



## **Synthesis 9.1–Guided individualized Homoeopathy in Recurrent Allergic Rhinitis: A Case Report with RCAT Monitoring**

### **AUTHORS DETAILS:**

**Dr. Neha Patel MD.(Hom.)**

PG Coordinator, Professor,

HOD Department of Repertory and Case Taking,

Smt. A.J. Savla Homoeopathic Medical College & R.I., Mehsana - 384001, Gujarat.

Email: [drnehpatel13@gmail.com](mailto:drnehpatel13@gmail.com)



**Dr. Kinjal Agrawal (PG Scholar)**

MD-Part-2, Batch2022-2026,

PG Department of Repertory,

Smt. A.J. Savla Homoeopathic Medical College & R.I., Mehsana - 384001, Gujarat.

Email: [imkinjal1@gmail.com](mailto:imkinjal1@gmail.com)



**ABSTRACT:** Recurrent allergic rhinitis (AR) is an IgE-mediated inflammatory disorder characterized by sneezing, nasal obstruction, rhinorrhea and ocular irritation, significantly impairing quality of life. individualized Homoeopathic prescribing, supported by repertorial analysis, offers a patient-centered Holistic approach. This case report discusses the management of a 40-year-old female with long-standing recurrent allergic rhinitis. Repertorisation using *Synthesis 9.1 Repertory* guided the selection of the similimum, based on the totality of characteristic symptoms. Clinical improvement was evaluated using the Rhinitis Control Assessment Test (RCAT). The case demonstrates the practical utility of Synthesis 9.1 in identifying precise rubrics for Chronic and recurrent case like Allergic Rhinitis and supporting effective individualized Homoeopathic intervention.



## A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

❖ **KEY WORDS:** Recurrent Allergic rhinitis, Synthesis 9.1, repertory, Repertorization, Homoeopathy, RCAT.

❖ **INTRODUCTION:**

Allergic rhinitis is an IgE-mediated inflammatory disorder of the nasal mucosa characterised by sneezing, rhinorrhoea, nasal obstruction and itching, with considerable global health burden <sup>[1]</sup>.

The condition presents in recurrent episodes and is often triggered by environmental allergens such as dust, weather change and temperature variations <sup>[2]</sup>. Persistent or recurrent symptoms can affect sleep, productivity and daily functioning, necessitating long-term management <sup>[3]</sup>.

individualized homoeopathic prescribing follows Hahnemann's principles of totality, wherein the mental, physical, general, and particular expressions are integrated into an **organized symptom totality** <sup>[4]</sup>

Repertories serve as essential tools to relate clinical symptoms to Materia medica, enabling logical prescription-making. Kent's repertorial philosophy continues to support clinical practice through structured symptom-analysis systems <sup>[5]</sup> <sup>[6]</sup>

Synthesis 9.1 Repertory, based on the 6th American edition of Kent's repertory, incorporates extensive verified additions and refined rubric organisation, making it a clinically valuable instrument for complex and recurrent conditions such as allergic rhinitis. Its expanded rubrics related to coryza, obstruction patterns, ocular symptoms and modalities enhance precision in repertorial analysis.<sup>[7]</sup>

Common Homoeopathic remedies for allergic rhinitis include **Allium cepa, Sabadilla, Arsenicum album, Nux vomica**, Ammonium carb, Phosphorus, **Pulsatilla** etc. are chosen according to the patient's characteristic symptoms. <sup>[8]</sup>

The **Rhinitis Control Assessment Test (RCAT)** is a validated tool used to assess the control of allergic rhinitis symptoms in patients. It evaluates nasal congestion, sneezing, watery rhinorrhea, sleep disturbance, and activity limitation, providing a simple score to monitor disease severity and treatment response. RCAT scores help clinicians objectively track improvement and guide individualized management in recurrent or chronic cases of allergic rhinitis.<sup>[9]</sup>



❖ **CASE DISCUSSION-**

A 40-year-old female housewife from Mehsana, Gujarat, presented with recurrent allergic rhinitis for the past 5 years. She experienced frequent sneezing, nasal obstruction causing difficulty in breathing, and disturbed sleep. Attacks were consistently triggered by dust exposure. She also reported digestive complaints, including flatulence aggravated by gaseous foods and tea, with relief on eructation, accompanied by chest oppression and palpitations. Mental symptoms included anxiety about her health and family, a desire for company, fastidious behavior, and marked fear of dogs, insects, and cows.

