Allergic Rhinitis

PRAYER

MÜKAM KARÔTI
VACÁLAM

PANGUM LANGHAYATÄ
GIRIM

YATKRIPÁ TAMAHAM
VANDÄ

- Name of the disease & terminologies
- Etiology
- History, signs and symptoms
- Physical examination
- Investigation
- Treatment according to allopathic medicine
- Other therapies
- Yoga practices
- Books and journals for reference

INTRODUCTION

- Allergic rhinitis is a form of atopy characterized by an acute irritative inflammation of the mucous membranes of the eyes and upper respiratory passages accompanied by itching and profuse watery secretion, followed occasionally by bronchitis and asthma; the episode recurs annually at the same or nearly the same time of the year, in spring, summer, or late summer and autumn, caused by an allergic reaction to the pollen of trees, grasses, weeds, flowers, etc.
- Syn: rhinitis nervosa.

- Allergic rhinitis is a response of the immune system to airborne allergens, including mold, animal dander, dust mites and feathers.
- It occurs year-round or seasonally and symptoms are most like those of the common cold.
- Symptoms include stuffy nose, watery eyes, sneezing, coughing and runny nose.
- Allergic rhinitis is often referred to as hay fever and affects approximately 35 million people in the United States.
- Allergic rhinitis may predispose patients to the development of chronic rhinitis.

- If spring brings a stuffy nose, scratchy eyes and an extra sneeze tacked on to the usual "achoo!" – probably have hay fever (allergic rhinitis).
- Hay fever is the common name for an allergic response to specific substances in the environment.
- Seasonal hay fever, tree pollen, grasses or weeds may trigger the symptoms.
- If sensitive to indoor allergens such as dust mites, cockroaches, mold or pet dander, may have year-round symptoms.

- Over-the-counter medications may be enough to manage the mild hay fever symptoms.
- But if signs and symptoms are more severe or if hay fever is a year-round nuisance — see an allergy specialist for evaluation and treatment.
- Without proper treatment, hay fever can impair the quality of life, cause sleeplessness, fatigue and irritability that affect the performance at work or school, and increase the risk of developing more serious allergic conditions such as asthma or eczema.

SIGNS AND SYMPTOMS

- Signs and symptoms of hay fever can range from mild to severe.
- If the condition is mild, may have brief, infrequent episodes of a runny nose and itchy, watery eyes.
- At the other extreme, may experience persistent, severe symptoms that last more than four days a week or longer than four weeks at a time.
- Chronic congestion may cause facial pressure and pain, alter the sense of taste and smell, and affect the appearance.

- The skin beneath the eyes may swell and turn blueish as develops what are sometimes called "allergic shiners."
- Hay fever signs and symptoms usually develop immediately after exposed to specific allergy-causing substances (allergens).
- Common allergens include pollen, dust mites, cockroaches, mold and pet dander.
- Sometimes, exposure to irritants such as perfume and tobacco smoke may trigger or worsen symptoms.

- Runny nose
- Watery eyes
- Congestion
- Frequent sneezing
- Postnasal drip
- Cough
- Itchy eyes, nose, roof of mouth or throat
- Swollen, blue-colored skin under eyes (allergic shiners)
- Sleeplessness
- Fatigue
- Irritability
- Facial pressure and pain

It may be difficult to distinguish hay fever from a cold. Here's how to tell the difference:

	Hay Fever	Colds
Signs and symptoms	Runny nose with thin, watery discharge; no fever	Runny nose with watery to thick yellow discharge; low-grade fever
Onset	Immediately after exposure to allergens	One to three days after exposure to cold virus
Duration	As long as exposed to allergens	Five to seven days

CAUSES

- Hay fever doesn't mean that is necessarily allergic to hay.
- Despite its name, hay fever is almost never triggered by hay, and it doesn't cause a fever.
- It got its name in the early 1800s when British doctors noticed that some rural residents experienced sneezing, itchy eyes and coughing after exposure to cut hay or grass.
- At the time, doctors didn't realize that the probable culprit was an allergic reaction to pollen or mold.

- They called the condition a "fever" because it caused nervousness, one of the old English definitions of fever.
- Heredity plays a key role in determining who gets allergies, including hay fever.
- May be more likely to develop hay fever if allergies or asthma runs in the family.
- Although hay fever can begin at any age, most likely to develop it during childhood or early adulthood.
- As gets older, the symptoms may worsen or improve.

