

# Utility of Kent's Repertory in the Management of Allergic Rhinitis

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**Abstract:** Repertory has become one of the essential disciplines of the homoeopathic practice for finding out the most appropriate remedy. Repertorisation is one of the most important applications of science of homoeopathy and for this, forming a totality of symptoms and rubric selection is needed. The mental symptoms must be worked out by the usual form until the remedies best suited to the patient's mental condition is determined. Homoeopathic treatment improves all the levels of health i.e. Physical, Psychological, Social and Environmental aspects, not mere eradication of physical symptom. This work helps to find out the constitutional medicine to the persons who suffer with allergic rhinitis. Thus, the study was undertaken with the aim to study the chapter nose from Kent repertory with special emphasis on allergic rhinitis. A detailed observational study of 30 cases was done and statistical techniques were used to analyze the results. This brought us to a conclusion that study of Kent Repertory is useful in treating Allergic Rhinitis.

## INTRODUCTION

Allergic rhinitis is very common disease. It accounts for at least 2.5% of all physicians' visits. It has to keep in mind that it is a very distressing disease. As the disease progresses one gradually land up in distressing condition like sinusitis or asthma. 40% of patients suffering from allergic rhinitis suffer from asthma so it becomes a prime concern to halt a disease at the primary level. Conventional treatment does not have a definite intervention in these cases and can only palliate the disease. Signs and symptoms are controlled till the patients are in treatment. The patient cannot take drugs lifelong and hence intervention by homoeopathy leading to cure of a disease to its full extent becomes necessary. Although this is most common clinical condition seen in homoeopathic practice, there is no literature available, as to how to approach the case of allergic rhinitis. I also saw many patients of allergic rhinitis ultimately landing into distressing sinusitis or bronchial asthma. There is also this experience that

although it is a common condition it is difficult to cure. This encouraged me to study this topic in details as I think it will answer few important questions.

What is the presentation of allergic rhinitis?

What is the scope of homoeopathy in the management of allergic rhinitis?

How Kent's repertory will be useful for managing cases of allergic rhinitis?

These questions made me to take interest in the topic and to take up detailed study of this topic

## MATERIALS AND METHODS

Study setting: A prospective observational case study

Selection of sample: 0 cases were taken in study

Inclusion criteria

-Inclusion criteria is patient from all age group with both sexes

-patient suffering from allergic rhinitis

Exclusion criteria

Patient suffering from asthma and other systemic illness

Study design: Study is designed on individual case study and descriptive case record i.e. observational study

Intervention- Homoeopathic medicine was given

Selection of tools: Kent's repertory Bhargav's Surgery book Dhingra's ENT book [www.similimum.com](http://www.similimum.com)

Brief of procedure: Data from case taking will be obtained from patient, patient's relative, physician's observation and examination findings.

Diagnostic criteria:

According to sign and symptoms selection of Similimum after complete case taking, analysis, evaluation and repertorization will be done and Similimum will be given depend on the case.

Data Collection:

The detailed case history of the patient was taken

and processed in a standard case record  
 Every case was analyzed after a detailed case study based on similarity of symptoms a drug was selected, references from Materia Medica was taken.

Statistical techniques: Paired t-test.

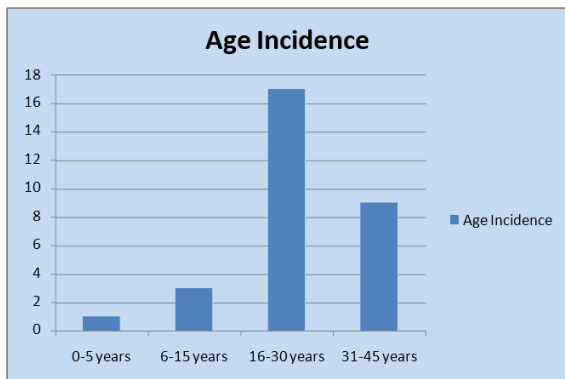
Data analysis: A proper diagram and charts  
 Ethical issue if any: Ethical clearance obtained from ethical clearance department

**OBSERVATION AND RESULT**

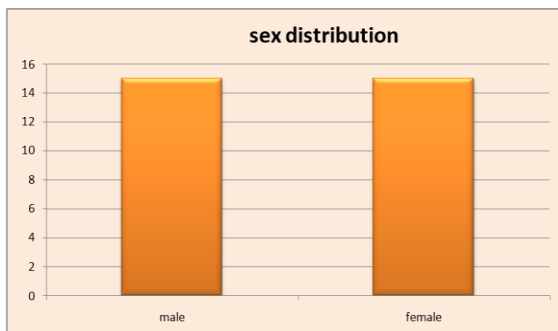
Statistic study was conducted with respect to age, sex, presenting complaints medicine prescribe based on the reportorial result with use of Kent’s repertory and lastly no of cases that have showed improvement.

