

Unveiling the Role of Wyethia Helenoides in Allergic Rhinitis a Rare Remedy with Remarkable Results: A Case Report

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Abstract: Allergic rhinitis (AR) is a common inflammatory disorder of the nasal mucosa caused by an exaggerated immune response to airborne allergens. It is clinically manifested by symptoms such as sneezing, nasal congestion, watery discharge, and intense itching of the nose, throat, and eyes. AR significantly impacts quality of life and, if left untreated, may lead to further complications. Conventional treatment often involves antihistamines and corticosteroids, which may provide temporary relief but often come with side effects such as drowsiness and fatigue. Homoeopathic offers a holistic approach by enhancing the body's innate healing ability, aiming to reduce hypersensitivity to allergens. This case report highlights the successful management of allergic rhinitis using Wyethia helenoides 200, a homeopathic remedy well-indicated for intense itching in the posterior nares and constant desire to clear the throat. The remedy was selected based on the totality of symptoms, and notable improvement was observed both subjectively and through TNSS (Total Nasal Symptom Score) tracking. This case demonstrates the therapeutic potential of individualized Homoeopathic treatment in allergic rhinitis.

Keywords: Allergic Rhinitis, Homoeopathy, Wyethia helenoides, Case Report, TNSS, Sneezing, Nasal Obstruction

INTRODUCTION

Allergic rhinitis (AR) is a hypersensitive reaction of the immune system, characterized by inflammation of the nasal mucosa in response to airborne allergens

such as dust, pollen, smoke, and certain foods. This IgE-mediated response can also affect associated structures like the sinuses, eyes, ears, and throat. Common symptoms include sneezing, nasal congestion or discharge, itching in the nose and throat, postnasal drip, and watery eyes. Both genetic predisposition and environmental exposure contribute to the development of AR, with a higher likelihood in children when both parents are allergic. In recent years, the global prevalence of allergic rhinitis has increased, affecting up to 30– 60 million individuals annually in the United States alone. In India, it constitutes over 50% of all allergic conditions.

Allergic rhinitis is typically categorized into two types:

1. Seasonal Allergic Rhinitis (Hay Fever): Triggered by airborne pollens during specific seasons.
2. Perennial Allergic Rhinitis: Symptoms persist year-round due to constant exposure to indoor allergens like dust mites or pet

What is TNSS?

Total Nasal Symptom Score (TNSS) is a quantitative tool used to measure the severity of nasal symptoms in conditions like allergic rhinitis. It helps in assessing the effectiveness of treatment over time. TNSS is widely used in both clinical practice and research.

Components of TNSS:

TNSS typically evaluates four key nasal symptoms:

1. Nasal Congestion
2. Nasal Itching
3. Rhinorrhea (Runny nose)
4. Sneezing

Scoring System: Each symptom is graded on a scale of 0 to 3, depending on severity:

Score	Description
0	No symptoms
1	Mild symptoms
2	Moderate symptoms
3	Severe symptoms

Total Score:

The scores for all four symptoms are added together, so the maximum possible TNSS score is 12 (3 points × 4 symptoms), and the minimum is 0 (no symptoms).

Interpretation:

- 0–3: Mild
- 4–6: Moderate
- 7–9: Moderate to severe
- 10–12: Sever

•Case report

Mr. R., a 34-year-old software engineer from visited the clinic on February 3, 2025, with persistent allergic symptoms. He described: “Every morning, I wake up with a burning, watery discharge from my nose. The itching inside my nose and on the roof of my mouth is unbearable. I often find myself trying to scratch the itch with my tongue. The sneezing comes in bouts, especially in the mornings, and my throat feels dry and irritated, leading to a constant dry cough. This has been affecting my sleep and daily activities also he has fear of disaster and something will happen. feels restless, especially during symptoms flares up.

Systemic Examination

<ul style="list-style-type: none"> • Respiratory System: dry hacking cough, Clear lungs, no wheezing or rales. 	<ul style="list-style-type: none"> • ENT Examination: Redness in the nasal mucosa, postnasal drip observed
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Mental Generals

- Experiences anxiety with a constant fear that something bad will happen.

