

Centre for Integrative Medical Training
In Association with the Centre for Integrative Care &
The Academic Department, Royal London Hospital for Integrated Medicine



Foundation Course in Medical Homeopathy

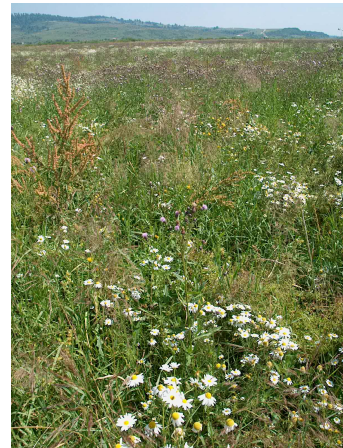
A Blended Course in Homeopathic Medicine for Healthcare Professionals

Part 5.4

Treatment of Hayfever

Definition of the condition

Hayfever is a slightly deceptive name for an allergic IgE-mediated inflammatory disease usually triggered by pollens (grass, trees and shrubs). The symptom complex is not caused by hay nor associated with a fever. Other terms are allergic or seasonal rhinitis. The symptoms are sneezing, rhinorrhea, obstruction of nasal passages, conjunctival and pharyngeal itching, and lachrymation. It is commonly seasonal but other patterns and aetiologies occur.



Role of homeopathy in treatment of hayfever

Hayfever is not a life-threatening condition but it can be very debilitating for sufferers. It is usually treated with antihistamines, nasal decongestants and topical steroids. Severe cases often necessitate the use of oral steroids. Conventional treatment is often unsatisfactory or problematic because of side-effects.

A homeopathic approach is often much more satisfactory in controlling the symptoms or even removing the tendency towards the illness. When approaching a case of hayfever it is important to look at the deepest layer of pathology and, if possible, treat that initially. This may lead to a very holistic or even constitutional prescription which takes a broad view and does not solely focus on the affected part. If the constitutional remedy is clear and relates to the specific symptomatology the prognosis is good. Complete resolution of the condition may take up to several years. It is important to bear this in mind when applying a constitutional approach. During the acute phase the local allergic symptoms are so predominant that a therapeutic approach is necessary before deeper levels can be treated.

Treatment strategies

As described above, wherever possible a holistic approach should be chosen. Should this fail or be deemed to be inappropriate, the following methods often alleviate symptoms.

Isopathy

As discussed earlier in the course isopathy is a useful form of treating allergic conditions. A number of grasses

and pollens are available in homeopathic potency for the treatment of hayfever. Once the allergen has been identified, the appropriate isopathic remedy may be administered, either as a prophylactic prior to the season or as a course of treatment.

Therapeutics

There are a number of materials which display the classic symptoms of hayfever in their *materia medica* pictures. The table on Page 4 compares the most useful remedies. Do not try to learn every the keynotes for every remedy listed. Take note of the five contrasting pictures for: *Allium cepa*, *Ambrosia*, *Euphrasia*, *Sabadilla* and *Wyethia*. Thereafter, use the chart as a quick reference guide.

Aetiology

Around 1 in 5 people suffer from some degree of hayfever, making it a significant health issue. Adult onset, often in the absence of an atopic family history, seems to be associated with the occurrence of three or four coincidental factors:

1. a pre-existing disturbance of gut or airways microflora causing immunological reactivity

plus

2. an incidental infection, with or without antibiotic

plus

3. a sudden trigger exposure to an allergenic pollen load

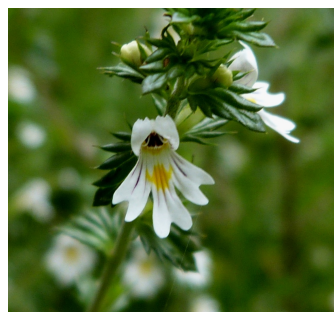
plus

4. a period of significant mental or emotional stress

There are several source of information on pollinosis including the MET office:



<https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/pollen/could-pollen-research-offer-hope-to-hay-fever-sufferers>



Euphrasia officinalis (eyebright)



Ambrosia artemisiifolia (ragweed)



Sabadilla offic. (cevadilla)



Allium cepa (onion)



Wyethia helenoides (poisonweed, grey mules ears)

Coryza and Hayfever Prescribing Pointers

Prescribing on the constitution is the treatment of choice for hayfever and allergies in general. Those allergy patients in whom you identify a constitutional remedy, perhaps after a totality repertorisation, will report a very significant reduction in their local symptoms and improvement in their general well-being.



