



## *The Medical* **Bulletin**

### ENT

#### **ALLERGIC RHINITIS**

Allergic rhinitis, or hay fever, is an allergic response to specific allergens. An allergen is an otherwise harmless substance where few people only react by having nasal congestion, running nose, sneezing and an itchy nose as there is varying levels of inflammation in the nasal mucosa

Many people have seasonal variation where it commonly spring season probably because of pollens and few people can have major manifestation like anaphylactic shock. There could be exaggeration of symptoms with external factors like smoking, perfumes, fumes, cold temperature and also wood smoke.

A skin prick test is commonly employed to diagnose as there will be a small reddish pimp appearing in the skin when we inject an allergen subcutaneously. A RAST test (radio allergosorbent test) measures the amount of immunoglobulin E antibodies to particular allergens in your blood.

In India, we have many home remedies which are still promising like doing Neti, where saline solution is instilled in one nostril and let out in the other. Some teas containing ginkgo, Turmeric, the commonest spice in any Indian kitchen contains Curcumin which is a natural nasal decongestant. Citrus fruits and water containing Red onion that contains quercetin which is an antihistamine.

Over the counter acquisition of antihistamine should strongly be discouraged as many people have milder symptoms that can be treated with local nasal spray containing either antihistamines or corticosteroids.

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