



# **KEYNOTE PRESCRIPTION IN ALLERGIC RHINITIS – A CASE SERIES.**

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## **ABSTRACT:**

In everyday clinical practice there is huge rush of patients and certain chronic diseases like one-sided diseases which display only one or two principle symptoms, so for time saving and based on few peculiar, uncommon, sufficiently characteristic symptoms comes at our recue, that is called keynote symptoms.

Rhinitis is characterized by sneezing; rhinorrhoea; obstruction of the nasal passages; conjunctival, nasal, and pharyngeal itching; and lacrimation and can be classified as allergic or nonallergic. A clinical history of rhinitis symptoms occurring in a temporal relationship to allergen exposure and documentation of sensitization to an environmental allergen are required for a diagnosis of allergic rhinitis. Although commonly seasonal due to elicitation by airborne pollens, it can be perennial in an environment of chronic exposure to house dust mites, animal dander, or insect (cockroach) products. <sup>[1]</sup>

## **KEYWORDS:**

Allergic rhinitis, disease knowledge, keynote, constitutional

## **INTRODUCTION:**

Keynote symptom is defined as the peculiar, uncommon, sufficiently characteristic symptom in the confirmed pathogenesis of a polychrest medicine which may be used as a pivotal point of comparison and prescription based upon the keynote symptom is known as keynote prescription.

Master Hahnemann has recommended about characteristic symptom which is striking, uncommon and peculiar. This method can be used as a boon to combat the obstacle.

Keynote is firstly introduced by Dr. H.N.Guernsey. he illustrated keynote as the central and fundamental knowledge about a medicine which is necessary to obtain the full and complete comprehension about the use of law of the similar. Homoeopathy involves a detailed case taking process and identifying the keynote symptom early in the consultation can streamline the process and allow the homoeopath to focus on other relevant aspects of the case.

## CASE SERIES:

### CASE 1:

#### PRESENTING COMPLAINTS:

- Case of a 40 yr-female patient suffering from allergic rhinitis since 1 month. She has a complain of sneezing <morning, coming out of ac room to warm room. She is having 10-12 sneezing at a time. She has a peculiar sensation of itching in the nose before sneezing. She was thermally hot and her thirst was very less.
- On finding the following repertorization...
- With above data, repertorization was done to find out the similimum. The following symptoms were considered:
- REPERTORIAL TOTALITY:
  1. Nose – sneezing, warm room, in
  2. Nose – sneezing, morning
  3. Nose – itching, with nose, in, from
- PRESCRIPTION:  
PULSATILLA 1M I DOSE. SL TDS FOR 7 DAYS.
- FOLLOWUP: Within 7 days, her sneezing complain got 80% better.

### CASE 2:

#### PRESENTING COMPLAINTS:

- It was a case of 20 years girl having complaint of watery running nose with frequent sneezing and blockage of nose since 2 weeks. Acrid watery discharge and blockage of nose both side, sneezing esp. in early morning < exposure to sun. Desire for salt++. Alternate fluent and dry coryza, loss of smell. Lachrymation with sneezing.
- REPERTORIAL TOTALITY:
  1. lachrymation accompanied by sneezing
  2. coryza discharge, without – alternating with – fluent
  3. nose – discharge – excoriating.
  4. coryza – accompanied – smell; loss of

- **PRESCRIPTION:**  
NAT-MUR 200 I DOSE. SL TDS FOR 15 DAYS.
- **FOLLOWUP:** Results showed significant improvement and the patient was very happy with results of the remedy from she suffers a lot. Frequency and discharge also reduced and smell came back to normal.

### CASE 3:

- **PRESENTING COMPLAINTS:**
- A case of 12 years girl having complaint of coryza with frequent sneezing and discharge is thin since 4 – 5 days. Irritable due to discharge and starts after exposure to cold weather, sneezing especially in early morning and night. Fearsome patient with desire to travel. Craving for spicy things and aversion to sweet.
- **REPERTORIAL TOTALITY:**
  1. Fearsome
  2. Thin discharge
  3. Desire to travel.
  4. Craving for spicy
  5. Aversion to sweet.
  6. A/F Exposure to cold weather
- **PRESCRIPTION:**  
CALCAREA PHOS 200 I DOSE. SL TDS FOR 7 DAYS.
- **FOLLOWUP:** After 7 days. patient improved was very happy, sneezing and coryza relieved.

### CASE 4:

- **PRESENTING COMPLAINTS:**
- Case of 35 years old male patient having complaints of watery discharge from nose having redness around nose since last 7 days. Burning and soreness in nose. Ailments from exposure to cold wind. Aggravated by bathing, heat, in dusty weather and ameliorated by open air. He is religious and obstinate in nature.
- **REPERTORIAL TOTALITY:**
  1. Religious
  2. Obstinate
  3. Aversion to work
  4. After exposure of cold wind
  5. <by bathing
  6. <by heat
  7. <in dusty weather
  8. >in open air
  9. Burning sensation in nose
  10. Soreness in the nose
  11. Watery discharge from the nose with sneezing

- **PRESCRIPTION:**  
SULPHUR 200 I DOSE. SL TDS FOR 7 DAYS.
- **FOLLOWUP:** After 3 days patient improved much and complaints are received up to 90%.

#### **CASE 5:**

##### **PRESENTING COMPLAINTS:**

- Case of 26/M came with Watery discharge from the nose with sneezing & Burning sensation++ in nose <by heat++ & <Sun+++ and ear discharge from left ear which is yellow and offensive since 15 days Patient is quiet malicious and dictatorial in nature.
- **REPERTORIAL TOTALITY:**
  1. Dictatorial
  2. Malicious
  3. EAR: discharge: yellow
  4. EAR: discharge: offensive
  5. NOSE: Sneezing: sunshine in
- **PRESCRIPTION:**  
MERC-SULPH 200 II DOSE. SL TDS FOR 7 DAYS.
- **FOLLOWUP:** Within 7 days patient improved much and complaints are relived upto 90%.

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