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A clinical study on the effectiveness of constitutional medicines in treatment of allergic rhinitis

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Abstract

A prevalent chronic inflammatory condition of the nasal mucosa, allergic rhinitis (AR) is brought on by exposure to allergens in sensitized individuals. Its symptoms, which include itching, rhinorrhea, nasal congestion, and sneezing, significantly impair quality of life and productivity. The primary mediators of the disease's early and late-phase immune responses are IgE, histamine, eosinophils, and cytokines. In this study 30 cases of allergic rhinitis were included for the study, it was found that males were mostly affected and people of age group 11-20. Choleric was the most commonly affected constitution. Pulsatilla was the commonly used medicine. This study shows the efficacy of homoeopathic medicines in treatment of allergic rhinitis

Keywords: Allergic rhinitis, homoeopathy, constitution, pulsatilla, choleric, RCAT

Introduction

Symptoms of an IgE-mediated immunologic response to airborne allergens encompass rhinorrhea, nasal obstruction, sneezing, and pruritus of the nasal passages. Itching in the throat, palate, and eyes may also be related to this ^[1]. Allergy rhinitis (AR) is classified as J30 in ICD 10 ^[2]. An enormous burden, allergic rhinitis is responsible for around 55% of all allergies. In India, between 20 and 30 percent of people have at least one allergy. In India, statistics indicate that between 20% and 30% of persons have allergic rhinitis. According to studies, allergic rhinitis has increased in frequency in India in recent years. According to the results of the International Study of Asthma and Allergies in Childhood (ISSAC) phase 1 carried out in 1998, nasal symptoms were found to affect 12.5% of children aged 6-7 and 18.6% of adolescents aged 13 to 14. In India, allergic rhino conjunctivitis affected 3.3% and 5.6% of children, respectively ^[3].

Aims and objective

Aim

To understand the role of constitution in treating patients with allergic rhinitis

Objectives

1. To assess the effectiveness of constitutional medicine in the management of patients with allergic rhinitis.
2. To assess the symptoms of patients with Allergic rhinitis using Rhinitis Control Assessment Test Scale (RCAT).

Materials and methods

30 patients affected by allergic rhinitis will be selected for the study.

Selection of samples

Sample Size: 30

Sampling Technique: Purposive Sampling

Procedure

Thirty instances of allergic rhinitis were selected at Sarada Krishna Homoeopathic Medical College using purposive sampling. Both the hospital and outpatient divisions provided these cases.

The specifics of the case were carefully recorded in compliance with the pre-structured and standardized framework created by Sarada Krishna Homoeopathic Medical College. The totality will then be constructed after it has been analyzed. Following an analysis and evaluation of the symptoms, a prescription for a medication that was appropriate and comparable was issued based on the patient's constitution. The homoeopathic principles were followed in determining the potency and the frequency of dosages. Pre and post assessments were administered every two weeks using the Rhinitis Control Assessment Test Scale, and the changes that resulted were carefully recorded.

Inclusion Criteria

Age group between 5 to 60 years

Both sexes

Patients having symptomatology of allergic rhinitis

Exclusion Criteria

Age below 5 and above 60 years

Cases in which surgical intervention becomes necessary.

Allergic rhinitis associated with any chronic and systemic disease on active treatment.

Pregnant women

Patients suffering from other severe systemic diseases.

Selection of Tools

Pre-structured Saradha Krishna Homoeopathic Medical College & Hospital case format.

Rhinitis Control Assessment Test Scale.

Symptom assessment score

Symptom assessment score using Rhinitis Control Assessment Test Scale

Rhinitis Control Assessment Test Scale (RCAT)

Write the score for each item in the column to the right

1. During the past WEEK, how often did you have nasal congestion?

Never	Rarely	Sometimes	Often	Extremely often	Score

2. During the past WEEK, how often did you sneeze?

Never	Rarely	Sometimes	Often	Extremely often	Score

3. During the past WEEK, how often did you have watery eyes?

Never	Rarely	Sometimes	Often	Extremely often	Score

4. During the past WEEK, to what extent did you have nasal allergy symptoms interfere with your sleep?

Never	Rarely	Sometimes	Often	Extremely often	Score

5. During the past WEEK, how often did you AVOID any activity (for example, gardening, exercising, visiting a house with a dog or cat) because of your nasal or other; allergy symptoms?

Never	Rarely	Sometimes	Often	Extremely often	Score

6. During the past week, how well were your nasal or other allergy symptoms controlled

Never	Rarely	Sometimes	Often	Extremely often	Score

Total Score

The higher the score, the better controlled you are with your nose and eye symptoms. A score that is lower than 21 suggest that you are not well - controlled.

Outcome Assessment

For effective assessment and evaluation, disease intensity score were given for each case. Before and after treatment scores were analysed by using paired 't' test.

