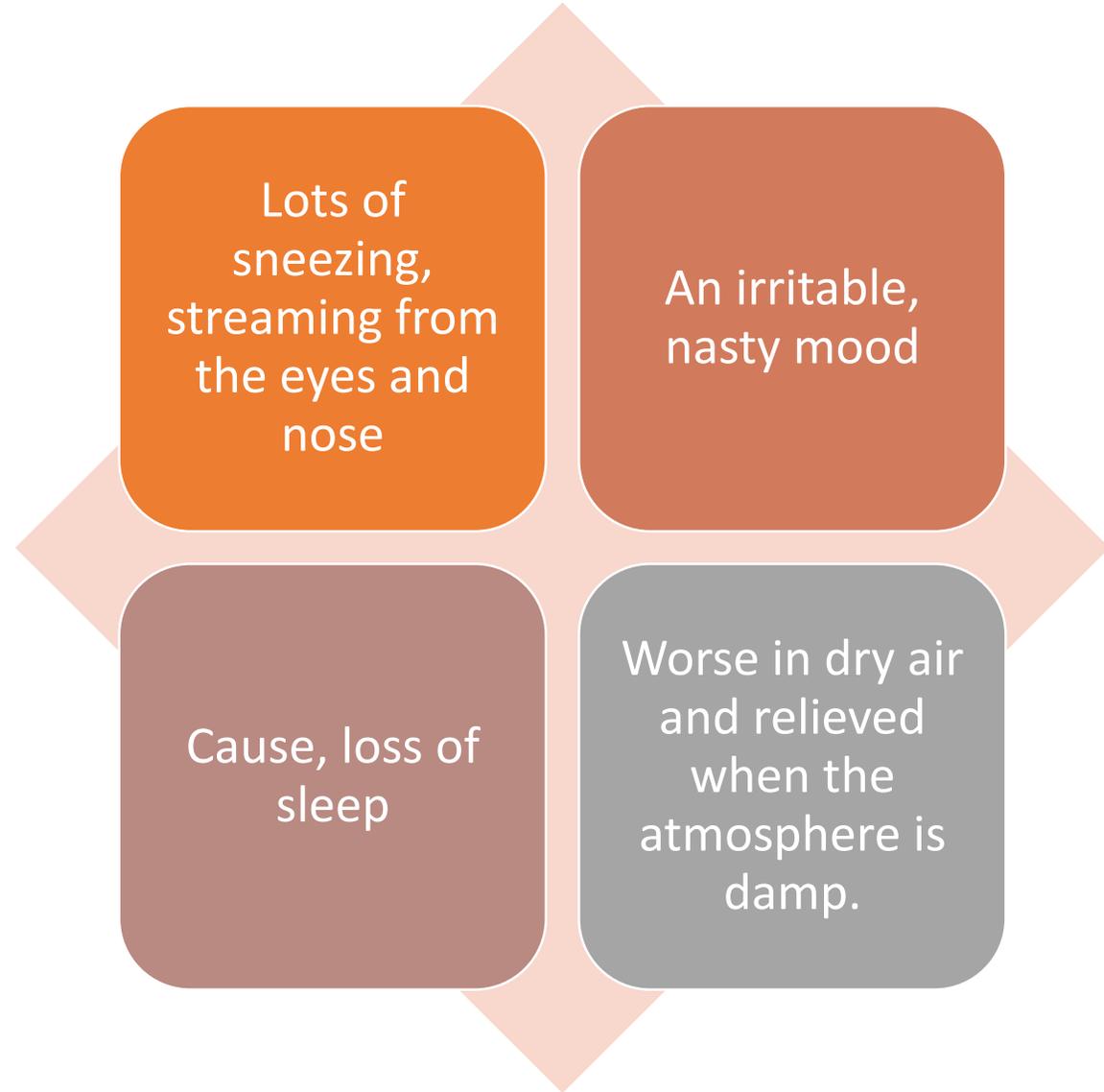
Eye discharge burning, nasal discharge, bland or does not irritate that much (opp of allium cepa)