❖ **HISTORY OF PRESENT COMPLAINT AND TREATMENT-**

Previously, she had taken allopathic medicines, including nasal sprays, for relief of her nasal symptoms. However, these provided only temporary relief. Prolonged use of allopathic treatment for her allergy also led to the onset of gastric complaints, so she stopped all allopathic medicines except for her hypothyroidism, which is now well-controlled. She now wishes to continue with homeopathic treatment for all her complaints.

❖ **PHYSICAL GENERAL-**

- Appetite -hunger intolerable, 3 times Meals/day,
- Thirst - 10-12 glasses/day, small quantity at a time
- Disagree -dal-rice+, tea
- Perspiration-moderate
- Sleep/sleep position: disturbed during complain (nasal congestion)

❖ **MENTAL BEHAVIOURAL CHANGES DURING COMPLAIN-**

- Health conscious++, any slightest changes in her health leads to worry
- Worried about family health also.
- Fastidious++, wants cleanliness every time on her place.
- Fear of being alone, desire company always especially during night hours



-Fear of small creatures (insects).

❖ **OTHER DETAILS-**

- Appearance: Thin, anxious
- Vitals: BP 120/80 mmHg, Pulse 72/min,
- Past History: Typhoid fever at age 30, treated allopathically
- Family History: Hypertensive heart disease in three grandparents
- Menstrual History: Regular cycles, mild dysmenorrhoea
- Obstetric History: G<sub>2</sub>P<sub>1</sub>A<sub>1</sub>L<sub>1</sub>
- General & Systemic Examination: No abnormal findings; all systems stable

❖ **INVESTIGATIONS**

-Thyroid: Controlled hypothyroidism (TSH 3.83)

-CBC: Eosinophilia (11.2%), Absolute eosinophil count  $0.92 \times 10^9/L$ , Hb 11.6 g/dL, Hb 11.6%(low)

1. During the past week, how often did you have nasal congestion?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	5. Never	4. Rarely	3. Sometimes	2. Often	1. Extremely Often
2. During the past week, how often did you sneeze?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	5. Never	4. Rarely	3. Sometimes	2. Often	1. Extremely Often
3. During the past week, how often did you have watery eyes?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	5. Never	4. Rarely	3. Sometimes	2. Often	1. Extremely Often
4. During the past week, to what extent did your nasal or other allergy symptoms interfere with your sleep?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	5. Not at All	4. A Little	3. Somewhat	2. A Lot	1. All the Time
5. During the past week, how often did you avoid any activities (for example, visiting a house with a dog or cat, gardening) because of your nasal or other allergy symptoms?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	5. Never	4. Rarely	3. Sometimes	2. Often	1. Extremely Often
6. During the past week, how well were your nasal or other allergy symptoms controlled?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	5. Completely	4. Very	3. Somewhat	2. A Little	1. Not at All

❖ **TOTAL BASELINE RCAT SCORE-** Score: 12, indicating poor rhinitis control.



# A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

## ❖ TOTALITY OF CASE-

1. Anxiety about her health and family
2. Desire for company anywhere
3. Fear of being alone during night hours
4. Fear of small creatures/insects
5. Fastidious about house cleanliness
6. Dizziness whenever hungers not satisfied
7. Sneezing on exposure to dust
8. Nasal obstruction with noises in nose and heaviness at root cause difficulty in breathing
9. Chest oppression with palpitation
10. Abdominal heaviness due to flatulence Amel., by eructation.

