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Research Article

Role of Some Homeopathic Medicines in Allergic Rhinitis: An Investigational Study

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ABSTRACT

Allergic rhinitis is one of common pathological condition mainly affecting growing age children and person with weak immune system. The disturbed pattern of daily regimen and contact with infected person may also induce pathogenesis of disease. The pathological manifestation arises when specific antigen antibody reaction initiated which leads release of inflammatory mediated like histamine. The release of histamine produces typical symptoms of allergic rhinitis. This condition affects around 25% of adults while prevalence of disease is more in children (around 40%). Asthma and sinusitis are the chronic stages of allergic rhinitis. Present study summarized effects of homeopathic medicine in patients suffered with allergic rhinitis. Study suggested that arsenic album and sulphur offers beneficial effects in the management of allergic rhinitis.

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Introduction

The human body composed of different types of organs and proper functioning of these organs is very important to maintain normal physiological status of body. There are various pathological conditions that can deteriorate normal functioning of organs; Allergic rhinitis is one of such types of condition mainly affect respiratory system of human body. It is consider as most common diseases of respiratory system. The disease not only affects quality of life but also put economic burden to society. The disease mainly pertain to the children thus affects their performance at school as well as at home. Allergic rhinitis impaired performance of daily activities, decreases cognitive function and classroom productivity ^{1,2}.

Allergic rhinitis involves symptoms like; discharge through nose & eyes, problem in breathing, headache and fever sometime ³. The allergic inflammation affect nasal pathway and induces production of antibodies. The general pathological process of allergic rhinitis depicted in **Figure 1**.

The contact of susceptible individual with the causative allergen, antigen- antibody reaction and hypersensitivity may initiate pathogenesis of allergic rhinitis². The avoidance of causative factors helps to prevent prevalence of allergic rhinitis³. The treatment of disease require use of medication and in this regards homoeopathic medicines offers beneficial effects especially to treat hyper responsive state ^{4, 5}. The chronic condition of allergic rhinitis may sometimes lead condition like sinusitis or asthma therefore it is very essential to treat disease at its initial state.

Conventional treatment options can only suppress signs & symptoms of disease till the patient receiving medication. However it is not recommended to take drugs for longer period of times since these medications may offers some adverse effects. The homoeopathic medicine can cure allergic rhinitis by eradicating root cause of disease. The assessment of unique features of an individual along with features of disease helps to set exact treatment protocol of specific disease⁴.

Present study described role of some homeopathic medicine in the management of allergic rhinitis.

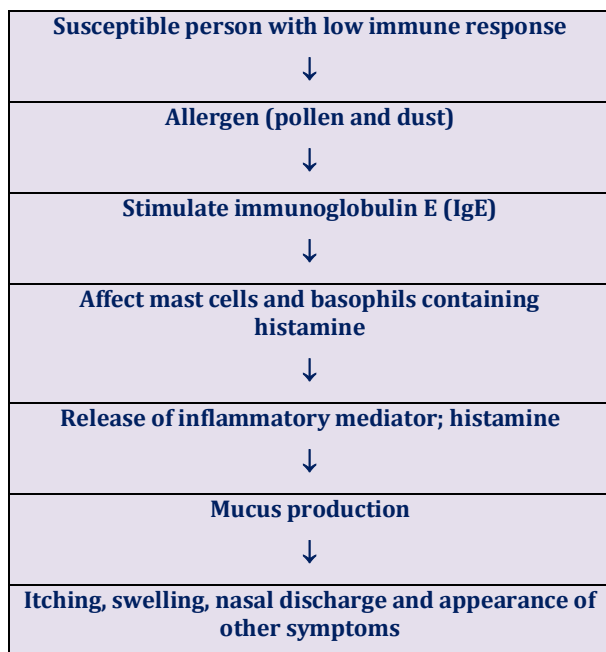


Figure 1: Pathological process related to allergic rhinitis.

Material and Methods

The study was conducted in OPDs of Panchsheel Homoeopathic Medical College. Total 30 cases were

identified & selected for the study based on the typical sign & symptoms of disease.

Inclusion criteria:

Persons of both sexes, between the age group 01-50 yrs, patient posses symptoms like; sneezing, coryza, blockage of nose and watering from eyes etc.

