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Effectiveness of various potencies of Kali bichromicum 30C, 200C, 1M in managing episodes of acute sinusitis

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Abstract

Background: Acute sinusitis represents one of the most frequently encountered respiratory tract infections and often results in altered physiological functions and reduced quality of life. Homoeopathic therapeutics, based on individualization and totality of symptoms, has been successfully used to ameliorate acute sinusitis without adverse effects.

Objective: To evaluate the clinical effectiveness of various potencies of Kali bichromicum in the management of acute sinusitis.

Methods: A prospective observational study was conducted over a period of six months (December 2024 - June 2025) at Sarada Krishna Homoeopathic Medical College and Hospital (Outpatient Department, Inpatient Department and rural health centers). Thirty patients between 20 and 60 years of age who fulfilled the clinical diagnostic criteria for acute sinusitis were included irrespective of gender. Cases were evaluated clinically and managed with Kali bichromicum in individualized potencies (30C, 200C, 1M) on the basis of presenting symptomatology. Improvement was assessed by comparing baseline and post-treatment SNOT-22 scores. t-test was used to analyze statistical significance.

Results: Out of 30 patients, 17 (57%) were females and 13 (43%) were males; the most commonly affected age group was 31-40 years (40%). The predominant etiological factors identified were intake of cold food and drinks (37%), exposure to cold air (27%), wet in rain (13%) and swimming (10%). Twenty-three (77%) patients were prescribed Kali bichromicum 200C, four (13%) received 30C and three (10%) were treated with 1M potency. Good improvement in symptomatology and reduction of SNOT-22 scores was observed in 22 cases (73%), moderate improvement in five cases (17%) and mild improvement in three cases (10%). Statistical analysis revealed a significant reduction in mean SNOT-22 scores ($p < 0.05$) after treatment.

Conclusion: The findings of this study indicate that Kali bichromicum, particularly in the 200C potency, is clinically effective in the management of acute sinusitis. A significant reduction in disease intensity scores supports the efficacy of Homoeopathic treatment. Larger controlled trials are required to further validate these outcomes.

Keywords: Acute sinusitis, Kali bichromicum, homoeopathy, potency

Introduction

Acute sinusitis is a common upper respiratory tract inflammatory condition characterized by inflammation of the paranasal mucosa, commonly precipitated by viral infection, bacterial colonisation, or exposure to environmental irritants. In India, recurrent episodes of acute sinusitis contribute significantly to outpatient morbidity. Conventional management relies on decongestants, antibiotics and corticosteroids; nevertheless, frequent drug use can result in side effects, microbial resistance and recurrence of symptoms. Homoeopathic medicine, on the basis of the principle “similia similibus curentur”, offers an individualized, holistic and side-effect-free modality of treatment. Kali bichromicum has been widely indicated for affections of the mucous membrane, particularly in cases presenting with tough, stringy discharges and blocked sinuses. This study aims to assess the effectiveness of various potencies of Kali bichromicum in managing acute sinusitis during the internship period at a Homoeopathic teaching hospital.

Materials and Methods

This prospective observational study was conducted at Sarada Krishna Homoeopathic Medical College and Hospital (OPD, IPD and associated rural health center's) over a period

of six months, from December 2024 to June 2025. Thirty patients of either sex between 20 and 60 years of age diagnosed clinically with acute sinusitis were selected. Informed consent was obtained from all participants. Patients with chronic sinusitis, significant co-morbidities, or concurrent treatment with allopathic drugs were excluded. Each case was evaluated based on detailed history and physical examination, including nasal endoscopy where required. Individualized prescriptions of Kali bichromicum (in 30C, 200C or 1M potencies) were made according to the totality of symptoms. Follow-up was done fortnightly for evaluation of clinical response. The Sino-Nasal Outcome Test (SNOT-22) was used to assess disease severity before and after treatment. Statistical analysis was performed using paired t-test ($p < 0.05$ considered statistically significant).

Results

Of the 30 patients included, 17 (57%) were females and 13 (43%) were males. The highest incidence was observed in the age group of 31-40 years (40%), followed by 41-50 years (30%), 20-30 years (17%) and 51-60 years (13%). Among the predisposing factors, intake of cold food and drinks was most prevalent (37%), followed by exposure to cold air (27%), wet in rain (13%), swimming (10%) and wet head (13%). Regarding potency distribution, Kali bichromicum 200C was prescribed in 23 (77%) cases, 30C in four (13%) cases and 1M in three (10%) cases. The treatment outcomes demonstrated that 22 (73%) cases exhibited good improvement with complete or near complete resolution of symptoms, five (17%) had moderate response, and three (10%) manifested mild improvement. Statistical analysis confirmed a significant reduction in SNOT-22 scores post-treatment ($p < 0.05$). The null hypothesis was therefore rejected, indicating that Kali bichromicum was effective in improving acute sinusitis symptoms.

Discussion

The present study demonstrates that acute sinusitis is more prevalent in younger age groups and among females. The etiological analysis suggests that cold exposure and dietary factors play a major role in precipitating the condition. Homoeopathic treatment with Kali bichromicum produced a marked improvement in symptom scores, particularly in patients receiving the 200C potency. This is consistent with the known sphere of action of the remedy on mucous membranes where thick, tenacious secretions are present. Similar findings were reported by Allen (2014)^[1] and Kent (2012)^[2], who emphasized the utility of Kali bichromicum in sinusitis with characteristic viscid secretions and pressure in frontal sinuses. The statistically significant improvement observed in this study confirms the clinical efficacy of properly selected Homoeopathic remedies in acute inflammatory conditions. Nevertheless, the small sample size and absence of a control group limit generalization to a larger population. Future randomized controlled trials with a larger sample are warranted to support these findings.

Conclusion

This prospective observational study provides clinical evidence that Kali bichromicum, especially in the 200C potency, is effective in the management of acute sinusitis. A significant reduction in SNOT-22 scores and high percentage of good clinical outcomes indicate substantial

therapeutic potential. Homoeopathic individualization played an important role in achieving favourable outcomes, and thus Kali bichromicum can be considered a valuable therapeutic option in acute sinusitis.

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Not available

Author's Contribution

Not available

Conflict of Interest

Not available

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