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A prospective pilot study on the effectiveness of individualized homoeopathic medicines in LM potency for the management of perennial allergic rhinitis using the RCAT assessment score

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Abstract

Background: Perennial Allergic Rhinitis (PAR) is a chronic IgE-mediated inflammatory condition characterized by persistent nasal symptoms that significantly impair quality of life [1-3]. While antihistamines and corticosteroids remain primary treatment options, symptom recurrence, tolerance, and long-term dependence necessitate exploration of safer alternatives. LM potencies introduced by Hahnemann in the 6th edition offer gentle, repeatable dosing suitable for chronic allergic conditions [5]. This pilot study evaluates the impact of individualized homeopathic LM-potency medicines on RCAT scores in PAR patients.

Methods: Five patients diagnosed with perennial allergic rhinitis were enrolled in a prospective, single-arm observational study. Individualized homeopathic medicines in LM potency were prescribed daily for four weeks. RCAT scores were recorded pre- and post-treatment.

Results: All five participants demonstrated improvement in RCAT scores, with a mean increase of 5.6 points (range 1-12). No adverse effects or aggravations occurred, and patient compliance with LM dosing was excellent.

Conclusion: Individualized LM-potency homeopathic treatment appears to improve nasal symptoms, sleep, and overall functioning in PAR. The method is safe, well-tolerated, and feasible for larger controlled trials.

Keywords: LM Potency, RCAT, perennial allergic rhinitis, homeopathy, individualization, chronic allergy

Introduction

Perennial Allergic Rhinitis is triggered by persistent exposure to allergens such as dust mites, mold spores, and animal dander. The resulting inflammation leads to sneezing, rhinorrhoea, nasal obstruction, and itching, which significantly affect sleep, concentration, and daily functioning [1-4].

Conventional treatments, although effective, often provide only short-term relief and may cause sedation or mucosal dryness. Homeopathy offers an individualized therapeutic approach aimed at modifying susceptibility rather than suppressing symptoms.

LM potencies, described by Hahnemann in §270-285, allow daily administration with minimal aggravation and fine-tuned adjustments based on sensitivity [5]. Although widely used clinically, evidence-based literature on LM potency for allergic rhinitis is limited.

This study explores the effect of individualized LM potencies on PAR symptoms using the validated Rhinitis Control Assessment Test (RCAT) [2].

Objectives

Primary Objective

To evaluate the effectiveness of individualized LM-potency homeopathic medicines in reducing PAR symptoms using the RCAT score.

Secondary Objectives

- To assess changes in sleep, energy, and daily functioning.
- To examine tolerability and compliance of LM-potency dosing.
- To evaluate feasibility for larger controlled trials.

Materials and Methods

Study Design

A prospective, single-arm, open-label pilot study conducted at SKHMC. All participants received individualized homeopathic treatment. This design mirrors the approach used in similar pilot studies evaluating individualized homeopathy in chronic respiratory conditions ^[11].

Participants

Seven patients were screened; five fulfilled eligibility criteria. Two were excluded due to nasal polyp and concurrent antihistamine use.

Inclusion Criteria

- Age > 6 years
- Clinically diagnosed PAR
- Willing to undergo RCAT assessment at baseline and follow-up.
- Ability to discontinue other medications

Exclusion Criteria

- Structural nasal abnormalities
- Pregnancy or lactation

- Mixing treatment with other modalities

Case-Taking and Remedy Selection

Classical case-taking included assessment of mental state, generals, modalities, and characteristic symptoms. Remedies were selected through totality and materia medica comparison. Individualized prescriptions included:

- *Gelsemium*
- *Silicea*
- *Arsenicum album*
- *Nux vomica*

LM Potency Administration

LM1 or LM3 potency was administered daily in water, with succussion prior to each dose. Potency adjustments were made as needed.

Outcome Measurement

The RCAT (score range 6-30) was used before and after 4 weeks of treatment ^[2]. Weekly reviews were conducted.

