A CLINICAL STUDY ON THE EFFICACY OF HOMOEOPATHIC TREATMENT IN PERENNIAL ALLERGIC RHINITIS

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ABSTRACT

Perennial allergic rhinitis is a disease condition characterized by intermittent or continuous nasal symptoms resulting from an allergic reaction without seasonal variation. It is one of the commonest allergic conditions affecting both young and adult age groups. It is found more prevalent in the Kanniyaakumari district. The objective of this study was to verify the efficacy of Homeopathic treatment in Perennial allergic rhinitis. Thirty cases of Perennial allergic rhinitis were given Homeopathic treatment and studied for 6 months. The changes in disease intensity scores before-after treatment was recorded and the statistical analysis done with the help of paired ‘t’ test. There was a marked reduction in the disease intensity scores of all the 30 patients, with a statistical significance of P value < 0.01. The significant mitigation in disease intensity scores confirmed the effectiveness of Homoeopathic treatment in the management of Perennial Allergic Rhinitis.

KEYWORDS: Homeopathy, Perennial Allergic Rhinitis, IgE, Individualized treatment.

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INTRODUCTION

Allergic rhinitis is an atopic condition affecting primarily the upper respiratory tract. It is caused due to an immunoglobulin E mediated hypersensitive reaction to environmental agents. [1] This condition is commonly classified as perennial and seasonal types. Perennial Allergic rhinitis (PAR) occurs throughout the year in contrast seasonal occurs chiefly around spring. [2] Clinical features of allergic rhinitis include sneezing, coryza, nasal congestion, itching of nostrils, general discomfort, and tiredness. Severity and comorbidities vary between individuals. [3] Nearly 40% of the world
population suffers from different forms of atopic illness among which allergic rhinitis marks the highest among them. Prevalence is increasing due to global problems like air pollution, inadequate workplace ventilation, accumulated dust mites, changing diet patterns, and a sedentary way of life. [4] Also, recent studies show that different gene polymorphism predispose individual to allergic rhinitis. [5] This disease condition mostly begins in childhood and later carried over to adolescence and adulthood. [4] Being a chronic condition, it is said to have a notable negative impact on the quality of life and work productivity of the individual thereby indirectly affecting the country’s economy. [6] Further, patients suffering from this condition are more prone to develop asthma in later years when improperly treated. This is explained through researches on the atopic march. [7] Homoeopathic literature says hypersensitivity is an inherent condition peculiar to the constitution which makes the individual morbidly susceptible to a particular agent. [8] Hence, the approach of such disease conditions is also aimed not just in managing but providing cure by treating the individual as a whole, covering his mental and physical patterns. This method therefore not just relieves the patient of his symptoms but also improves the quality of life and prevents the progress of disease to worse outcomes. Thus, this study aimed at the treatment of perennial allergic rhinitis by individualized homoeopathic medicines and assess the variation in severity of the disease before and after the medication to prove the efficacy of the same.

MATERIALS AND METHODS

Period of study
The study was conducted during the period of 2011-2013.

Place of study
The study was carried out in Sarada Krishna Homoeopathic Medical College Hospital, Kulasekharam, Tamil Nadu, India.

Sample size
Thirty (30) Cases presenting with Perennial Allergic rhinitis were selected by purposive sampling method.

Exclusion criteria
Perennial Allergic rhinitis associated with other complications, Pregnant and Lactating women, Patients with other systemic diseases, Patients having other IgE mediated hypersensitivity reactions
like urticaria, atopic dermatitis, drug induced conditions and Patients who are currently on medications for Perennial Allergic rhinitis.

**Inclusion criteria**

Cases of Perennial Allergic rhinitis between the ages of 15-45 years and Both sexes.

**Method**

Thirty cases diagnosed with Perennial Allergic rhinitis were selected. Case was taken in the Sarada Krishna Homoeopathic Medical College case format and analysis done. Repertorization was done for the cases and medicines were prescribed with reference to Material medica. After prescription, regular follow up of the cases was maintained for a period of 6 months. The intensity of symptoms was assessed and compared.

**Statistical analysis**

The Paired ‘t’ test was used in statistical analysis.

**Research hypothesis**

H₁ - Homoeopathic treatment is effective in reducing the disease intensity of Perennial allergic rhinitis.

**Null hypothesis**

H₀ - Homoeopathic treatment is not effective in reducing the disease intensity of Perennial allergic rhinitis.