Statistical Techniques and Data Analysis

Data are represented in pie charts, bar diagrams and tables.

Observation and results

Upon analysing the cases, it was discovered that 12 (40%) of them had choleric constitutions, 11 (36.66%) had phlegmatic constitutions, 5 (16.66%) had melancholy constitutions, and 2 (6.66%) had sanguine constitutions.

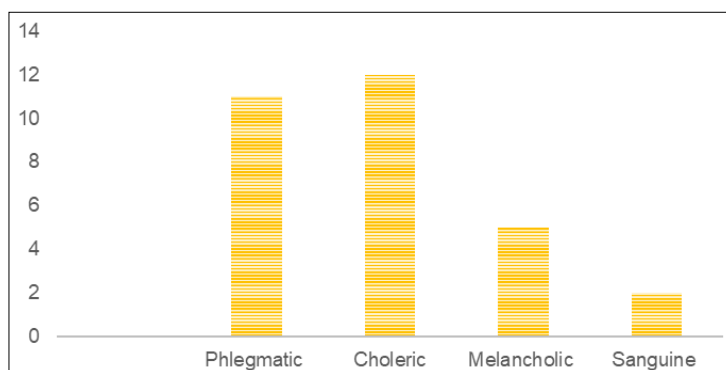


Fig 1: Distribution according to constitution

Eight cases (26.66%) of the 30 AR cases were prescribed Pulsatilla nigricans, six patients (20%) were prescribed

Silicea, five cases (16.66%) were prescribed Sulphur, four patients (13.33%) were prescribed Nux Vomica, three

patients (10%) were prescribed *Calcarea carbonica*, two patients (6.66%) were prescribed *Natrum muriaticum*, and

one person (3.33%) was prescribed *Arsenicum album* and *Sepia officinalis* each.

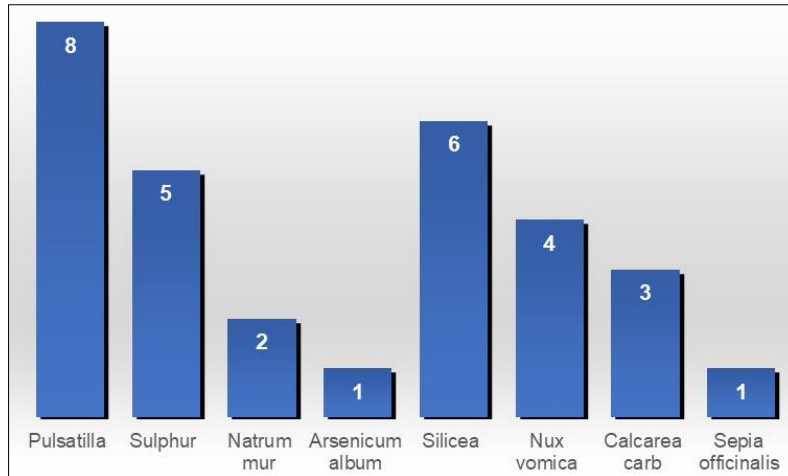


Fig 2: Distribution according to medicines prescribed

Five (16.66%) of the 30 cases were identified as belonging to *Pulsatilla*, three (10%) to *Calcarea carbonica*, and one

(3.33%) to each of the *Silicea* and *Sepia officinalis*, which are classified as having a phlegmatic constitution.

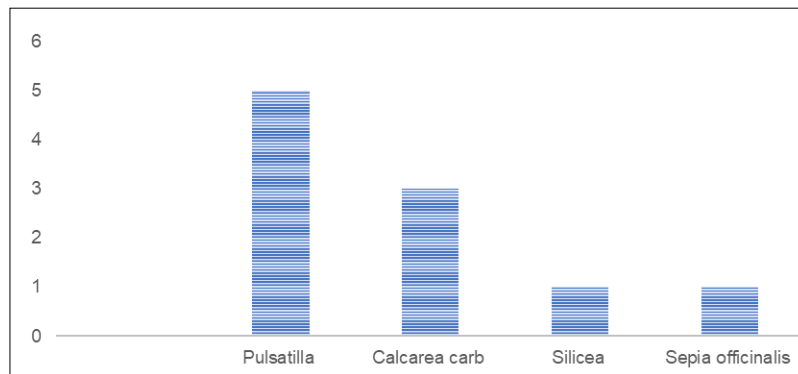


Fig 3: Distribution based on medicines in phlegmatic constitution

Out of 30 cases, it was discovered that 4 cases (13.33%) belonged to the sulphur, 5 cases (16.66%) to the *Silicea*, and

1 case (3.33%) to the *Nux vomica* and *Natrum muriaticum* in the choleric constitution.