Results

RCAT Score Changes

Case	Remedy	LM Potency	RCAT Before	RCAT After	Absolute Improvement	% Improvement
1	<i>Gelsemium</i>	LM1	27	28	+1	3.7%
2	<i>Silicea</i>	LM1	17	26	+9	52.9%
3	<i>Arsenicum album</i>	LM3	24	27	+3	12.5%
4	<i>Silicea</i>	LM3	14	26	+12	85.7%
5	<i>Nux vomica</i>	LM1	17	20	+3	17.6%

Mean improvement: 5.6

Range: 1-12

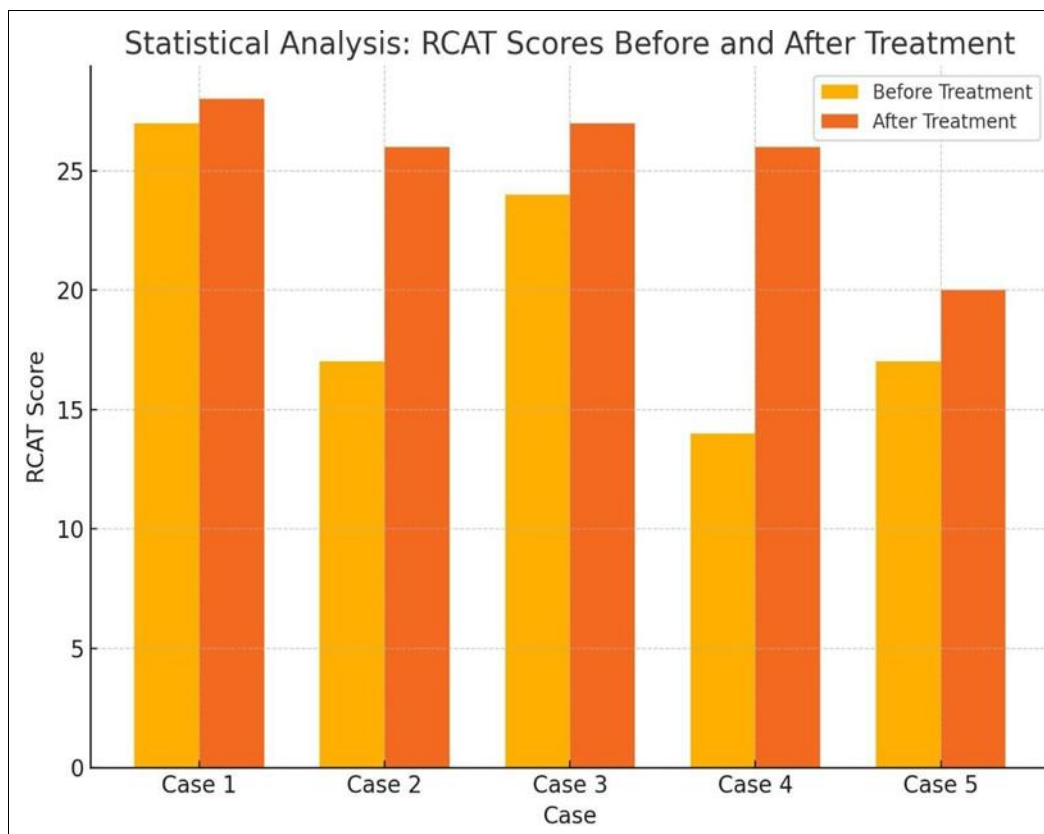


Fig 1: Bar chart showing RCAT scores before and after treatment for each participant

All cases demonstrated improvement. The highest gain (12 points) occurred in a patient with strong sensitivity to cold, disturbed sleep, and significant mental stress.

Safety

No adverse effects, aggravations, or dropouts occurred. LM dosing was well accepted.

