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A comparison of the effectiveness of arsenicum iodatum in centesimal and fifty millesimal scale potencies for treating allergic rhinitis in children

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Abstract

Clinically speaking, allergic rhinitis is characterised by rhinorrhea, nasal obstruction, itching, and sneezing, all of which can be treated or resolved spontaneously. The treatment of allergic rhinitis in children by homoeopathic therapy has a lot of potential. Homoeopathic treatment is always based on similar symptoms. Every doctor's task of determining the precise potency is difficult. After much research and examination, Master Hahnemann discovered a new, modified, but ideal method of dynamization called the LM potency. Only a few research have been conducted on the effects of various potencies of Arsenicum iodatum, despite the fact that allergic rhinitis is one of the most prevalent disorders of the upper respiratory system. This research compares the clinical efficacy of LM with CM.

Keywords: Allergic rhinitis, Arsenicum Iodatum, centesimal scale, 50 millesimal scale

Introduction

Allergic rhinitis is one of the most common conditions managed in outpatient facilities. Children are more susceptible to a variety of illnesses than any other age group because they lack antibodies against disease. Despite the fact that there have only been a few studies done, allergic rhinitis is becoming more widespread in our region. I've seen firsthand how homoeopathic medicine can relieve symptoms permanently without the need for periodic remissions. The homoeopathic medication arsenicum iodatum has a potent effect on mucous membranes and has been shown to be effective in treating allergic rhinitis. Therefore, it is necessary to verify Arsenicum iodatum's effectiveness in the management of allergic rhinitis. Consequently, a thorough and scientific research is needed.

Materials and Methods

A clinical study of Arsenicum iodatum in allergic rhinitis with centesimal and millesimal scale potencies. A sample of 60 cases having allergic rhinitis was taken from OPDs of Sarada Krishna Homoeopathic Medical College, Kulasekharam. Cases were then divided into two groups by random purposive sampling. Arsenicum iodatum in centesimal scale potency (30th potency) was administered to group 1 consisting of 30 cases and Arsenicum iodatum in 50 millesimal scale potency (0/3 potency) was given to group 2 consisting of 30 cases. The assessment was done through clinical observation and improvement in severity scores of cases. Statistical analysis was done.

Inclusion criteria

- Patients of paediatric age group between 5-18 years.
- Children of both sexes.
- Diagnosis criteria were mainly based on the clinical presentation.
- Improved criteria are based on symptomatic relief.

Exclusion criteria

- The patient is suffering from other respiratory distress along with complaints.
- Patients are suffering from other systemic illnesses.