> Open air

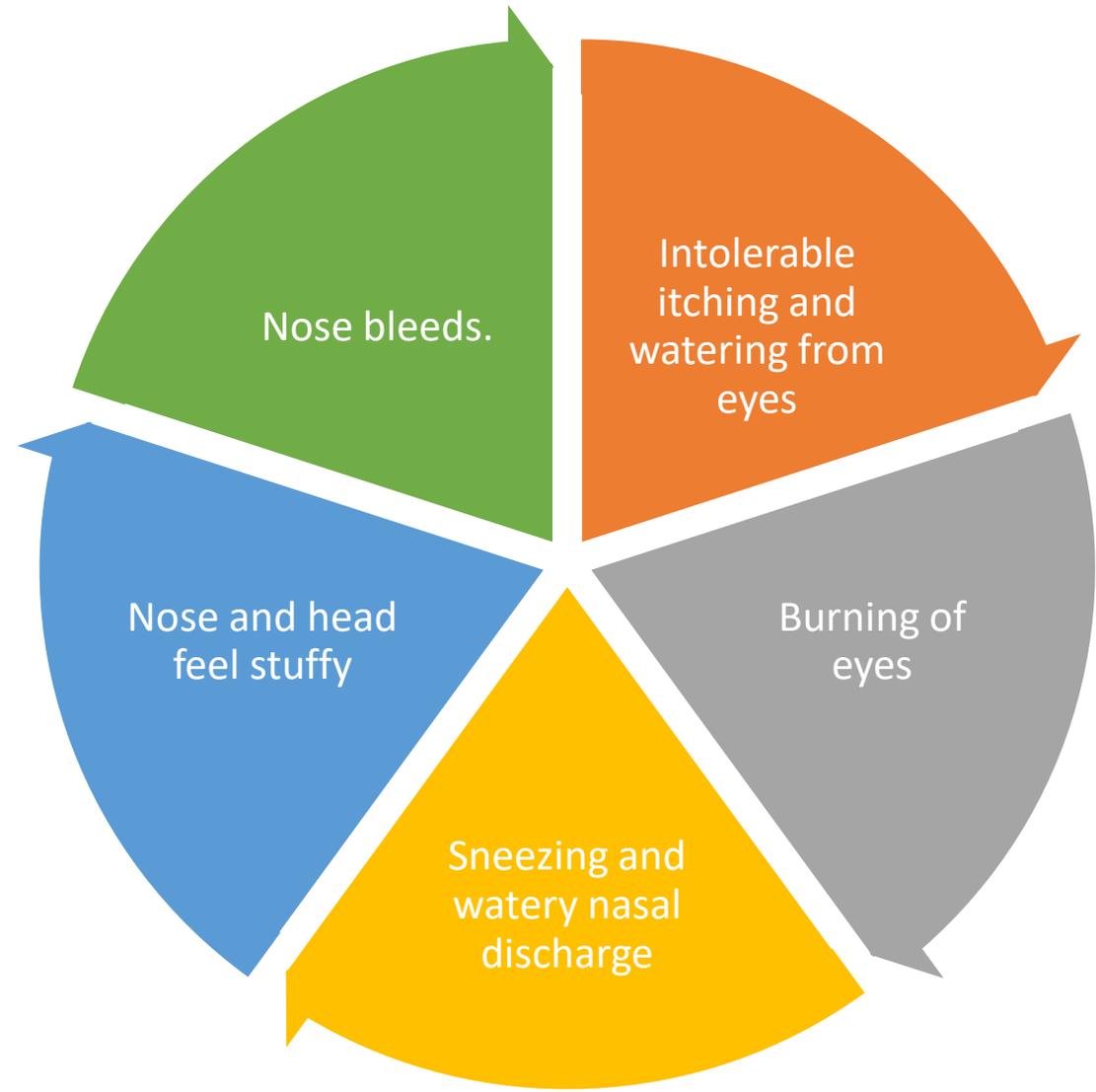
NATRUM MURIATICUM



NUX VOMICA



AMBROSIA ARTEMISAEFOLIA





ARUM TRIPHYLLUM



Irritation or itching
in the nose leading
to boring, picking,
rubbing etc.