A common practice is to give a constitutional prescription in a high potency before the beginning of the season, and then a treatment based on local symptomatology if significant symptoms arise during the season itself.

A patient who presents for the first time during the season with florid current hayfever symptoms can be given a similimum based on the local symptoms until such time as the constitutional indicators become clear. (Please see the summary chart of common hayfever remedies overleaf).

Sometimes it transpires that the constitutional and locally indicated remedy are the same, and frequent examples of this in hayfever are *Nux Vomica*, *Pulsatilla*, *Arsenicum album*, and *Natrum muriaticum*. You then have the choice of whether to use stat high potencies, repeated low potencies or a daily LM potency

In addition to a local prescription based on keynotes, an isopathic treatment based on a mixed pollen or individual pollen can be very helpful. (See months 1 & 2 for further information on isopathic treatment regimen.)

The latest environmental data for hayfever in the UK is available on line at:

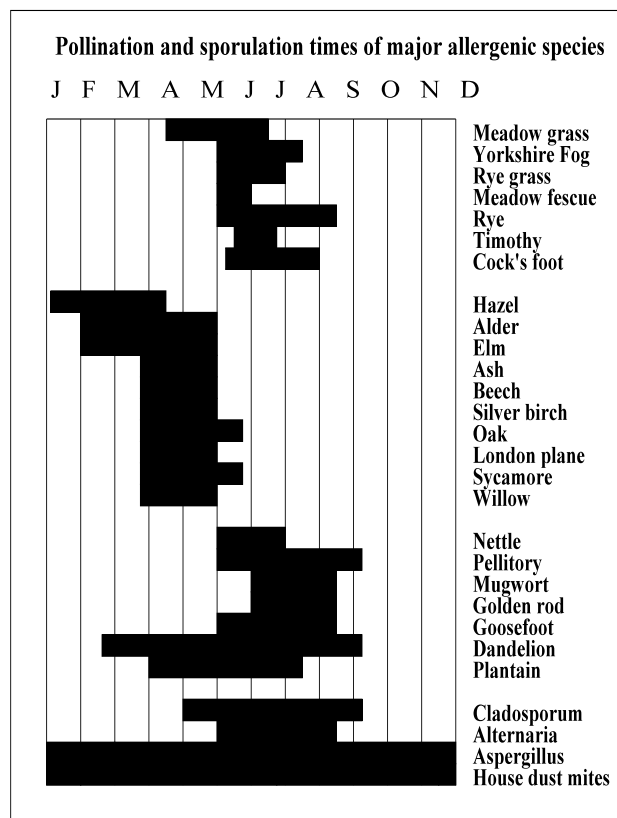


<https://www.worcester.ac.uk/about/academic-schools/school-of-science-and-the-environment/science-and-the-environment-research/national-pollen-and-aerobiology-research-unit/>

Prick skin testing, following reference to pollination charts, can also be helpful in identifying the relevant isopathic prescription. If the allergy is multi-species, isopathy is often of limited value, even when mixed grasses and pollens are used. Some species tend to be more allergenic than others eg Timothy grass, Artemesia, Birch (betula) and have quite specific seasons associated with them.

Proprietary combinations exist for the treatment of hayfever. Some patients find these helpful in managing symptoms and some patients find that they make no difference whatsoever.

It may be that only one active ingredient is acting for those who benefit. From the specialist point of view, it is not really possible to adjust and improve the treatment experience of these patients without trialing the constituent remedies individually.