## ❖ REPERTORISATION SHEET-

	ars.	puls.	sulph.	lyc	phos.	calc.	kali-c.	nit-a-c	nux-v.	carb.	arg-n.	ser
	1	2	3	4	5	6	7	8	9	10	11	12
12 25	11 20	11 19	10 26	10 21	10 20	9 22	9 17	9 17	9 11	8 20	8 17	
1. MIND - ANXIETY - family; about his												
2. MIND - ANXIETY - health; about												
3. MIND - COMPANY - desire for												
4. MIND - FEAR - alone, of being												
5. MIND - FEAR - insects; of												
6. MIND - FASTIDIOUS												
7. VERTIGO - HUNGRY, when												
8. NOSE - DISCHARGE - yellow												
9. NOSE - OBSTRUCTION												
10. NOSE - SNEEZING - dust causes												
11. RESPIRATION - DIFFICULT - coryza, with												
12. CHEST - PALPITATION of heart												
13. ABDOMEN - FLATULENCE												
14. STOMACH - ERUCTATIONS - amel.												
15. GENERALS - HYPOTHYROIDISM												



❖ **REPERTORIAL ANALYSIS-**

Ars Alb- 25/12

Puls. – 20/11

Sulph. 19/11

Lyc. – 26/12

❖ **PRESCRIPTION:**

Arsenic Alb 200 BD × 2 days, Sac Lac Bd × 15 days

❖ **AUXILLARY MANAGEMENT:**

Avoid direct exposure to dust by wearing mask or covering

Avoid use of nasal spray during treatment

Take balanced, fresh diet rich in veggie and fruits.

❖ **FOLLOWUPS-**

Follow-up of the patient was assessed monthly or as required. The date-wise detailed follow-ups are summarized in [Table 2].

Dates	Symptoms	RCAT Score	Medicine with doses and repetition
05/07/24	-better in c/o coryza, -nose block present sometimes -flatulence/acidity: no relief	20	-Arsenic Alb 200, 1 dose (8/7, morning) -sac lac OD (morning) ×20 days



## A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

22/07/24	-better no c/o coryza or sneezing -flatulence and acidity still on/off -yesterday watery diarrhea 2-4 times/day, with colicky pain and body ache But now only weakness++ today, overall better	23	- Arsenic Alb 200, 1 dose (stat) -Sac lac OD -Ferr Phos 6X TDS ×20 days
12/09/24	-reduce gas/acidity complain >eructation but still present -weakness+ No episode of sneezing 1-2 times nasal blockage this week's <night only.	26	-Arsenic Alb 200, 1 dose (Stat) -sac lac OD morning ×20 days
14/10/24	-over all better no episode of sneezing -mild >>in gastric complain -occasionally nose blockage not completely relief	27	-Arsenic Alb 1M, 1 dose (stat) -Sac Lac BD ×20 days
20/11/24	-sneezing occasionally with mild coryza and watery nasal discharge and obstruction on/off -burning eructation++ A/F after taking junk food while travelling -painful corn on foot present since last week small in size but pain++	23	-Thuja 1M, 1 dose (stat) -Arsenic Alb 1M, 1 dose (27/11 morning) -Sac Lac BD ×20 days
6/12/24	-yellowish nasal discharge no sneezing and blockage -better in gastric complain -corn sometime painful now reduce in size	25	- Arsenic Alb 1M, 1 dose (10/12) -Hepar Sulph 200, 1 dose stat -Sac Lac BD ×15 days
10/01/25	-mild stoppage of nose in morning only and better in weakness occasionally mild weakness <prolong work	25	-Ferr Phos 6X TDS -Sac Lac BD × 15 days



## A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

10/02/25	-occasionally mild coryza much better than before, -mild blockage sometimes -no weakness -better in corns now	27	- Ferr Phos 6X TDS -Sac Lac BD × 15 days
12/03/25	-no episode of coryza and nasal blockage now -better in acidity/no gastric complain or heaviness	29	-Ferr Phos 6X TDS -Sac Lac BD × 15 days
24/3/25	-over all better in nasal obstruction no repeated episodes, no nasal discharge -much better in gastric complain -mils c/o back pain ×2days <prolong sitting >exercise/warmth application	29	-Rhus Tox 200 Bd (SOS for pain only) ×7days

1. During the past week, how often did you have nasal congestion?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	5. Never	4. Rarely	3. Sometimes	2. Often	1. Extremely Often
2. During the past week, how often did you sneeze?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	5. Never	4. Rarely	3. Sometimes	2. Often	1. Extremely Often
3. During the past week, how often did you have watery eyes?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	5. Never	4. Rarely	3. Sometimes	2. Often	1. Extremely Often
4. During the past week, to what extent did your nasal or other allergy symptoms interfere with your sleep?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	5. Not at All	4. A Little	3. Somewhat	2. A Lot	1. All the Time
5. During the past week, how often did you avoid any activities (for example, visiting a house with a dog or cat, gardening) because of your nasal or other allergy symptoms?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	5. Never	4. Rarely	3. Sometimes	2. Often	1. Extremely Often
6. During the past week, how well were your nasal or other allergy symptoms controlled?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	5. Completely	4. Very	3. Somewhat	2. A Little	1. Not at All

❖ **TOTAL RCAT SCORE AFTER TREATMENT:** Score: 29, indicating rhinitis well controlled.



