



ISSN: 0976-3376

Available Online at <http://www.journalajst.com>

ASIAN JOURNAL OF
SCIENCE AND TECHNOLOGY

Asian Journal of Science and Technology
Vol. 17, Issue, 03, pp. 14202-14205, March, 2026

RESEARCH ARTICLE

SUSTAINED CLINICAL REMISSION IN CHRONIC ALLERGIC RHINITIS WITH NASAL POLYPOSIS TREATED AT DR BATRA'S HOMEOPATHY CLINIC: A CLASSICAL HOMEOPATHIC CASE STUDY

Dr. Muruheshwari Durairaj

Chief Homeopathic Consultant, Coimbatore Branch, Dr Batra's Positive Health Clinic Pvt. Ltd. BHMS, PG
Diploma in Psychological Counselling

ARTICLE INFO

Article History:

Received 19th December, 2025
Received in revised form
14th January, 2026
Accepted 20th February, 2026
Published online 30th March, 2026

Key words:

Allergic rhinitis, nasal polyposis,
classical homeopathy, constitutional
treatment, psychosomatic illness,
HRQoL.

*Corresponding author:

Dr. Muruheshwari Durairaj

ABSTRACT

Chronic allergic rhinitis is a relapsing inflammatory condition often associated with impaired quality of life and long-term dependence on conventional medication. This case study documents a young female patient with chronic allergic rhinitis with nasal polyposis and intermittent bronchial symptoms of over two years' duration, unresponsive to conventional management. A classical homeopathic approach based on individualization, life-space exploration, totality of symptoms, and miasmatic understanding was adopted. Over a 19-month treatment period, the patient demonstrated sustained symptomatic remission, normalization of laboratory markers, psychological stabilization, and significant improvement in health-related quality of life. This case demonstrates clear and sustained transformation achieved at Dr Batra's Homeopathy Clinic.

Citation: Dr Muruheshwari Durairaj. 2026. "Sustained Clinical Remission in Chronic Allergic Rhinitis with Nasal Polyposis Treated at Dr Batra's Homeopathy Clinic: A Classical Homeopathic Case Study", *Asian Journal of Science and Technology*, 17, (03), 14202-14205.

Copyright©2026, Muruheshwari Durairaj. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Allergic rhinitis is a chronic inflammatory disorder characterized by sneezing, rhinorrhea, nasal obstruction, and post-nasal drip, frequently associated with asthma and nasal polyposis. Persistent exposure to allergens, emotional stress, and altered immune responses contribute to chronicity and recurrence. Conventional management often provides symptomatic relief but fails to modify disease susceptibility or prevent relapse. Classical homeopathy, through constitutional prescribing and individualized case analysis, aims to restore immune balance and improve overall well-being.

Case Profile

- Diagnosis (ICD/SM URL): Allergic Rhinitis
- Duration of Illness: 2–3 years
- Duration of Treatment: 19 months
- Duration of Remission: 1 year (ongoing)
- Prognosis: Curable
- Reason for Prescribing: Core constitutional approach
- Differential Diagnosis: Bronchitis

Chief Complaints

- Sneezing bouts, worse in morning
- Profuse running nose with post-nasal drip
- Persistent nasal blockage
- Breathing difficulty on exertion and dust exposure
- Intermittent wheezing in the past
- Recurring nasal polyps

Physical Generals

- Appetite: Decreased → improved during treatment
- Thirst: Decreased (2–4 glasses/day)
- Cravings: Sour, spicy, fried foods
- Perspiration: Profuse, offensive, mainly head and neck
- Thermal state: Chilly patient, prefers covering
- Sleep: Refreshing, 8–9 hours, left-side lying
- Aggravation: Dust exposure, climatic change, cold air, rainy weather
- Amelioration: Hot water, warmth, sun exposure Mental Generals

Childhood Phase: From early childhood, the patient was emotionally sensitive, introverted, and easily hurt.