**Follow up**

Cases were followed for a period of 6 months with a weekly review. Patient’s symptom severity was assessed under four grades [Table 1] and compared with their baseline values. IgE levels was also compared.
Table 1: Grading criteria for intensity of nasal symptom

<table>
<thead>
<tr>
<th>Grade</th>
<th>Mark</th>
<th>Sneezing</th>
<th>Rhinorrhea</th>
<th>Itching of nose</th>
<th>Nasal Congestion</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>+++</td>
<td>Severe</td>
<td>Very profuse</td>
<td>Severe</td>
<td>Well-Marked</td>
</tr>
<tr>
<td>2</td>
<td>++</td>
<td>Moderate</td>
<td>Profuse</td>
<td>Moderate</td>
<td>Marked</td>
</tr>
<tr>
<td>1</td>
<td>+</td>
<td>Slight</td>
<td>Slight</td>
<td>Slight</td>
<td>Minimal</td>
</tr>
<tr>
<td>0</td>
<td>0</td>
<td>Absent</td>
<td>Absent</td>
<td>Absent</td>
<td>Absent</td>
</tr>
</tbody>
</table>

RESULTS AND DISCUSSION

Among the 13 drugs selected on the basis of individualization, Sulphur, Arsenicum iodatum and Pulsatilla were the frequently indicated medicines. On assessing the clinical features, 12 patients (30%) were in severe category, 17 (66.67%) in Moderate category and 1 in Mild category. After 6 months of treatment, 21 patients (70%) moved to the absent category, 5 patients to the Moderate (16.67%) and 4 (13.33%) to mild category [Table 2] [Fig 1]. Also, there was significant difference in immunoglobulin E values after treatment [Fig 2]. On applying paired T test, reduction in clinical symptoms and IgE levels after individualized Homeopathic treatment was statistically significant with P value < 0.01.

Table 2: Distribution of patients in relation to clinical features before and after treatment

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Severe Before No (%)</th>
<th>After</th>
<th>Moderate Before No (%)</th>
<th>After</th>
<th>Mild Before No (%)</th>
<th>After</th>
<th>Absent Before No (%)</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sneezing</td>
<td>26 (86.67)</td>
<td>0 (0)</td>
<td>2 (6.67)</td>
<td>5 (16.67)</td>
<td>2 (6.67)</td>
<td>4 (13.33)</td>
<td>0 (0)</td>
<td>21 (70)</td>
</tr>
<tr>
<td>Rhinorrhea</td>
<td>13 (43.33)</td>
<td>0 (0)</td>
<td>14 (46.67)</td>
<td>1 (3.33)</td>
<td>1 (3.33)</td>
<td>7 (23.33)</td>
<td>6 (20)</td>
<td>22 (73.33)</td>
</tr>
<tr>
<td>Itching of nose</td>
<td>6 (20)</td>
<td>0 (0)</td>
<td>12 (40)</td>
<td>0 (0)</td>
<td>3 (10)</td>
<td>3 (9.99)</td>
<td>9 (30)</td>
<td>27 (90)</td>
</tr>
<tr>
<td>Nasal Congestion</td>
<td>5 (16.67)</td>
<td>0 (0)</td>
<td>6 (20)</td>
<td>0 (0)</td>
<td>1 (3.33)</td>
<td>3 (9.99)</td>
<td>18 (60)</td>
<td>27 (90)</td>
</tr>
</tbody>
</table>
Fig 1: Changes in nasal symptoms score before and after Homeopathic treatment

Fig 2: Distribution of Patients in relation to the Immunoglobulin E Value Changes
Study revealed that from giving individualized homoeopathic treatment to PAR patients for 6 months, there was marked improvement in nasal symptoms. All the 30 patients responded well to Homoeopathic treatment. About 50% of the patients showed reduction in IgE levels. Previous Studies with control group have also shown similar symptomatic improvement in PAR. [9] [10] Homoeopathic remedies have considerable action in allergic conditions. [11] Here our study has also verified its effectiveness in the distressing allergic condition like PAR. Limitation of this study include small sample size, no control group, no use of standard scale and specific investigation like skin prick test was not performed. Incorporating the above can make the study more precise and qualified.

CONCLUSION

The clinical study showed significant reduction in intensity of clinical parameters and IgE levels after individualized homoeopathic treatment. There was a marked reduction in the disease intensity scores of all the 30 patients, with a statistical significance of P value < 0.01. The significant mitigation in disease intensity scores confirmed the effectiveness of Homoeopathic treatment in the management of Perennial Allergic Rhinitis.

CONFLICT OF INTEREST

None declared

REFERENCES:


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