

Hayfever and asthma

Female, 43, presenting with severe hayfever and asthma attacks at night. The problem started 7 years ago after she started work as a bank manager. The hayfever occurs only in summer, and is worse around plane trees, strong smells, rain or storms, and in the morning; she feels that pollution plays a role. She is also still breastfeeding her third child, which interferes with her sleep.

Hayfever and asthma

PMH

- Traumatic births with all three children + hypertension during pregnancy

Family history

- Mother, father, younger sister have hypertension
- Mother: reliever medication for asthma
- Younger sister: panic attacks + house dust mite allergy

Hayfever and asthma

Soch

- Minimum of 21 units of red wine per week
- Supportive husband

Clinical features

- Blood pressure 'up and down': diastolic between 90 and 110. No medication at present
- Streaming nose and headaches with hayfever – can descend to chest, with yellow mucus

Hayfever and asthma

Prescription

1. Plantain
Eyebright
2 cups of infusion daily
2. EO *Lavandula vera* (Lavender)
EO *Artemisia dracunculus* (Tarragon)
EO *Thymus vulgaris* (Thyme)
EO *Hyssopus off. var. decumbens* (Hyssop)
in a base of Labrafil – 10 drops 3 times daily

Hayfever and asthma

Prescription (cont.)

3. Tr *Salvia off.* (Sage)
5 ml twice daily

4. *Albizzia lebbek* (Albizzia)
Scutellaria baicalensis (Baical skullcap)
Tanacetum parthenium (Feverfew)
1 tablet 4 times daily

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Outcome

- After 2 weeks, a dramatic improvement in the hayfever, with no attacks of asthma
- On my advice she had drastically curtailed her alcohol consumption
- Over the next couple of years, she requested several repeat prescriptions to control her symptoms.