

Effect of *Solanum Lycopersicum* on Allergic Rhinitis Symptoms: A Case Report Using Visual Analog Scale (VAS) Assessment

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ABSTRACT

Allergic rhinitis (AR) is an inflammatory condition of the nasal lining that arises in response to environmental allergens and changes. It involves a hypersensitive reaction of the immune system, primarily triggered by an Immunoglobulin E (IgE)-mediated inflammatory mechanism. Clinically, AR is marked by four primary symptoms: sneezing, nasal discharge (Rhinorrhoea), nasal itching, and congestion. It is recognized as a widespread global health issue. Homeopathic treatment focuses on stimulating the body's natural healing ability to reduce its hypersensitive response to environmental triggers, which are seen as external or exciting causes. This case study explores the therapeutic potential of *Solanum lycopersicum* in managing allergic rhinitis, illustrating its effectiveness in reducing symptoms and improving the patient's overall quality of life.

Introduction

Allergic rhinitis affects about 10–30% of the global population and is increasing, especially in urban areas. In India, prevalence ranges from 12–30%, with higher rates in children and city dwellers due to pollution and lifestyle changes. (1,2)

Allergic rhinitis affects approximately 10–25% of adults worldwide, with increasing

rates in urban and industrialized regions. In India, adult prevalence ranges from 11–30%, particularly higher in cities due to pollution and environmental allergens. (3)

With the world being continuously developing, we are becoming more and more exposed to a number of unsuitable changes. In India, we are continuously being exposed to pollution, dust, adulterated food, toxic and unwanted

medication and so many other things which are gradually affecting our body. Today's lifestyle in addition is another threat. Cases of Allergic Rhinitis have been increasing globally, which is a point of concern. Apart from the genetically pre disposed cases, there has been a significant rise in the cases of AR which are induced due to the global modernization. (4)

AR is a hypersensitive state of immune system resulting in a nasal condition triggered by exposure to allergens, resulting from IgE-mediated hypersensitivity responses, and typically marked by symptoms such as: Rhinorrhoea, nasal obstruction, nasal itching, itching in eyes, lachrymation and sneezing. (4)

Individuals with an "allergic tendency" produce an unusually high amount of IgE antibodies, leading to what are known as atopic allergies. These types of allergies result from an abnormal immune system response and are often inherited genetically from parents. People with this predisposition typically have elevated levels of IgE in their bloodstream. These antibodies, referred to as reagins or sensitizing antibodies, are distinct from the more commonly found IgG antibodies. When an allergen, which is a type of antigen that binds specifically to IgE reagent antibodies, enters the body, it initiates a reaction between the allergen and the antibody, resulting in an allergic response. (5)

The body Immunity sometimes shows some undesirable actions of Allergy and Hypersensitivity of the body under so many conditions. (5) There are variety of Allergies which happens only in some people with specific tendencies This hypersensitivity leads to the production of antibodies as the body reacts defensively. Allergens are classified as either exogenous (external) or endogenous (internal).

Exogenous allergens are further divided into inhalants (e.g., pollen), ingestants (e.g., food), injectants (e.g., insect stings), and contactants (e.g., chemicals). (7) In homeopathy, Hahnemann referred to these triggers as inimical dynamic influences—harmful environmental forces such as temperature-related, terrestrial, and regional factors. Although any substance can potentially cause an allergy, some are more common, and allergens are typically grouped by how they enter the body. (6) With such kind of allergens. This case study presents the treatment of a 34-year-old male patient, treated with Solanium Lycopersicum with significant improvement.

Methodology

Patient Information

A 34 years old male patient came in to outpatient department of Jawaharlal Nehru homoeopathic medical college and hospital on 17-04-2024 reported a running nose for the past 2 year, starting gradually after seasonal changes post-October. For the past months, he had off-and-on coryza with frequent sneezing and bland, watery nasal discharge, aggravated by dust and open air. Watery eye discharge occurs mainly at night, with mild itching. Nasal obstruction is intermittent, worse in open air and at night, causing restlessness. Symptoms worsen with dust, open air, and at night, feels better by covering and general warmth.