- The severity of hay fever tends to diminish slowly, often over decades.
- If presence of hay fever, may react to one or more common inhaled allergens.
- No matter what allergic to, the underlying cause of the misery is the same.
- During a process called sensitization, the immune system mistakenly identifies the allergen as an invader and produces an antibody against it called immunoglobulin E, or IgE.

- The next time if exposed to the allergen, the immune system launches an allergic reaction.
- The IgE antibodies trigger the release of an inflammatory chemical called histamine, which swells the mucous membranes in the nose, sinuses and eyes, causing a runny nose, watery eyes and sneezing.

RISK FACTORS

- Family history of allergies
- Male sex
- Firstborn
- Exposure to cigarette smoke in the first year of life
- Exposure to indoor allergens, such as dust or pet dander

WHEN TO SEEK MEDICAL ADVICE

- Occasional signs and symptoms of hay fever and haven't found relief from using over-the-counter medications, see the doctor to design a treatment program.
- Also see the doctor if problems are persistent or have side effects from over-the-counter medications.
- May need an allergy specialist for an accurate and complete diagnosis.

SCREENING AND DIAGNOSIS

- Doctor will ask detailed questions about the personal and family medical history, signs and symptoms, and usual way of treating them.
- Doctor also performs a physical examination to look for additional clues about the causes of signs and symptoms.
- Medical history and physical exam may provide enough information for the doctor to discuss the diagnosis and treatment.

- But if the doctor is uncertain of that allergies, or suspects that having allergies and needs more information about the possible causes, he or she may recommend to have skin tests.
- During skin testing, small amounts of purified allergen extracts are pricked into the skin of the arm or upper back and observed for signs of an allergic reaction.
- A blood test can also identify possible allergens.

A small area of swelling with surrounding redness is typical of a positive allergy skin test

COMPLICATIONS

- Even uncomplicated hay fever can affect the quality of life.
- Congestion and constant nose blowing can cause discomfort and embarrassment.
- The resulting sleeplessness, fatigue and irritability can also affect the performance at work or school.
- But hay fever may increase the risk of developing more serious allergic conditions such as asthma — a chronic condition that occurs when the main air passages of the lungs, the bronchial tubes, become inflamed.

- Hay fever and asthma often occur together.
- If presence of asthma, may have signs and symptoms such as difficulty breathing, shortness of breath, a tight feeling in the chest, coughing and wheezing.
- People with hay fever may also have eczema (also called dermatitis) – an inflammation of the skin characterized by swollen, reddened and itchy skin.
- In particular, atopic dermatitis often occurs with allergies and frequently runs in families in which family members have asthma, hay fever or both.

- Prolonged sinus congestion due to hay fever may increase the susceptibility to sinusitis — an infection or inflammation of the membrane that lines the sinuses.
- Sinusitis causes pain, tenderness and swelling around the eyes, cheeks, nose or forehead and can be either acute or chronic.
- In children, hay fever often is a contributing factor to middle ear infection (otitis media), which causes pain, fever and fluid buildup in the middle ear.

TREATMENT

- After the doctor has identified what allergy triggers the symptoms, he or she will help to develop a plan to avoid these substances.
- In some cases, avoidance alone can effectively control the hay fever problems.
- Doctor may also prescribe an oral medication, a nasal spray or eyedrops – alone or in combination – to decrease the signs and symptoms.

- Nasal corticosteroids.
- Antihistamines.
- Decongestants.
- Cromolyn sodium.
- Leukotriene modifier.
- Nasal atropine.
- Immunotherapy.

ALLOPATHIC MEDICATIONS

- Antihistamines
- Decongestants
- Antiallergy nasal spray
- Corticosteroids
- Allergy immunotherapy

PREVENTION

- Reducing a child's exposure to allergy-causing substances may help delay or prevent the onset of hay fever.
- This may be especially true in children with a family history of allergies.
- For reasons that aren't completely understood, allergic conditions such as hay fever have become increasingly common in Western countries.

- Under normal circumstances, the immune system produces antibodies to defend the body against harmful organisms such as bacteria, viruses and parasites.
- In fact, some exposure to these organisms may be necessary to stimulate the immune system's proper development.
- But in an environment where disinfectants and antibiotics are commonly used, such organisms may be in short supply.
- Immune system may instead produce antibodies against usually harmless substances such as pollen, mold and pet dander, resulting in the development of allergies.

