

A Clinical Study of Palatal Itching in Allergic Rhinitis

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Abstract

Background: Itching of the palate is not un-common in allergy. This is a retrospective study of one year's cases to ascertain its incidence at a clinic in Hyderabad, India. 53 cases among 100 complained of palatal itching regularly or occasionally during allergic attacks. Allergic Rhinitis, Pharyngitis, Nasopharyngitis, and Middle Ear Allergy were co-morbid. Foodstuffs, dust, pollens, and feathers were the presenting allergens. **Methods:** This retrospective study was conducted in the Government ENT Hospital, Hyderabad. In this study, we examined the Case records of patients with allergic rhinitis, Allergic Pharyngitis, Bronchial Asthma, Allergy of Middle Ear Cleft and Isolated Palatal Itching with the incidence of palatal itching for a period of one year. **Results:** A total of n=100 patients were included in the study among which n=53 cases were found with palatal itching. The age group was from 15 to 40 years of the n=53 patients n=41 was suffering from allergic rhinitis, n=6 had allergic pharyngitis, n=4 had isolated palatal itching and n=2 were the cases of aphthous ulcers. Allergography in all the n=53(100%) of the patients involved in the study showed existing food allergy which indicates it is a very common problem associated with palatal itching. Along with food allergy n=49(92.45%) cases were also having dust allergy and n=33(62.26%) cases were found to have a pollen allergy and n=1(1.88%) case was detected with feather allergy. **Conclusion:** Allergic rhinitis is commonly associated with palatal itching. The presence of food allergy was very common in patients with palatal itching. In persistent cases, Allergography followed by desensitization offers long term or permanent relief.