History of Presenting Complaints

The complaint started gradually around 2 years ago, first noticed during the onset of winter, around October-November. Initially mild, symptoms worsened over time with repeated seasonal episodes and increasing sensitivity to dust and cold air. For the past few months, the patient experiences off-and-on coryza with the following pattern:

Symptom	Description
Nasal discharge	Profuse, watery, bland, continuous or in bouts, especially in the morning and evening
Sneezing	Frequent, in bouts, aggravated by dust, open air, or sudden temperature changes
Eye symptoms	Watery discharge from both eyes, mostly at night, with mild itching (no redness or pain)
Nasal obstruction	Intermittent, more marked at night and in open air, causes difficulty in breathing, leads to restlessness
Aggravation	Dust, open air, cold weather, night
Amelioration	Warmth, covering
Other issues	No history of headache, fever, sinus pain, or anosmia reported

Family History:

- No strong family history of asthma, or autoimmune diseases, H/o mother having same complaints repeatedly

Associated Complaints (If Any):
Headache

Drug History

H/O Anti Allergic tablet (Cetirizine) taken for many months

- on and off but had only given temporary relief along with drowsiness at work. Symptoms reappeared after the effect of the tablet effect exhausted so he stopped taking conventional medicine, Tried steam inhalation and saline nasal drops with minimal benefit effect.

Patient as a Person:

- Appetite: Good. Eats twice a day.
- Thirst: 6-7 glasses /day
- Urine: D₄₋₅; N₀₋₁, Clear
- Stool: once a day

- Desires: Nothing Specific
- Aversions: Sour food
- Sleep: Disturbed due to nasal obstruction
- Perspiration: Non offensive, No staining
- Addictions: no
- Thermals: Chilly

Mind:

- Will/Emotion: Good behaviour with family, Desires Company
- Intellect/Understanding: cool and calm personality, Do his work with great sincerity, Memory: sharp at memory
- Dreams: Nothing Specific

Physical Examination:

Weight: 67 KG

Tongue: clear

Temperature: A febrile

Pallor: Not present

Pulse: 80/minute

Icterus: Not present

Blood Pressure
(BP): 130/85
mmHg

Cyanosis: Not
present Respiratory
Rate(RR):
16/minute

Edema: Not present
Lymphadenopathy:
Not
found

Clubbing: Not
present

Skin: Nothing
specific found

Systemic Examination:

Cardiovascular System: No
Abnormality found.

Respiratory System: No Abnormality
found.

Nervous System: No Abnormality
found.

Gastrointestinal System: No
Abnormality found. Normal Bowel Sounds
(4-5/minute)

Local Examination : Swollen nasal
turbinate. Redness and congestion of nose
and throat, redness of eyes.

Laboratory Investigations:

Advised

- Complete blood
count with Absolute
Eosinophil count
- Serum
Immunoglobulin E

Disease diagnosis: Allergic rhinitis
Phase of the disease: Chronic fully
developed

Diagnosis of Miasm:

- Dominant Miasm: Psora
- Fundamental Miasm:
psora

Diagnosis of Susceptibility: High

Analysis of Case (Kent's Method):

- Cool and calm Personality. -
Mental general Common
symptom
- Desire for Company - Mental
general Characteristic symptom
- Aversion to sour food -
Physical general Characteristic
symptom
- Chilly Patient - Physical
general Characteristic symptom
- Coryza with frequent sneezing
with watery bland nasal
discharge – Physical particular
symptom
- Sensitive to open air and breath
least dust, cold air, night -
Physical particular symptom
- Better by- General warmth,
covering
- Watery discharge from eyes at
night - Physical particular
symptom
- Mild itching in eyes during
lachrymation- Physical
particular symptom
- Nasal obstruction of and on,
especially in draft of open air -
Physical particular symptom
- Nasal obstruction at night
causing restlessness- Physical
particular symptom

Evaluation of Symptoms:

- Cool and calm Personality++
- Desire for Company+
- Aversion to sour food+++
- Chilly Patient+++
- Coryza with frequent sneezing

- with watery bland nasal discharge+++
- Sensitive to open air and breath least dust, cold air, night+++
- Better by general warmth, covering,+++
- Watery discharge from eyes at night++
- Mild itching in eyes during lachrymation++
- Nasal obstruction of and on, especially in draft of open air+++
- Nasal obstruction at night causing restlessness+++

Totality of symptoms:

- Cool and calm Personality
- Desire for Company
- Aversion to sour food
- Chilly Patient
- Coryza with frequent sneezing with watery bland nasal discharge
- Sensitive to open air and breath least dust, cold air, night
- Better by general warmth and covering
- Watery discharge from eyes at night
- Mild itching in eyes during

- lachrymation
- Nasal obstruction of and on, especially in draft of open air
- Nasal obstruction at night causing restlessness

Prescription:

Solanum Lycopersicum 30 Thrice a for 7 days

Rubrum 30 TDS for 7 days

Justification of Selection of Remedy (Differential Potential Field): Patient has c/o of coryza and sneezing < in open air, least dust and better by warm room

Justification of Selection of Potency: Starting the treatment with a 30 potency should be effective based on the case's susceptibility.