Exclusion criteria:

The cases complaining about polyps in nose and having other complications were excluded from the study.

Clinical protocol:

The data was collected by purposive sampling method and processed in a standardized format with the following steps:

- Patients are selected as per the inclusion criteria.
- The details of research work are explained to the patients and their consent was taken.
- Nosological diagnosis of a case was done with available symptoms.
- All cases were taken in the ideal case record.

Treatment protocol:

Appropriate Homoeopathic medicine was given as per the indications based on the totality. The acute expressions were treated with 200c or 1 M potencies, constitutional drugs were prescribed in 30 & 200 potency. The frequency of specific medicine given to selected patients mentioned in **Table 1**.

Table 1: Frequency of drugs prescribed to selected patients

Prescribed drugs	Frequency of specific drugs	Percent of drug frequency
<i>Arsenic album</i>	08	27%
<i>Sulphur</i>	07	23%
<i>Pulsatilla nigricans</i>	03	10%
<i>Lycopodium clavatum</i>	03	10%
<i>Phosphorus</i>	02	07%
Others	07	23%
Total	30	100%

Period of study:

All the cases were followed up for at least period of six months.

Repetition schedule:

The drugs were repeated depending on the improvement and presentation of the individual case as per sensitivity, susceptibility, immunity and responses during follow up.

Criteria of assessment:

Assessment was based on general improvement of the mental and physical level as well as improvement in common symptoms of disease. The result is classified as recovered, improved & discontinued. **Recovered** means complete removal of symptoms and there is no recurrent episode within 6 months. **Improvement** means the

recurrent episode is very less. **Discontinued** means patient relief from symptoms but stopped taking medicines.

Observations of Study:

The categorization of patients based on their sex and age groups depicted in **Table 2**.

Table 2: Gender wise distribution of selected patient

Sex	Number of patient	Percent of patient
Male	18	60%
Female	12	40%
Total	30	100%

The results and assessment based improvement in patient symptoms mentioned in **Table 3**.

Table 3: Result analysis of study (overall effect of therapy)

Result	Number of patient benefited	% of patient benefited
Recovered	12	40%
Improved	15	50%
Discontinued	03	10%
Total	30	100%

Discussion

The present study aimed to assess effect of homeopathic medicine in allergic rhinitis, total 30 cases were selected for study including 18 male and 12 female patients. Various homeopathic drugs were given to the selected patients and Arsenic was prescribed for maximum times as compared to other drugs.

Study observed that homoeopathic treatment offers beneficial effects in the patient of allergic rhinitis and recovery achieved in quick period of time. The rationale use of selected drugs in cases of allergic rhinitis can be discussed as follows:

Arsenic album

The drug was prescribed for the persons who exhausted after long suffering. These patient possesses symptoms like; restlessness, burning, anxiety, scanty discharge from mucus membrane, nasal block, sneezing, fever and sleeplessness.

Sulphur

This drug was prescribed where relapsing tendency of symptoms more and when other remedies fail to produce effective results. These patients possess symptoms like; local burning, throbbing and congestion, dry cough, scabs, frequent sneezing in morning and evening and difficulty in respiration.

Pulsatilla nigricans

This drug was prescribed in case when patient suffered with repeated attacks of coryza, along with sneezing and stuffing of nose. Discharge with sneezing and these patients feels better in open air and worse in warm room.

Lycopodium clavatum

Lycopodium clavatum was prescribed in case when symptoms were predominance on the right side of body and then travel left. Patient became sensitive to cold and feel lack of heat, these patients responded badly to cold air and cold food stuffs ^{6,7}.

The other drugs were also used in study including *Natrum muriatum*, *Calceria carb onica*, *Causticum*, *Colchicum autumnale*, *Silecia*, *Rhus toxicodendron* and *Nux vomica*. These drugs also exerted beneficial effects to the selected patients of allergic rhinitis.

Conclusion:

The 30 cases were selected for study; out of those 12 patients recovered while improvement from disease condition was observed in 15 patients. These findings of study suggested that homoeopathic medicines offer beneficial effects in the management of allergic rhinitis. Homoeopathic treatment helped to reduce frequency and recurrence of disease and it is cost effective also. Homoeopathy can play a much effective role in the cases of allergic rhinitis.

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