❖ **DISCUSSION:**

Medicine selected on the basis of individualization, totality of case, repertorisation through Synthesis 9.1 repertory and with reference of Materia Medica was Arsenic Album. As Lycopodium can also be the choice of remedy as it is closely coming remedy in repertorisation with more physical symptoms similarity but here patients' physical constitution and mentals are focusing towards Ars Alb more <sup>[8]</sup><sup>[10]</sup>. So *Arsenic Alb* was chosen as it covers the totality of symptoms and the patient's present physical and mental changes. *Thuja* was given as a chronic intercurrent which have removed miasmatic block or obstacles to cure in this case as sycotic is dominant in this case along with a further complain of corn on foot.<sup>[11]</sup> On subsequent follow-ups, potency was changed based on the assessment of improvement in symptoms along with assessment by RCAT scores.

❖ **LEARNING:**

This case reinforces the significance of Kentian principles of case evaluation, with prime emphasis on mental generals for accurate individualisation. It demonstrates the effective use of Synthesis 9.1 repertory as a structured tool in managing recurrent allergic rhinitis. The case underscores the role of characteristic symptoms and modalities in differentiating the similimum, while common symptoms serve to validate the totality. Objective monitoring through RCAT scoring strengthens clinical assessment and outcome documentation. Judicious potency selection, repetition, and intercurrent prescribing contribute to sustained symptom control and overall patient improvement.

❖ **CONCLUSION:**

This case highlights the value of Synthesis 9.1 repertorial analysis in managing recurrent allergic rhinitis. The individualised prescription of Arsenicum album resulted in consistent improvement in nasal, mental, and general symptoms, objectively supported by RCAT scoring. Homoeopathy, when applied through structured repertory and totality principles, can offer



meaningful clinical benefit in chronic allergic conditions.

❖ **DECLARATION IF PATIENT CONSENT**

The author certifies that informed consent was obtained from the patient, and her husband signed as a witness for publication of her clinical details.

❖ **REFERENCE:**

1. Bousquet J, Khaltaev N, Cruz AA, et al. Allergic Rhinitis and its Impact on Asthma (ARIA) 2008 update. *Allergy*. 2008;63(Suppl 86):8–160.
2. Scadding GK, Durham SR, Mirakian R, et al. BSACI guidelines for the management of allergic and non-allergic rhinitis. *Clin Exp Allergy*. 2008;38(1):19–42.
3. Meltzer EO, Blaiss MS, Naclerio RM, et al. Burden of allergic rhinitis: Allergies in America report. *J Allergy Clin Immunol*. 2009;124(3):S43–S70.
4. Hahnemann S. *Organon of Medicine*. 6th ed. New Delhi: B Jain Publishers; 1994
5. Kent JT. *Lectures on Homeopathic Philosophy*. New Delhi: B Jain Publishers; 1999.
6. Kent.J.T. *Repertory of the Homoeopathic materia medica*. Enriched indian edition. B. Jain publishers (p)ltd New Delhi. 2018. 1-1422.
7. Schroyens F. *Synthesis Repertory 9.1*. New Delhi: B Jain Publishers; 2004.
8. Boericke William. *New Manual of Homoeopathic MateriaMedica*, New Delhi:B, Jain Publisher(P) Ltd;2017. Pg no.96,591,630,880
9. Nathan RA, Meltzer EO, Derebery J, et al. Rhinitis Control Assessment Test: development and validation. *J Allergy Clin Immunol*. 2010;126(6):1209–1215.
10. Kent JT. *Kent's Materia Medica*. 3rd ed. New Delhi: B. Jain Publishers; 1997.
11. Allen JH. *The Chronic Miasms*. New Delhi: B. Jain Publishers; 1998 (reprint).