- Researchers have found that children are less likely to develop allergies if they attend child care centers, live in homes with older siblings or are raised on farms.
- In such environments, children are exposed to more germs.
- As researchers learn more about the immune system, they may suggest that a more judicious use of disinfectants and antibiotics may help prevent the development of allergies.

SELF-CARE

- It's not possible to completely avoid allergens, but can reduce the signs and symptoms by minimizing the exposure to them.

To reduce exposure to pollen or molds:

- Close doors and windows during pollen season
- Use air conditioning in the house and car
- Stay indoors on dry, windy days
- Use a dehumidifier to reduce indoor humidity
- Use a high-efficiency particulate air (HEPA) filter in the bedroom
- Avoid mowing the lawn or raking leaves, which stirs up pollen and molds

To reduce exposure to dust mites:

- Use allergy-proof covers on mattresses, box springs and pillows
- Wash sheets and blankets in water heated to at least 130 degrees Fahrenheit
- Use a dehumidifier to reduce indoor humidity
- Vacuum carpets weekly with a vacuum cleaner equipped with a small-particle or HEPA filter
- Consider removing carpeting, especially at sleep places, if highly sensitive to dust mites

To reduce exposure to cockroaches:

- Block cracks and crevices where roaches can enter
- Fix leaky faucets and pipes
- Wash dishes and empty garbage daily
- Sweep food crumbs from counters and floors
- Store food, including pet food, in sealed containers
- Consider professional pest extermination

To reduce exposure to pet dander:

- Remove pets from the house
- Bathe pets weekly
- Keep the pet out of the bedroom

YOGA PRACTICES

YOGA IS BALANCE (SAMATVAM)

I A Y T CORRECTS IMBALANCES

AIMS :

- **STRESS REDUCTION**
- **RELIEF OF PAIN**
- **MEDICATION REDUCTION**

INTEGRATED YOGA MODULE FOR ALLERGIC RHINITIS

Breathing practices

- Hands stretch breathing
- Dog breathing
- Tiger breathing
- Tongue massaging
- Tongue in and out
- Tongue rotation
- Bhramari
- Lip stretch
- Karna sakti vikasaka
- Mukha dhouti
- Laughter
- Mouth twisting
- Tongue twisting
- Head rolling
- Vaksakti vikasaka

Yogasanas

- Ardhakati cakrasana
- Ardha cakrasana
- Padahastasana
- Bhujangasana
- Salabhasana
- Viparita karani
- Sarvangasana
- Halasana
- Matsyasana
- **Deep relaxation technique (DRT)**

Pranayama

- Kapalabhati
- Vibhaga pranayama
- Nadi suddhi
- Ujjyi pranayama
- Bhastrika pranayama
- Bhramara / Bhramari pranayama
- Chanting (Maha mrityunjaya mantra, songs & bhajans)
- Simha Mudra

Kriyas

- Jala Neti
- Sutra Neti
- Vaman Dhouti

Meditation (Dhyana & Dharana)

- Nadanusandhana
- OM meditation

SPECIFIC PRACTICES

- Cold a very common disease occurs in all age groups.
- Once a person catches cold, only steps to make it more bearable can be taken.
- Rest is important for preventing and even treating a rhinitis.
- During rest balance is restored in the body.

For daily practice :

- Practise Jalaneti Kriya (Nasal Cleansing). This is an extremely effective yet rarely practised method of keeping respiratory disorders at bay.
- Practise Nadi Shodak Pranayam
- Practise Ujjayi Pranayam
- Practise Ling Mudra.
- Do Breathing Exercises like Rapid Abdominal Breathing to clear the respiratory system. Postures like the Bow Posture, Fish Posture and Cobra Posture help clear congestion in the chest and also improve the immunity to diseases.

- **General considerations**: Nose bleeds may be caused by various factors including hypertension or problems related to the blood coagulation.

- **Contraindications**: Neti and Sutra Neti should be avoided.

Recommended Asanas :

- Sarvangasana (Whole body pose) - Improves blood circulation.
- Paschimottanasana (Head Knee forward bend)- Relieves nerves of the head.
- Ardh-matsyendrasana (Half spinal twist) - Helps in all disorders of the body.
- Bhujangasana (Cobra pose) - Benefits the whole body.

Thank You!