

# Hayfever or Allergic Rhinitis

## What is Hayfever?

Hay fever, also called allergic rhinitis, is the result of an allergic response to outdoor or indoor allergens, such as pollen, dust mites or pet dander.

## Signs and Symptoms

Itchy eyes, nose and palate; watery discharge from nose and eyes; sneezing; nasal congestion; sinus pressure and facial pain; discoloured bluish-black skin under the eyes; and a decreased sense of taste or smell.

## Complications

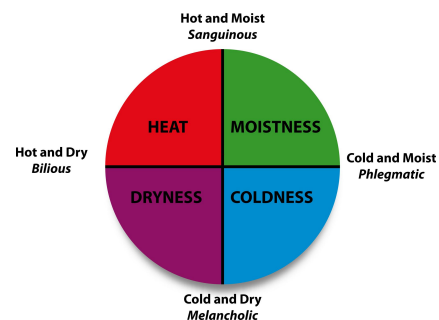
Ear infections in children; infection or inflammation of the sinuses; increasing asthma attacks; disturbed sleep.

## What Causes Hayfever?

Hayfever occurs when the immune system becomes hyper-sensitive. This triggers the release of antibodies towards these harmless substances. Later, when there is further exposure to these substances, the immune system releases chemicals like histamine which leads to the signs and symptoms typically associated with hay fever.

## The Tibb View on Hayfever

Hay fever results from an excess of the quality of **heat, with either moistness or dryness**. This leads to irritation and inflammation of the epithelial membranes lining the nose and throat. Bilius/Sanguinous temperamental combinations are most susceptible to developing hayfever due to their innate qualities of heat.



## Management of Hayfever

Treatment and management is aimed at **reducing the excess qualities associated with hayfever**, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness with dryness** in patients with symptoms of **excess of heat with moistness** and by **increasing the qualities of cold with moistness** in patients with symptoms of **excess heat with dryness**. This assists Physis in addressing both the symptoms and causes of hayfever.

## **Tibb Lifestyle Factors**

### ***Hayfever associated with Qualities of Heat with Moistness:***

#### **Food and Drink**

- Eat **mostly Cold & Dry foods** – such as beef, fish, cauliflower and mushrooms, **followed by Cold & Moist foods** - such as carrots, pumpkin, rice and milk. Eat **less of Hot & Dry foods** – like bittergourd, avocado, chickpeas and garlic and the **least amount of Hot & Moist foods** - like bread, pasta, bananas and wheat cereals.
- Increase the consumption of fruits, vegetables, grains, raw nuts and seeds.
- Eat yogurt and soured or fermented products three times a week. This significantly reduces the incidence of hay fever attacks, especially in people with a dominant or sub-dominant bilious temperament.
- Foods which are rich in magnesium, such as kidney beans, soya beans, brown rice and peas are very beneficial and protective during the allergy season.
- Avoid cake, chocolate, coffee, dairy products (except yogurt), processed foods, pies, fizzy drinks, sugar, tobacco, white flour products, junk foods and synthetic juices.

### ***Hayfever associated with Qualities of Heat with Dryness:***

#### **Food and Drink**

Eat **mostly Cold & Moist foods** – such as carrots, pumpkin, rice and milk **followed by Cold & Dry foods** - like beef, fish, cauliflower and mushrooms. Eat **less of Hot & Moist foods** - such as bread, pasta, bananas and wheat cereals and the **least amount of Hot & Dry foods** – like chicken, oily fish, green pepper, eggs and garlic.

#### **Herbal Remedies**

- Take 1gram of licorice root powder three times a day for seven days. However, avoid this if you have high blood pressure.
- Soak 1tbsp of poppy seeds and about seven almonds in 200ml of water overnight. In the morning, liquidise and drink.