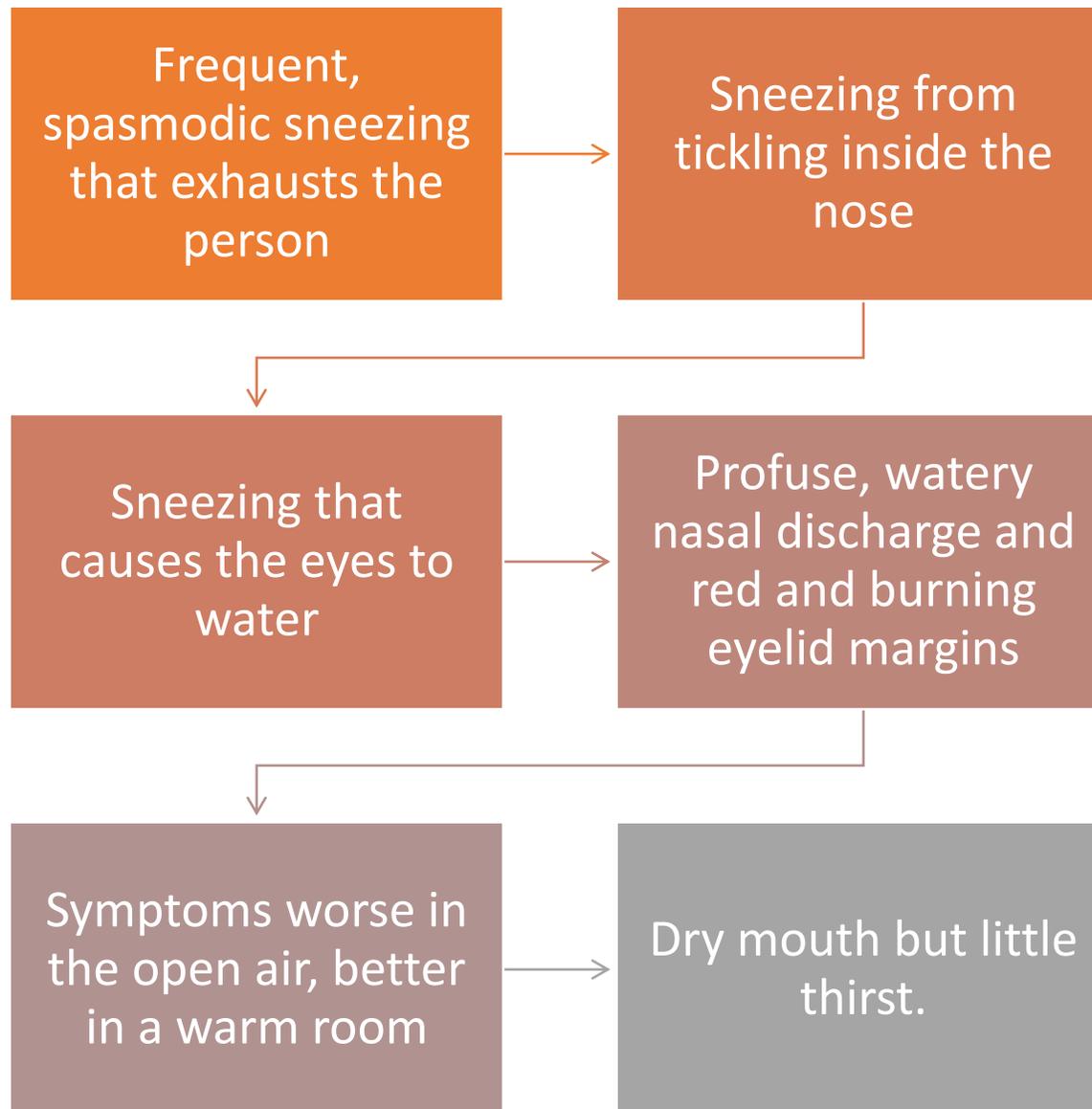
The diagram features a central light pink diamond shape with four rounded rectangular boxes extending from its corners. The boxes are colored as follows: top-left is orange, top-right is reddish-brown, bottom-left is dark reddish-brown, and bottom-right is grey. Each box contains a text description of a symptom.

May pick at lips
and face

Throat, mouth,
tongue, and palate
may burn, making
it difficult to eat or
drink, despite
having a thirst

Concurrent
hoarseness and
peeling or
chapping of the
lips.

SABADILLA OFFICINARUM



SOLIDAGO

Burning, stinging eyes

Paroxysms of sneezing with mucus discharge from nose

Main remedies for people allergic to house dust mite

WYETHIA HELENOIDES



Tremendous itching of the upper palate of the mouth causing the person to make “clucking” noises in effort to provide some relief



Itching of the nose and throat, along with a constant desire to swallow saliva to relieve the dryness



Small remedy but very effective when symptoms match



HISTAMINUM

Consider this remedy when either no other remedy seems accurate or if other remedies have been tried and haven't worked.



Video Testimonial



DOSING

Low potencies like 6C, 12C, 30C to be used in self-prescriptions

Preferably in liquid doses made by putting 3-4 pills of the medicine or 1 drop of the medicine in 1/4th cup of water and sipping from the same cup every 3 hrs or less, depending upon the intensity, after stirring with a spoon each time

If there is no improvement by 3-4 doses, just re-assess your symptoms and choose a different remedy that matches your symptoms more closely – no harm will be done

Do not take high potencies, unless prescribed to you by a professional homeopath

WORD OF CAUTION



While the remedies and potencies in home use kits help to provide symptomatic relief, they are unlikely to get deep enough to correct a predisposition to chronic hay fever

A course of treatment by a qualified homeopath is much better suited to any predisposition or a recurrent issue.

The bonus is that other health problems should also improve along with your hay fever during this deeper treatment.