Justification of Selection of Repetition of the Doses: According to the severity of the case and symptoms, repetition of the dosage is necessary.

Diet and Regimen: Increase water intake, Citric fruits in diet.

Auxiliary Measures: Avoid being in open air any form. Avoid dust exposure

Result

Follow Up Sheet

Date:	Symptom	Prescription
17/04/24	C/o Coryza, Lachrymation, Nasal Obstruction, Itching in eyes, Sneezing, Local changes: Swollen nasal turbinate. Redness and congestion of nose and throat, redness of eyes Adv. AEC and IgE VAS Score: 2	Solanum Lycopersicum 30 TDS x7 Days Rubrum 30 TDS x7 Days
24/04/24	Chief complaints persist but slight relief in	Solanum Lycopersicum 30 TDS x 7 Days Rubrum 30 TDS x 10

01/05/24	<p>sneezing and coryza. Local changes: nasal turbinate normal, redness and congestion of nose and throat relived and redness of eyes also goes of Serum IGE:628IU/ML, AEC: 534</p> <p>Intensity and frequency of sneezing, coryza further reduced. Mild relief in nasal obstruction.</p>	<p>Days</p> <p>Solanium Lycopersicum 200 STAT Rubrum 30 TDS x15 Days</p>
15/05/24	<p>Relief in all complaints like coryza and sneezing, no complain of nasal obstruction</p>	<p>Rubrum 30 TDS x15 Days</p>
30/05/24	<p>Due to cold exposure there is one episode of allergic symptoms but intensity was manageable.</p>	<p>Solanium Lycopersicum 200 STAT Rubrum 30 TDS x15 Days</p>
18/06/24	<p>Complain of mild coryza was there without much sneezing and nasal obstruction Adv, AEC, IgE</p>	<p>Solanium Lycopersicum 200 STAT Rubrum 30 TDS x15 Days</p>
02/07/24	<p>Relief in all complaints Significant relief in all his complaints. Patient feels better. Serum IGE:338 U/ML, AEC: 356</p> <p>VAS Score: 4</p>	<p>Rubrum 30 TDS x15 Days</p>

Table 1 - Follow-up and outcome

VISUAL ANALOGUE SCALE



(MD Pathology)
(Sec. PODMLT)

TEST REPORT

<p>Name : [REDACTED]</p> <p>Age/Sex : 34 Years / Male</p> <p>Ref. By : [REDACTED]</p> <p>Client Name : [REDACTED]</p>	<p>Reg. No : 404200194</p> <p>Reg. Date : 17-Apr-2024 12:59 AM</p> <p>Collected On : 17-Apr-2024 12:59 AM</p> <p>Report Date : 17-Apr-2024 02:00 PM</p>
-----------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------

Parameter	Result	Unit	Biological Ref. Interval
HEMATOLOGY			
ABSOLUTE EOSINOPHIL COUNT (AEC)			
AEC, EDTA blood <small>Flowcytometry with manual Microscopy</small>	534		20 - 450



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(MD Pathology)
(Sec. PODMLT)

TEST REPORT

<p>Name : [REDACTED]</p> <p>Age/Sex : 34 Years / Male</p> <p>Ref. By : [REDACTED]</p> <p>Client Name : [REDACTED]</p>	<p>Reg. No : 404200194</p> <p>Reg. Date : 17-Apr-2024 12:59 AM</p> <p>Collected On : 17-Apr-2024 12:59 AM</p> <p>Report Date : 17-Apr-2024 02:00 AM</p>
-----------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------

Parameter	Result	Unit	Biological Ref. Interval
IMMUNOLOGY			
Serum IgE <small>CHEMILUMINESCENT MICROPARTICLE IMMUNOASSAY</small>	628	IU/mL	Adult : 0-156, Children : <1 Yrs 1.4 - 52.3, 1- <5 Yrs : 0.4-351.6, 5- <11 Yrs : 0.5-393, 11-Yrs : 1.9-170



End Of Report

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AFTER

JD'S LABORATORY
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TEST REPORT

Name :	[REDACTED]	Reg. No :	404201523
Age/Sex :	34 Years / Male	Reg. Date :	18-June-2024 01:00 PM
Ref. By :	[REDACTED]	Collected On :	18-June-2024 02:00 PM
Client Name :	[REDACTED]	Report Date :	18-June-2024 04:00 PM

Parameter	Result	Unit	Biological Ref. Interval
HEMATOLOGY			
ABSOLUTE EOSINOPHIL COUNT (AEC)			
AEC, EDTA blood <i>Flowcytometry with manual Microscopy</i>	356		20 - 450

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JD'S LABORATORY
TRUST YOU CAN...

