**CASE STUDY ON RESPIRATORY ALLERGY**

 **( successful story of Ayurvedic treatment )**

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**INTRODUCTION**

Respiratory allergies can be defined as inflammation of the nasal

mucosa. It is a common disorder that affects up to 40% of the

population. Allergic rhinitis is the most common type of

chronic rhinitis, and evidence suggests that the prevalence of the disorder is increasing.

In the past, allergic rhinitis was considered to be a disorder

localized to the nose and nasal passages, but current evidence

indicates that it may represent a component of a systemic

airway disease involving the entire respiratory tract. There are a

number of physiological, functional and immunological

relationships between the upper (nose, nasal cavity, paranasal

sinuses, Eustachian tube, pharynx and larynx) and lower

(trachea, bronchial tubes, bronchioles and lungs) respiratory

tracts.

Several studies has shown that allergen provocation of the upper

 airways not only leads to a local inflammatory response, but may

 also lead to inflammatory processes in the lower airways, and this is

supported by the fact that rhinitis and asthma frequently coexist

 Therefore, allergic rhinitis and asthma appear to

represent a combined airway inflammatory disease, and this

needs to be considered to ensure the optimal assessment and

management of patients with allergic rhinitis.

**Case presentation**:

A 4 years Child with his parents came to our KB OPD of Ashwini Ayurvedic Medical College – Tumkur with the following problems

such as running nose, sneezing, itching in eyes, disturbed sleep,

irregular bowel movement and abnormal sweating, sometimes

sudden blocked nose in night & raise in temperature every month,

 since 2years, while examine found his weight was 13kg.

Child’s parents have gone through all other form of

medications/treatment since years together but child dint got any

relief .

**Intervention**

1. Amritaarishta - 5ml twice a day ( after food )
2. Syrup Septilline - 5ml twice a day (after food )
3. Arogyavardhini Vati – 1 tablet ( once a day )
4. Sudha kalpa – External application & steam inhalation

Gave for 20days & adviced to followup after 20 days.

* Child got relieved with complaints after 20 days, block of nose & sleepless nights reduced fully, now child is having sound sleep.
* Running nose reduced apart.

Continued same medicines & adviced to followup after 1month.

* Complaints reduced fully child is alright now, also Temperature also dint raised even

 after 1 & ½ month, where as child was getting fever for every month before treatment

**Dietary Regimen:**

**Include following foods in the diet**

 Hot light diet – Milk with haldi

 nutritional diet

 Nettles, cabbage, beet tops, beets, carrots

 Onions, garlic, ginger

Eliminate the following from the diet

 Bananas and citrus fruit

 Chocolate

 Food colorings

 Peanuts

 Red meat

 Sugar

 snacks / junk food

**Objective data**

After 2months of treatment

 Sneezing- reduced

 Itching- no tears and itching in eyes

 Nasal discharge-reduced as per prior condition

 Nasal obstruction-nasal airway obstruction improve

 Sleep- improved

 Bowel-no constipation

**General examination results**

Weight –14.8 kg

**DISCUSSION**

A 4 years old child with his parents visited our KB OPD of Ashwini Ayurvedic Medical College Tumkur with following problems such as running nose, sneezing, itching in eyes, disturbed sleep, irregular bowel movement and abnormal sweating. Childs parents wanted to reverse back the health issues of child without delay & without allopathic medicines .

A Respiratory allergy problem is an inflammation of nasal passages caused when the immune system retaliates in its response to certain particles in the environment. Child was suffering since 2years due to dust allergy. Then patient took our Ayurvedic treatment with dietary changes & got cured.

**CONCLUSION**

Our Ayurvedic medicine cure the disease from route cause & build immunity to body so that even the long duration cases also will be cured completely. Child & parents both are happy that the long duration suffering as ended.