Remedies	puls.	lach.	sep.	sulph.	nat-n.	phos.	bell.	staph.	merc.	nux-v.	rhus-t.	chin.	Cycl.	cham.	kali-c.	Ign.	ph-ac.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Symptoms Covered	9	8	7	7	7	7	7	7	6	6	6	6	6	6	6	5	5
Intensity	16	12	12	12	11	11	9	9	9	9	9	8	8	7	7	10	10
Result	9/16	8/12	7/12	7/12	7/11	7/11	7/9	7/9	6/9	6/9	6/9	6/8	6/8	6/7	6/7	5/10	5/10
Clipboard 1																	
MIND - INTROSPECTION	3	1	2	2	1	1	1	1	2	1		2	1	1	1	3	2
MIND - GRIEF - silent	2	1	1	1	3	1	1	1	1	1			2			3	2
MIND - ANXIETY - future, about	2	2	2	2	2	3		2	1	2	2	2	1	1	1		2
MIND - BROODING - disappointment, over							3										2
GENERALS - ANEMIA - accompanied by - perspiration; profuse																	
PERSPIRATION - ODOR - offensive	3	2	3	3	1	2	1	2	3	3	2	1	1	1	1	1	
GENERALS - FOOD and DRINKS - sour food, acids - desire	2	2	2	2	2	2	1	1			1	1		2	2	2	2
STOMACH - APPETITE - diminished	1	2	1	1	1	1	1		1	1	1	1	2	1	1	1	
NOSE - OBSTRUCTION - accompanied by - sneezing																	
NOSE - SNEEZING - air; in open - amel.	1					1											
NOSE - SNEEZING - coryza - with	1	1	1		1			1		1	1	1	1		1		
NOSE - SNEEZING - dust causes																	
NOSE - SNEEZING - chill; during	1	1		1			1	1	1		2			1			

Follow-Up and Prescription

Date	Clinical Assessment	Prescription
20-09-2024	Severe sneezing, running nose, nasal block, post-nasal drip, breathlessness; emotionally anxious and brooding	Pulsatilla 200C – single dose; Sac-lac for 15 days
25-10-2024	Sneezing and rhinorrhea reduced; nasal block persists esp. mornings; exam stress present	Sac-lac continued
22-11-2024	Sneezing occasional; no running nose; single episode of epistaxis; generals stable	Sac-lac
03-01-2025	Mild relapse after emotional disappointment; sneezing +, nasal block; weeping when alone	Pulsatilla 200C – single dose; Sac-lac
01-02-2025	Sneezing and coryza reduced; breathlessness only on cold exposure	Sac-lac
01-03-2025	Almost asymptomatic; rare sneezing; emotionally stable	Sac-lac
05-04-2025	No respiratory complaints; nasal polyps stable; started ice creams without major aggravation	Sac-lac
03-05-2025	Mild sneezing after cold drinks; appetite slightly reduced; future anxiety present	Sac-lac
01-06-2025	Marked reduction in frequency and intensity of attacks; generals good	Sac-lac
05-07-2025	Climate-related mild relapse; sneezing with nasal discharge; epistaxis once	Pulsatilla 200C – single dose; Sac-lac
15-08-2025	Short acute aggravation after rainy weather; constipation noted	Supportive remedy; Sac-lac
03-09-2025	Sneezing on cold air exposure; nasal polyps present but non-progressive	Sac-lac
24-10-2025	Symptoms minimal; sneezing only after cold food; emotionally stable	Sac-lac
09-01-2026	Episodes significantly reduced; temporary aggravation after paint exposure	Sac-lac
08-02-2026	No respiratory complaints; appetite and thirst reduced but stable; itching resolved	Sac-lac

Transformation Table

Parameter	Before Treatment	After Treatment
Sneezing & Rhinorrhea	Daily, severe	Rare, mild
Nasal Block	Persistent	Occasional
Asthma-like symptoms	Present	Absent
Nasal Polyps	Recurrent	Stable, non-progressive
IgE levels	Elevated	Normalized
Emotional State	Anxious, brooding	Stable, confident
HRQoL	Poor academic focus	Improved focus & wellbeing
Allopathic Dependence	Regular	Completely stopped

She displayed a tendency to suppress emotions, especially during family conflicts. Frequent fights between elders at home created an atmosphere of insecurity. She would cry silently after confrontations and avoided expressing anger openly.

Adolescent Phase: During adolescence, emotional conflicts intensified due to family disputes, strict parental expectations, and sibling dominance. She developed anticipatory anxiety related to her future, particularly marriage. Academic stress and fear of disappointing parents further deepened her brooding nature.

Present Emotional State: At present, emotional stress revolves around forced marriage against her wishes, non-acceptance of her relationship, and fear of the future. She exhibits:

- Introversion and silent brooding
- Weeping when alone; consolation ameliorates
- Fear of future and marriage
- Emotional suppression leading to somatic expression
- Desire to escape stressful environments

This emotional burden closely coincided with exacerbations of allergic symptoms, confirming a psycho-somatic link.