TNSS (Total Nasal Symptom Score) – Initial Assessment:

Symptom	Severity (0–3)
Nasal Congestion	3 (Severe)
Rhinorrhea (Runny nose)	3 (Severe)
Nasal Itching	2 (Moderate)
Sneezing	3 (Severe)
Total Score	11/12

Presenting complaints:

Location:	Itching inside the nose and on the palate
	Dryness in the throat and larynx
Sensation:	Burning nasal discharge.
	Dryness and irritation in the throat
	leading to a dry cough.
Modalities:	Symptoms worsen in the morning. Aggravated by exposure to dust and cold air
Concomitants:	Constant need to clear the throat. Dry, hacking cough Without expectoration

Past Medical History

- No significant past illnesses.
- No known allergies prior to the onset of current symptoms

Personal History:

- Appetite: Normal
- Thirst: Moderate, cold drink
- Desires: Cold drinks, spicy food
- Aversion: Milk
- Sleep: Disturbed due to itching and coughing

Physical Generals:

- Thermally: Hot patient
- Tongue: Clean, moist
- Nutrition: good
- Bp: 124/78

- Feels uneasy and restless, especially during symptom flare-ups

Peculiar Symptoms

- Itching of the palate relieved by rubbing the tongue against it.
- Burning sensation in the nasal discharge.
- Persistent dryness in the throat and larynx

Totality of symptoms

1. Itching deep inside the nose and palate+3
2. Sensation of throat being on fire, with a constant need to clear it+
3. Burning copious nasal discharge +3
4. Desire for cold drinks, which alleviates throat burning+2
5. Dryness of throat larynx and trachea +2
6. Fear of disaster and something will happen +2
7. Dry, tickling cough, particularly at night, without expectoration

8. Aggravation in the morning, upon lying down, and exposure to dust or open windows

Rubric selection:

MIND

- 1 MIND - FEAR - disaster; of
- 2 MIND - FEAR - happen, something will

NOSE

- 3 NOSE - DISCHARGE - burning
- 4 NOSE - DISCHARGE - copious
- 5 NOSE - ITCHING - Inside

MOUTH

- 6 MOUTH - ITCHING - Palate

THROAT

- 7 THROAT - DRYNESS

LARYNX AND TRACHEA

- 8 LARYNX AND TRACHEA - DRYNESS

10:50 92%			
MIND			
1 MIND - FEAR - disaster; of			✕
2 MIND - FEAR - happen, something will			✕
NOSE			
3 NOSE - DISCHARGE - burning			✕
4 NOSE - DISCHARGE - copious			✕
5 NOSE - ITCHING - Inside			✕
MOUTH			
6 MOUTH - ITCHING - Palate			✕
THROAT			
7 THROAT - DRYNESS			✕
LARYNX AND TRACHEA			
8 LARYNX AND TRACHEA - DRYNESS - Larynx - Epiglottis			✕
Remedies	ΣSym	ΣDeg	Symptoms
wye.	8	10	1, 2, 3, 4, 5, 6, 7, 8
caust.	6	13	2, 3, 4, 5, 6, 7
phos.	6	13	2, 3, 4, 5, 6, 7
puls.	6	13	1, 3, 4, 5, 6, 7

Final daignosis: allergic rhinitis Prescription:

RX, WYETHIA HELENIDS 200c(4pills) Single

Dose Followed by

SL 4 pillsTDS/1wks

1st Follow up

- Sneezing: 2/3
- Nasal Congestion: 1/3
- Nasal Itching: 2/3
- Rhinorrhea: 1/3
- Total TNSS Score: 6/12

TNSS Score (Feb 10, 2025):

Subjective report:

- Morning sneezing has reduced both in intensity and frequency.
- Nasal itching and discharge are milder.
- The throat feels less irritated, and the dry cough is much less disturbing, especially at night.

Treatment plan

No further repetition of wyethia helenoids 200

Rx, SAC LAC 4 pills/TDS for 7 days for further maintain progress

2nd follow up

TNSS Score (Feb 17, 2025):

- Sneezing: 0/3
- Nasal Congestion: 0/3
- Nasal Itching: 1/3
- Rhinorrhea: 0/3
- Total TNSS Score: 1/12

Subjective report:

- Sneezing occurs only occasionally.
- No burning or itching in the nose.
- Nasal discharge is absent.
- Throat irritation has completely resolved, and he's sleeping better

Treatment plan

Almost completely recovery within 15 day

No need to repeated dosing

Rx, SAC IAC 4 pills/ TDS for 1 week for the complete recovery

CONCLUSION

The presented case demonstrates the successful management of allergic rhinitis with the Homoeopathic remedy Wyethia helenoides 200C, prescribed on the basis of totality of symptoms. Significant improvement was observed in both subjective complaints and objective assessment using the Total Nasal Symptom Score (TNSS), which reduced from moderate severity to near remission over 15 days period. This case suggests that Wyethia helenoides may play a beneficial role in treating allergic rhinitis

Declaration by authors:

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Conflict of interest: None declared

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent

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