

FINAL ALLERGY & ORGANIC TREATMENT PLAN

A. MEDICINE LIST (Safe + Effective)

1. Fluticasone Nasal Spray – 2 sprays each nostril daily (6 weeks)
2. Ipratropium Bromide 0.06% Nasal Spray – Before meals for gustatory rhinitis
3. Levocetirizine 5 mg OR Fexofenadine 120 mg – Night (3–4 weeks)
4. Pantoprazole 40 mg – Morning empty stomach (10 days only)

B. ORGANIC / NATURAL REMEDIES

1. Warm Water – Morning
2. Jeera + Saunf Water – Morning
3. Anu Taila Nasya – 2 drops each nostril after bath
4. Coconut Water – Afternoon
5. Small Meals – Reduces post-meal runny nose
6. Steam Inhalation – 5 minutes evening
7. Saline Nasal Rinse – Evening
8. Turmeric + Ginger + Tulsi Tea – Night
9. Avoid heavy dinner and lying down for 2 hours
10. Dust protection: clean room, change pillow cover weekly, avoid AC/fan on face.

C. EXPECTED IMPROVEMENT

- 7 days: 40–60% improvement
- 6 weeks: 70–90% improvement
- 3 months: near-normal condition

D. OPTIONAL ENT STEPS

- Nasal Endoscopy
- Allergy IgE Test
- Immunotherapy if allergy confirmed