Totality of Symptoms

- Chronic allergic rhinitis with nasal polyps
- Profuse, offensive perspiration
- Desire for sour food
- Chilly patient, amelioration from warmth
- Sneezing and nasal obstruction < dust, climate change
- Emotional suppression, brooding, fear of future
- Weeping alone, consolation ameliorates

Repertorial Analysis

- MIND - INTROSPECTION
- MIND - GRIEF - silent
- MIND - ANXIETY - future, about
- MIND - BROODING - disappointment, over
- GENERALS - ANEMIA - accompanied by - perspiration; profuse
- PERSPIRATION - ODOR - offensive
- GENERALS - FOOD and DRINKS - sour food, acids - desire
- STOMACH - APPETITE - diminished
- NOSE - OBSTRUCTION - accompanied by - sneezing
- NOSE - SNEEZING - air; in open - amel.
- NOSE - SNEEZING - coryza - with
- NOSE - SNEEZING - dust causes
- NOSE - SNEEZING - chill; during

Repertorial Result

- Pulsatilla
- Sulphur
- Natrummuriaticum
- Allium cepa

Final Selection: *Pulsatilla*

Remedy Justification: The patient presented a clear Pulsatilla constitutional picture, characterized by introversion, silent grief, fear of future, emotional dependency, and brooding over disappointment. Physical generals strongly supported the selection, including diminished appetite, desire for sour food, profuse offensive perspiration, and catarrhal respiratory symptoms. Local symptoms such as sneezing, nasal obstruction, and coryza were aggravated by climatic changes and dust exposure, while amelioration was noted from warmth and hot applications. The remedy was selected on the basis of totality of symptoms, not on pathological diagnosis alone.

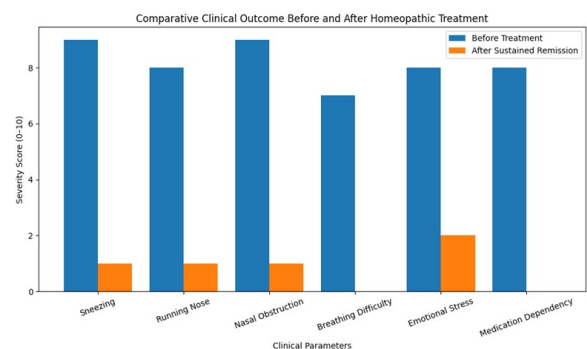
Follow-Up Analysis: Over the course of treatment, the patient demonstrated a progressive reduction in frequency, intensity, and duration of allergic episodes, with longer symptom-free intervals. Emotional stability improved parallel to physical recovery, confirming the constitutional action of the remedy. Dependence on allopathic medication and inhalers was discontinued, and laboratory markers such as serum IgE showed normalization. The sustained remission for over one year indicates a deep curative response rather than symptomatic suppression.

Miasmatic Assessment

Predominant Psoric–Syphilitic miasm, indicated by:

- Chronic allergic tendency
- Recurrent nasal polyps
- Emotional suppression with structural pathology

Homeopathic Working: The case was approached constitutionally, addressing the patient's emotional conflicts, immune dysregulation, and chronic susceptibility rather than isolated symptoms. Remedies were prescribed sequentially based on response, symptom evolution, and miasmatic need, with minimal repetition and careful observation.



DISCUSSION

This case highlights the importance of individualized constitutional prescribing in chronic allergic disorders. Emotional stress, suppressed grief, and anticipatory anxiety acted as maintaining causes. Sequential remedy selection based on evolving symptomatology allowed gradual restoration of immune balance. Objective improvements, including normalization of IgE levels and cessation of inhaler use, support the therapeutic effect. The sustained remission over one year underscores the role of classical homeopathy in modifying disease susceptibility rather than offering temporary relief.

CONCLUSION

This case demonstrates that classical homeopathy, when applied with a structured life-space evaluation, repertorial analysis, and miasmatic understanding, can offer sustained remission in chronic allergic rhinitis with nasal polyposis. Addressing emotional conflicts alongside physical symptoms resulted in holistic recovery. The transformation observed in this patient was achieved at Dr Batra's Homeopathy Clinic, reinforcing the role of individualized homeopathic care in chronic immune-mediated conditions.

REFERENCES

Bousquet J, et al. Allergic rhinitis and its impact on asthma. *Allergy*. 2008.

Wallace DV, et al. Diagnosis and management of rhinitis. *J Allergy Clin Immunol*. 2008.
Boericke W. *Pocket Manual of Homeopathic Materia Medica*.
Kent JT. *Lectures on Homeopathic Philosophy*.
Hahnemann S. *Organon of Medicine*.
Allen HC. *Keynotes and Characteristics*.
Vithoulkas G. *The Science of Homeopathy*.
Bellavite P, et al. Immunology and homeopathy. *J Altern Complement Med*.
Mathie RT, et al. Homeopathy in chronic disease. *Systematic Review*.
World Allergy Organization. Allergic rhinitis guidelines.
