
	<p align="center"><b>ALLERGIC RHINITIS: HOMEOPATHIC APPROACH</b></p> <p align="center"><b>DR. RONAK SHAH'S</b> <b>DIVINE HOMEOPATHY</b></p> <p align="center">— Restoring Vitality —</p> <p>SINCE 1991 <span style="float: right;">M.D.(HOM.)</span></p> <p align="center">📞 9825050054 <span style="float: right;">🌐 dr-ronakshah.com</span></p>	
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## **ALLERGIC RHINITIS: HOMEOPATHIC APPROACH**

Allergic Rhinitis, commonly known as hay fever, is primarily caused by hypersensitivity of the immune system. When a person is exposed to allergens like pollen, dust mites, or pet dander, the body's immune system releases chemicals such as histamine to counteract the perceived threat. This release of histamine leads to the well-known symptoms associated with allergic reactions.

### **Types:**

1. **Seasonal Allergic Rhinitis (Hay Fever):** Seasonal allergic rhinitis occurs when allergens like pollen or mold spores are prevalent in the air, typically during specific seasons such as spring, summer, or fall. This type of allergy often flares up during changes in weather, making it highly seasonal and linked to flowering plants.
2. **Perennial Allergic Rhinitis:** Unlike its seasonal counterpart, perennial allergic rhinitis occurs throughout the year and is triggered by allergens that are present year-round, such as dust mites, pet dander, or mold. This type of rhinitis affects individuals continuously, causing symptoms regardless of the season.

### **Symptoms:**

Sneezing and coughing, Runny or stuffy nose, Itchy eyes, nose, and skin, Dry throat or mouth, Watery, red eyes, Headaches, Anosmia (loss of smell), Fatigue due to persistent discomfort

### **Homeopathic Treatment for Allergic Rhinitis:**

Allergic rhinitis, though not life-threatening, can significantly impact a person's quality of life. Homeopathy offers a safe, natural, and effective solution to allergic rhinitis, particularly for those looking for long-term relief without the side effects of conventional medication. The homeopathic approach is holistic, focusing on boosting the body's immune system and addressing the root causes rather than just suppressing the symptoms.

By targeting the underlying causes, homeopathy can help to reduce the recurrence of allergic attacks, making you less prone to allergens over time. It helps in alleviating the immediate symptoms of allergic rhinitis like sneezing, itching, and a runny nose. Early intervention with homeopathic remedies can prevent allergic rhinitis from developing into more serious respiratory conditions like asthma or sinusitis. It can help patients reduce their reliance on conventional antihistamines, nasal sprays, and other pharmaceutical drugs over time.

Several remedies are known to be highly effective in relieving both acute and chronic forms of allergic rhinitis like *allium cepa*, *ars alb*, *sabadilla*, *Nat Mur*, *Euphrasia*, *Gelsemium*, *Drosera* etc.

If you or someone you know suffers from allergic rhinitis, consider consulting a qualified homeopathic practitioner for a personalized treatment plan.