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ALLERGIC RHINITIS

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Abstract: *Allergic rhinitis is an inflammatory disorder of the nasal mucosa characterized by sneezing, itching, rhinorrhea, and nasal congestion, resulting from immunoglobulin E-mediated responses to environmental allergens. Genetic susceptibility and environmental exposures contribute to disease pathogenesis through a T-helper-2-driven inflammatory cascade. Allergic rhinitis commonly coexists with asthma and other atopic conditions, supporting the unified "one airway, one disease" concept. Diagnosis is primarily clinical, supported by allergy testing when required. Intranasal corticosteroids remain the most effective therapy, while antihistamines, leukotriene receptor antagonists and allergen immunotherapy provide additional control and long-term disease modification.*

Keywords: *Allergic rhinitis, Intra nasal corticosteroids, Allergen immunotherapy.*

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Points to Remember

- ***Nasal congestion (cardinal symptom), sneezing, itching of nose and eyes and rhinorrhea with postnasal drip are the major symptoms.***
- ***Allergic salute, nasal crease, allergic gape, allergic shiners, Dennie Morgan lines and pale inferior turbinates with hypertrophy are the clinical features to look for.***
- ***Skin prick test (SPT) is the gold standard; specific serum IgE and component-resolved diagnostics (CRD) for molecular allergen components are adjuncts.***
- ***Intranasal corticosteroids (INCS) with or without intranasal antihistamines are the cornerstone of treatment. Long-term use of oral antihistamines and leukotriene receptor antagonists (LTRAs) should be avoided.***

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