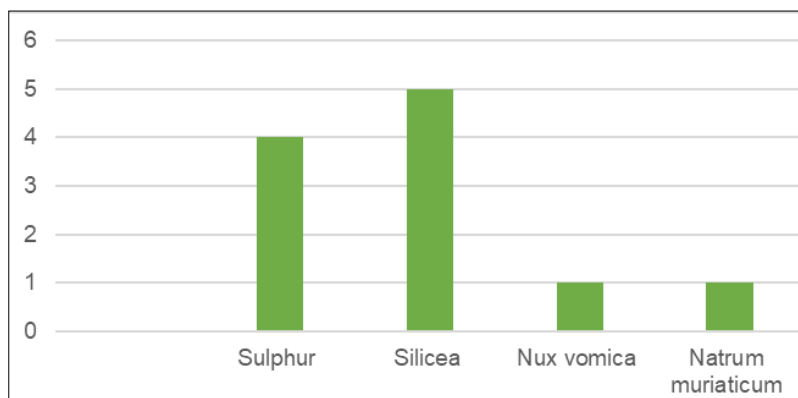


Fig 4: Distribution according to medicines in choleric constitution

Two cases (6.66%) of *Nux vomica* have been found to

belong to the Sanguine constitution out of 30 cases.



Fig 5: Distribution according to medicines in sanguine constitution

Out of 30 cases it was found that 2 cases (6.66%) of Pulsatilla, 1 case (3.33%) of Natrum muriaticum, Arsenicum album and sulphur each belonged to Melancholic constitution.

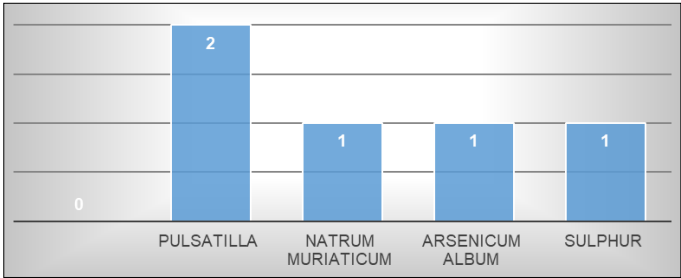


Fig 6: Distribution of medicines in melancholic constitution

Nineteen (3.6%) of the thirty cases were identified as belonging to phlegm, twelve (40%) to yellow bile, five (16.66%) to black bile, and two (6.66%) to blood.

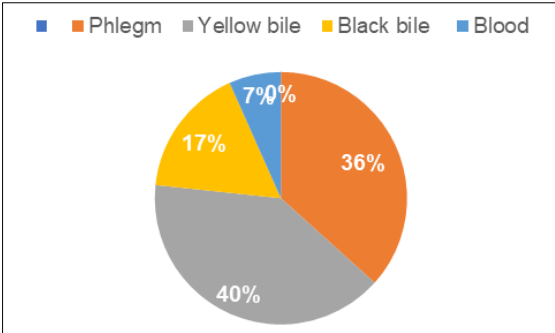


Fig 7: Distribution of cases according to humors

Following a thorough investigation, the constitution was used to develop the totality. Each case was treated with the medication that was most similar. The RCAT score was used to evaluate the improvement. The constitution-based

homoeopathic treatment significantly lessened the severity of allergic rhinitis. Twenty was the lowest score and twenty-four was the highest.

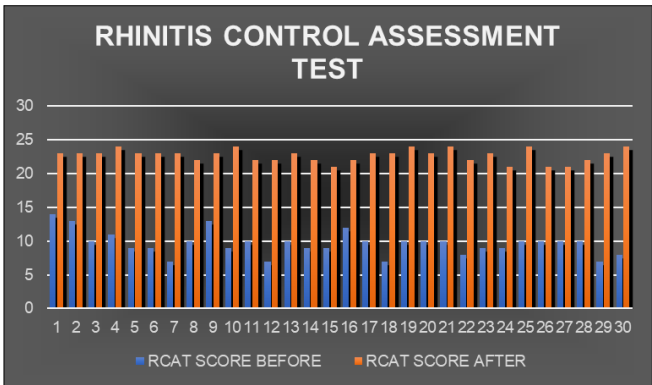


Fig 8: Distribution of cases according to improvement assessment

Twenty-five (83.33%) of the thirty patients were prescribed 200th potency, two (6.66%) were prescribed 30th potency and 0/3 potency each, and one patient (3.33%) had been given 1M potency.

Four cases (13.33%) had mild improvement, twenty cases (66.66%) had moderate improvement, and six cases (20%) had remarkable improvement out of the thirty cases. The RCAT scores were used to evaluate the progress. The RCAT Score of 21 showed a slight improvement. An RCAT score of 22 to 23 indicates a moderate improvement. The RCAT Score is 24 as a result of the remarkable improvement.