TEST REPORT

Name :	[REDACTED]	Reg. No :	404201523
Age/Sex :	34 Years / Male	Reg. Date :	18-June-2024 01:00 PM
Ref. By :	[REDACTED]	Collected On :	18-June-2024 02:00 PM
Client Name :	[REDACTED]	Report Date :	18-June-2024 04:00 PM

Parameter	Result	Unit	Biological Ref. Interval
IMMUNOLOGY			
Serum IgE <i>CHEMILUMINESCENT MICROPARTICLE IMMUNOASSAY</i>	338	IU/mL	Adult : 0-158, Children : <1 Yrs 1.4 - 52.3, 1- <5 Yrs : 0.4-351.6, 5- <11 Yrs : 0.5-393, 11-Yrs : 1.9-170

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The patient was treated with homeopathic remedy Solanium Lycopersicum over a period of 04 months, exhibited significant

improvement in symptoms. Symptoms of sneezing, running nose, nasal obstruction, lachrymation, itchy nose and eyes were

reduced, before treatment the score was 28 which reduced to 04 after 04 months of treatment.

Follow-up data indicated sustained improvement, with no major flare-ups during the period with decrease the recurrence and severity of symptoms which basically improve the quality of life of suffering individual.

Discussion

A 34-year-old male patient presented with symptoms of allergic rhinitis. The patient was treated with homeopathic remedy Solanium Lycopersicum over a period of 04 months, exhibited significant improvement in symptoms. Symptoms of sneezing, running nose, nasal obstruction, lachrymation, itchy nose and eyes were reduced, Follow-up data indicated sustained improvement, with no major flare-ups during the period with decrease the recurrence and severity of symptoms which basically improve the quality of life of suffering individual.

This case demonstrates the potential of homeopathy in addressing acute conditions like allergic rhinitis, especially when conventional treatments may not offer long-term relief. The homeopathic specific approach, which focuses on the patient's immediate symptoms, seems to provide a sustainable and effective treatment option. The observed improvement, including a reduction in the recurrence and severity of symptoms and an enhanced quality of life, indicates that homeopathy could serve as a valuable tool in managing the symptoms of allergic rhinitis.

The homeopathic literature indicates that Solanium lycopersicum is useful in treating allergic rhinitis with symptoms like hay fever, worsened by dust, profuse watery coryza, itching, and hoarseness, along with a dry, hacking cough at night. (8) Further research, including controlled clinical trials with large sample size is needed to validate these finding and expand the understanding

the role of solanium lycopersicum in treatment of allergic rhinitis.

Conclusion

This case demonstrates that Solanium lycopersicum (tomato) may serve as a potential homeopathic remedy for reducing symptoms of allergic rhinitis, especially during acute flare-ups. Its rich content of antioxidants like lycopene and vitamin C, along with anti-inflammatory compounds, may help modulate immune responses and ease nasal inflammation. (9,10) the findings shows significant changes in serum IgE or AEC levels.

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Author contribution-

Krishna R: Concept, Definition and Introduction of Content, Literature Review, Data Analysis, Manuscript Preparation

Tarunkumar D: Concept, Data Analysis, and Manuscript Review, Project Administration

Samir G: Literature Search, Manuscript Preparation, Editing and Manuscript Review

Poorav D.: Whole Article review

Ethical approval- The author certify that they have obtained verbal consent for publishing his Investigational reports, in this case report identity is not revealed in any form.

Data availability- Due to patient privacy consideration, the raw data cannot be made publicly available, however, de-identified summary data and analysis code are available from the corresponding author upon reasonable request, we're committed to supporting legitimate, ethics-aligned inquiries

Abbreviations-

Reg. No.- Registration Number
 ODP- Onset Duration Progress
 AEC-Absolute Eosinophil Count
 IgE -Immunoglobulin E
 <- Aggravation
 R.R.- Respiratory Rate
 B.P.- Blood Pressure
 VAS- Visual analogue scale
 TDS- Thrice in a Day

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