This data is presented in the form of table, bar, chart below.

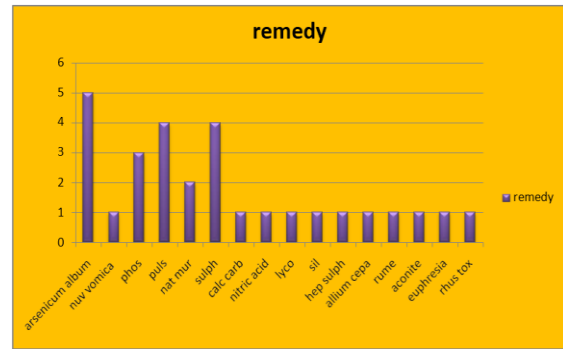
Age incidence



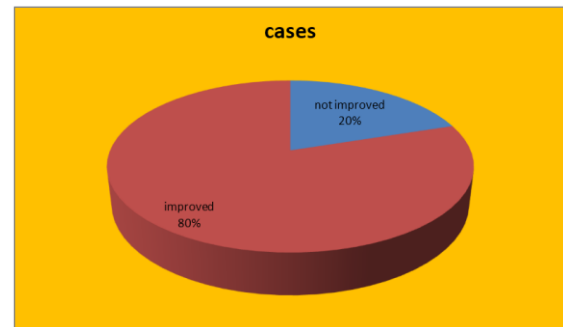
Sex distribution



Remedy distribution



Result of cases:



**CONCLUSION**

In this study 30 patients of Allergic Rhinitis are selected from rural area. These 30 patients divided into two groups, i.e. Group A and Group B . After conducting study on these two groups it concluded that From the above study it can be implied that medicine prescribed on the basis of common pathological symptoms definitely helps in easy selection of Similimum, which helps in management of acute intensified symptoms of patient, gives early relief from the condition, makes the patient comfortable, and results in improvement.

Though recurrence is seen in few cases after giving prescription on the basis of common pathological symptoms, it is with relief of acute intensified symptoms of disease.

Similimum selected on constitutional basis is definitely helpful in the management of cases of allergic rhinitis and give slow & steady but permanent cure in cases of Allergic rhinitis with very low rate of recurrence of symptoms.

Common symptoms noticed in patients are frequent coryza, blocking of nose, and itching in nose and eyes, Homoeopathic medicines selected for prescribing on basis of common symptoms are:

Allium cepa, Ars iod, Sabadilla. Helped maximum number of cases.

Prevalence of Allergic rhinitis is same in male as well as female.

Prevalence of Allergic rhinitis is more commonly seen in the age group of 16 – 30 years.

Dust, pollen, mites, hairs, certain flowers and foods are commonly responsible for Allergic rhinitis.

#### SUMMARY

Prospective study of clinical profile of 30 cases suffering from allergic rhinitis administered with various homoeopathic medicines was under taken with the view to explore the effectiveness of homoeopathic medicines. In case of allergic rhinitis, the result of study is summarized as follows:

The incidence of allergic rhinitis was high among patient in the age group of 10-30 yrs. Person with poor hygiene and low community were more sufferers. Mostly school going and adults are the victims of allergic rhinitis. Family history of asthma is more common in allergic rhinitis. Patients of allergic rhinitis experienced intense fluent coryza with sneezing which is < cold dust, itching in nose and eyes. The patients were divided into two groups depending up on the age, GROUP A-twenty pt of age group between 10-25 years. GROUP B-ten patient of age group between 25 to 45. All patient were given constitutional homoeopathic medicine along with general management and auxiliary measures which are given at end of study topic. Medicine was prescribed in the form of potency the dose was 4-5 globules at a day. Depending upon the severity of cases the dose was repeated two to three times a day. From group A 20 cases and from group B 10 cases were taken so total 30 cases were treated. The end result found to be positive and encouraging. Among 30 cases 24 cases improved while 6 are not improved. Incidence was more in those cases who are poor and expose to dust, the result obtained from this study is encouraging and that was Homoeopathic medicines are effective in the treatment of Allergic Rhinitis. It is more effective in children and adults. All cases are repertorised by using Kent repertory this repertory has various rubrics related with allergic rhinitis.

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