HAY FEVER

Remedy	Eyes	Nose	Ears/Throat/Chest	Others
<u><i>Allium cepa</i></u>	Burning, light sensitivity	Fluent watery discharge, stuffy nose	Tickling back of throat, cough-cold air	Symptoms better in open air
<u><i>Ambrosia</i></u>	Severe itching lachrymation	watery coryza, nosebleed	asthma, starting with catarrh	
<i>Arsenicum album</i>	Burning, tears, dislike of light	Thin watery burning discharge	Burning throat, asthma / wheeze	Restless, worried, exhausted
<i>Arsenicum iodatum</i>	Burning, watery discharge	Sneezing, watery coryza, sore nostrils	Burning throat, dry irritating cough	Burning symptoms, dry scaly skin
<i>Arum triphyllum</i>		acid coryza, sore nostrils, obstruction, pain at root of nose	throat burning constricted, tingling lips & throat	< cold wet winds
<i>Arundo</i>		Itching in nostrils sneezing	Itching, in roof of mouth and ears	Early Hay Fever before discharges
<i>Dulcamara</i>	Profuse watery discharge	stuffed up especially in cold rain		< damp
<u><i>Euphrasia</i></u>	Thick discharge swollen, burning	Fluent watery discharge	Cough with phlegm	Symptoms worse indoors
<i>Gelsemium</i>	'Heavy' swollen eyes	Sneezing, watery discharge	Sore throat, like a lump in the throat	Apathetic, listless, giddiness, trembling
<i>Iodum</i>	Inflamed, swollen lids, watering	Sneezing 'hot' watery discharge	Stopped-up ears tickling in chest	Symptoms better walking about
<i>Kali bichromicum</i>	Swollen eyelids with ulceration	Stuffed-up nose, thick yellow discharge	Swollen sore throat, cough, thick phlegm	Hay Fever when discharge thicker
<i>Kali iodatum</i>	Profuse acrid Lachrymation, smarting swelling sinus pain	Sneezing, acrid discharge, red, swollen	Larynx raw, violent cough worse in morning	Better open air, violent thirst
<i>Natrum muriaticum</i>	Watery bruised feeling	Sneezing violently, watery discharge	Coughing, makes eyes water more	Depressed and touchy
<i>Nux vomica</i>	Smarting, light sensitive eyes	Stuffy nose, obstructed breathing	Itching in inner ear	Irritable, headache, migraine type
<i>Psorinum</i>	Swollen red lids Photophobia	Coryza soreness obstruction	Asthma, worse sitting better lying flat	Worse from heat, better from cold
<i>Pulsatilla</i>	Burning, itch, desire to rub	Obstruction in warm room, thick bland coryza - free in open air	thick bland phlegm, otitis media	< warmth, > fresh open air
<u><i>Sabadilla</i> *</u>	Eyelids red, burning watery eyes	Spasms of sneezing runny nose	Sore throat better for warm drink	Feeling of chilliness
<i>Sanguinaria</i>	Burning	Watery discharge congestion, burning	Burning Tickling cough, worse lying, better sitting	Better from sleep Better in dark
<i>Sinapis nigra</i>	burning hot sensation	dry / excoriating discharge, obstruction esp. daytime, sneezing		
<i>Sticta</i>		blows ineffectively, crusting	raw throat, dry hacking cough	< sudden temperature changes
<u><i>Wyethia</i></u>		Itching back of nose, dryness of nose	itchy soft palate with desire to scratch with the tongue	

Activity

Read through the case studies and answer the questions that follow

CASE Boy Aged 4 Reece C.

Hayfever and eczema

Only slight eczema now on wrists - problem present since infancy.

Every June gets itchy eyes

has tended to rub his eyes since the age of 1

His eyes do not itch in the winter months.

The itching responds to antihistamines. Had been receiving regular Piriton, since recent aggravation using Neoclaritin.

Nasal catarrh and congestion since age of 10 months

Currently marked nasal congestion and sneezes a lot at night

PMH:

Mum's pregnancy unremarkable apart from a little backache.