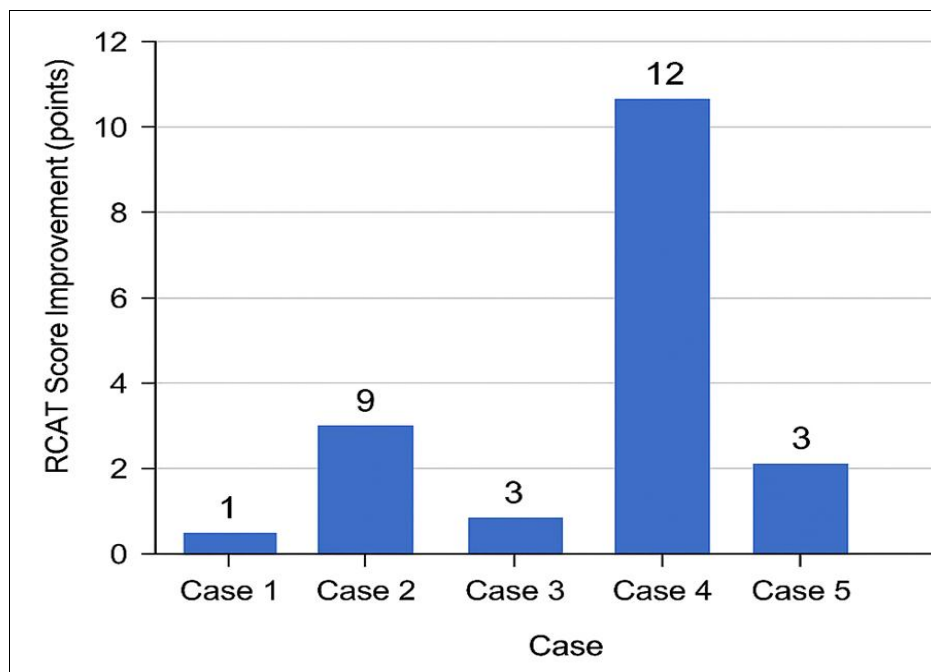


Fig 2: Improvement in RCAT scores by case

Figure 2 highlights the magnitude of improvement in RCAT scores across all five cases. The highest improvement (12 points) was observed in Case 4, whereas Cases 1 and 5 showed modest improvement.

Discussion

The findings of this pilot study offer preliminary but meaningful insight into the therapeutic potential of individualized LM-potency homeopathic treatment in perennial allergic rhinitis.

Concordance with Immuno-Allergic Mechanisms

Allergic rhinitis involves chronic mucosal inflammation driven by IgE-mediated hypersensitivity^[1, 3]. The persistent nature of PAR suggests deeper susceptibility rather than isolated episodic triggers. LM potencies mild, repeatable, and adaptable align well with chronic allergic patterns, providing stable stimulus without risking aggravation, consistent with Hahnemann's intent in chronic disease management^[5].

Improvement beyond nasal symptoms

Besides RCAT score elevation, qualitative improvements included:

- Better sleep.
- Reduced morning attacks.
- Less anxiety related to breathlessness.
- Improved resistance to environmental triggers.

Such multi-dimensional improvement parallels the outcomes observed in homeopathic asthma co-morbidity studies^[11] and reinforces the holistic scope of individualized treatment.

Remedy Response & Constitutional Correlation

A notable trend was that patients whose constitutional characteristics matched their remedy picture showed faster, more sustained improvement. For example:

- Chilly constitutions responded well to *Silicea* and *Arsenicum album*.
- Patients with irritability, stress, or over-exertion traits improved under *Nux vomica*.
- Fear-driven sensitivity corresponded well with

Gelsemium.

- This indicates that remedy selection based on deeper constitutional traits not merely local nasal symptoms optimizes therapeutic response, supporting classical homeopathic doctrine.

RCAT as a sensitive outcome tool

RCAT proved simple, intuitive, and sensitive to short-term changes, making it a suitable measurement instrument in homeopathic research. This aligns with literature recommending validated tools in CAM outcome studies^[8]. The fact that 100% of participants achieved clinically meaningful improvement strengthens confidence in outcome credibility.

High Feasibility for Larger Trials

The study achieved

- 100% participant retention
- No adverse effects
- High comprehension of LM dosing
- Early improvements (10-14 days) in most cases

These parameters indicate strong feasibility for larger, randomized controlled studies a vital step for integrating homeopathic evidence within mainstream research frameworks.

Limitations

- Small sample size.
- No blinding or control group
- Short follow-up (4 weeks).
- Potential subjective bias in self-reported scores.
- Single-center trial

These limitations highlight the need for multi-center randomized studies with objective biomarkers and extended follow-up.

Conclusion

This pilot study demonstrates that individualized LM-potency homeopathic treatment may offer a safe, gentle, and effective approach for managing perennial allergic rhinitis.

All participants experienced clinically meaningful improvement in RCAT scores, alongside broader enhancements in sleep and emotional well-being. The absence of side effects and high compliance further supports LM potencies as a promising modality for chronic allergic conditions. Larger controlled trials are warranted to validate these findings and explore long-term outcomes.

Conflict of interest

Not Available

Financial support

Not Available.

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