

ALLERGIC RHINITIS



Allergic rhinitis occurs when the mucous membrane (membrane lining the inside of the nose) becomes inflamed when the patient **breathes in an allergen** such as dust, smoke, hair, silk, etc. and sneezing is the body's response to this allergen. Although it is a benign disease, it causes many discomforts in daily life.

! Common symptoms



Constant sneezing.



Itchy, watery eyes.



Itching, runny or blocked nose.



Possibly have a headache, fatigue, rash, cough or sore throat.

🛡️ Care and prevention



Nasal irrigation (Nasal spray/Nasal wash) by salt water and should combine eye drops and gargle.



Avoid exposure to allergens such as pollen, smoke, dust, pet hair, chemical vapors or food.



Food supplements help strengthen the immune system.



Exercise moderately and regularly.

+ Treatment



You need to seek medical attention and definitive treatment when there are signs of worsening or greatly affecting daily life.



Using medicine such as antihistamines, decongestants, vasoconstrictors, corticosteroids, etc. or oriental medicine (as prescribed by your doctor).