Delivery:

Induction, meconium

Failed ventouse extraction

But very quick vaginal delivery overall, without any immediate neonatal complications

Some oral thrush as a baby treated with oral antifungal gel

Immunisation history complete and well-tolerated

Recurrent upper respiratory tract infections

Attended nursery from 6 months

Diagnosed with a chest infection at 6 months

Apparent 'apnoeic episode' at age 10 months

Currently:

Very 'blocked up'

Sneezing ++ especially at night

Also night sweats

Head is soaking with sweat

Has had a chesty cough all summer

Systematic enquiry:

Slight strabismus

Nose more blocked than runny

When discharge is present it is typically green

Recurrent ear infections - treated recurrently with antibiotics and paracetamol elixir

Stool mushy at present

Was vomiting at the weekend and has been recurrently sick recently.

Mind:

Demanding. Likes parental attention.

A bit reserved with other children but able to share his toys.

Case 1 Boy Aged 4 Reece C.

On examination:

Skin dry but not excoriated

Nares crusted

Mouth breathing

Tympanic membranes slightly indrawn

Some middle ear catarrh - left side

Right ear, slight residual scarring on TM otherwise normal

Tonsils moderately enlarged but not inflamed or scarred

Small, non-tender cervical nodes

Moist cough, but chest is clear on auscultation

Abdomen soft and non-tender

Child compliant and not irritable

QUESTIONS:

1. *Is the presentation acute, sub-acute or chronic?*

A:

Discussion:

2. *Are there significant aetiological factors to consider?*

A.

Discussion:

3. *Are there 'blocks to cure' in evidence? If so, what are they?*

A.

Discussion:

4. *Is there a discernable constitution?*

A.

Discussion:

5. *If you were to repertorise this case, what features would you select?*

A:

Discussion:

6. *What is your recommended treatment?*

A:

Discussion:

Followup and outcome:

3 week followup:

The remedy worked immediately.

Sneezing disappeared

Catarrh and cough disappeared

Night sweats disappeared for 4 nights then returned but less severely.

Has been a bit weepy and showing some jealousy of sibling.

Family are a bit stressed - sibling not sleeping properly at the moment.

No treatment. Watchful wait.

One month on:

Hayfever and respiratory symptoms never returned. well

No treatment.

Three months on - telephone call:

Has remained well as regards ENT and respiratory symptoms

Family are moving house.

Reece has experienced a mild flare of his eczema

Treatment: *Isopathic dust mite* 30c (three stat doses)

Natrum sulph 30c (three stat doses) after 7-10 days

Family moved - no further review recorded.

The following two cases have been contributed by
Dr Malcom Guild and Dr Alan Beattie.
Both patients responded to the same remedy.
From the notes below, can you discern what was given?

Case 2. (MG)

Girl of 14, Hay fever
She also had a probable house dust allergy and had been given
House Dust Mite 30/3, 2 months before.

Tall, thin. greasy skin and tendency to acne.
Sullen, unsociable, would not mix.
Worse during period.
Chilly

< stuffy room. > outdoors - likes hillwalking.

Rx _____ 30c 3 doses pre-season & post-season for 2 years.

Response:

Minimal hay fever,
negligible house dust symptoms over last 2 years.

Case 3. (AWB)

A girl of 15 complained of hayfever every spring.
She had itching of the canthi of her eye lids, and lachrymation.
Also paroxysmal sneezing, with white. thin, watery discharge (like
egg white).
Sense of smell was diminished.

In general, she was worse in the summer and in the heat of the sun.
Worst time of day was morning.

Rx _____ 30c 1 tab TID for 5 days.

Response:

No more complaints.
The following year she needed a single dose of _____ 200c,
when very mild symptoms recurred.

No further complaints.
COMMENT Look for the rubric in Kent:

NOSE: Coryza, annual

Your chosen remedy:

The selected treatment:

Case 4

Woman aged 28
Hayfever with burning in the eyes and lachrymation.
Light sensitive
Tears are bland and don't excoriate.

Nose stuffed up and feels congested
Thin watery coryzal discharge
Nosebleeds from time to time

Nose feels clearer outside in fresh air
But cold air can give her an irritating cough

Your selected remedy:

Remedy given:

Outcome:



Listen to this short video recording

<https://youtu.be/nQ8-KBIshps>