Of the 30 cases, 17 (56.66%) had nasal polyps as comorbidities of allergic rhinitis, 11 (36.66%) had sinusitis, 10 (33.33%) had hypertrophic turbinate, 2 (6.66%) had bronchial asthma, and 1 (3.33%) had migraine in addition to allergic rhinitis.

Out of 30 cases it was found that 28 cases (93.33%) belonged to psoric miasm and 2 cases (6.66%) were of sycotic miasm.

On analyzing the thirty cases it was found that of 10 patients

(33.3%) belonged to the ages of 11-20 years, 9 (30 %) of them were at the age group of 31 to 40, 4 patients (13.33%) were between the ages of 1 to 10, 3 people (10%) belonged to the ages of 21 to 30, 2 patients (6.66%) each were within the age of 41 to 50 and 51 to 60 years of age.

17 cases (56.66 %) were males and 13 patients (43.33 %) were found to be female

Fifteen (50%) of the thirty cases involved students, eight (26.66%) involved homemakers, and one (3.33%) involved an electrician, a cement factory worker, a daily wage worker, a contractor, a journalist, a teacher, or a graphic designer.

According to the paired samples statistics, the mean RCAT score was 9.67 (with a standard deviation of 1.73) before the intervention, but it sharply increased to 22.70 (with a standard deviation of 0.95). The paired samples test indicates a statistically significant difference with a t-value of -37.17, a p-value of 0.000, and a mean difference of -13.03. This suggests that the intervention led to a considerable improvement in the RCAT scores. This is given in table 1.

Table 1: Statistical analysis using Paired 'T' Test

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	RCAT Score Before	9.67	30	1.729	.316
	RCAT Score After	22.70	30	.952	.174

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	RCAT Score Before RCAT Score After	-13.033	1.921	.351	-13.750	-12.316	-37.170	29	.000

Discussion

Choleric (40%) and phlegmatic (16.66%) constitutions were the most prevalent among those afflicted by allergic rhinitis, followed by melancholy (16.66%) and sanguine (6.66%). Murphy and Complete repertories were used to determine constitutions. One study found sanguine preponderance [4], while another reported that the most impacted were hot and dry which corresponds to choleric [5]. Pulsatilla (26.66%) and Silicea (16.66%) were the most often prescribed medications with significant improvement in this study, but Arsenicum album and Pulsatilla were the most frequently prescribed medications in another study [5]. The 200th potency was frequently employed in the current research and demonstrated a noticeable improvement. In 25 cases (83.33%), 200th potency was administered; in a recent study, 200th potency also demonstrated improvement [1]. In our recent research, the RCAT Scale demonstrated improvement; the lowest score was 20, and the maximum score was 24. RCAT demonstrated mild improvement in 28 cases and considerable improvement in two cases in a prior study. Following medication, the lowest score was 13, and the highest was 21 [7]. The most frequent co-occurring conditions with allergic rhinitis were sinusitis (36.66%) and nasal polyps (56.66%). 33.33% of cases had hypertrophic turbinate, 6.66% had bronchial asthma, and 3.33% had migraine. In keeping with common pathogenic pathways and epidemiologic connections, the literature also reports relationships with respiratory infections, sinusitis, otitis

media, nasal polyposis, asthma, and orthodontic malocclusions [8]. Psora was the commonly affected miasm in this study and a previous study also supports it [9]. The commonly affected age group was 11 to 20 years and a similar study shows that the age group affected commonly are 21 to 30 years of age [9]. It was found that, of the 30 cases, males were the most often impacted gender, accounting for 56.66% of the cases. According to a related study, men were more likely than women to suffer from allergic rhinitis [5]. 50 % (15 cases) of students were affected in the research study and in a similar study also students were the commonly affected [9].

Conclusion

From the above discussions and the analysis of results we can conclude that constitutional Homoeopathic treatment is effective in the treatment of allergic rhinitis. With Pulsatilla being the most often prescribed medication and exhibiting notable improvement, the constitution that was most affected was choleric. Sulphur was frequently used in choleric constitutions, Nux vomica in sanguine constitutions, and Pulsatilla in phlegmatic and melancholic constitutions. The most effective potency was the 200th one. Sinusitis and nasal polyps were frequent comorbidities. The most common miasm was psora, and the study's efficacy was validated by an improvement in RCAT scores. Males between the ages of 11 and 20 had the highest prevalence of allergic rhinitis, while students were the most afflicted

demographic. The usefulness of constitutional medicines in treating allergic rhinitis was confirmed by the study. Research including controlled trials should be conducted to further study the efficacy of constitutional Homoeopathic medicines.

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Conflict of Interest

Not available

Financial Support

Not available

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