Result

Table 1: Age of cases- 30 potency

S. No	Age-group	No. of cases
1	5 to 11	15
2	12 to 18	15

Table 2: Age of cases – 0/3 potency

S. No	Age-group	No. of cases
1	5 to 11	15
2	12 to 18	15

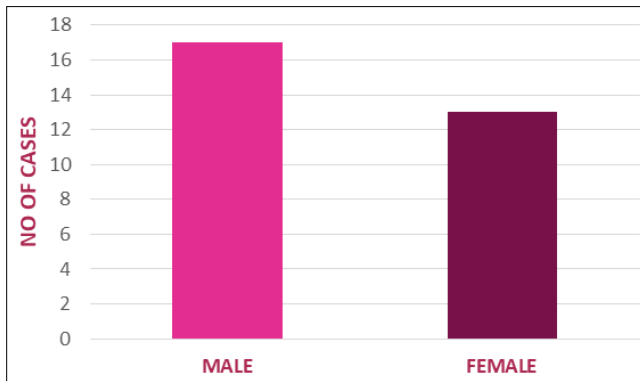


Fig 1: Gender of cases – 30 potency

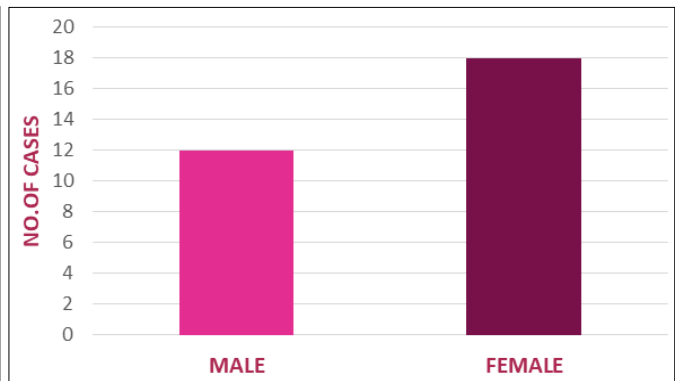


Fig 2: Gender of cases – 0/3 potency

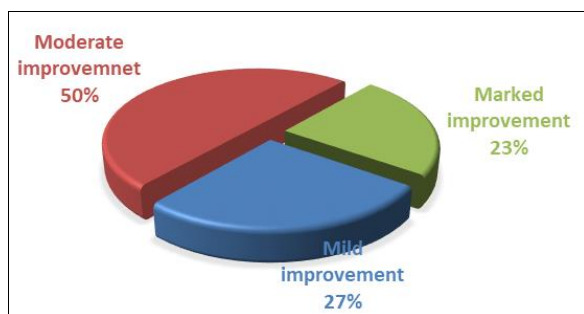


Fig 3: Improvement status of cases – 30 potency

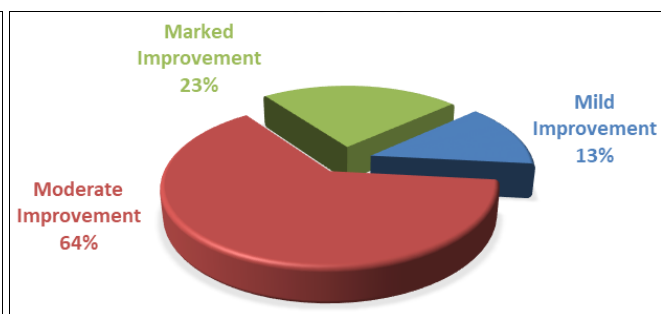


Fig 4: Improvement status of cases – 0/3 potency

Discussion

A sample of 60 cases having allergic rhinitis was taken from OPDs of Sarada Krishna Homoeopathic Medical College, Kulasekharam. Cases were then divided into two groups by random purposive sampling. Arsenicum iodatum in centesimal (30th potency) was administered to group 1 consisting of 30 cases and Arsenicum iodatum in 50 millesimal (0/3 potency) was given to group 2 consisting of 30 cases. The improvement assessment was done through clinical observation and improvement in severity scores of cases were noted. After comparing with existing literature following inferences were made.

Age

In Group 1 in which Arsenicum iodatum was given in 30th potency, 15 cases (50%) were in the age group 5-11 years and 15 cases (50%) were in the age group 12-18 years. Likewise, in Group 2 in which Arsenicum iodatum was given in 0/3 potency, 15 cases were in the age group 5-11 years and 15 cases were in the age group 12-18 years.

Gender

In Group 1, 17 cases were males and 13 cases were females, whereas in group 2, 12 cases were male and 18 cases were females. Altogether 29 cases were males and 31 cases were females.

Improvement status of cases

In Group 1, after homoeopathic intervention arsenicum

iodatum 30, 7 cases (23%) showed marked improvement, 15 cases (50%) moderate improvement and 8 cases (27%) mild improvement.

In group 2, after homoeopathic intervention Arsenicum iodatum 0/3, 7 cases (23%) showed marked improvement, 19 cases (64%) moderate improvement and 4 cases (13%) mild improvement. Altogether there were 14 cases (23.3%) with marked improvement, 34 cases (56.7%) with moderate improvement and 12 cases (20%) with mild improvement.

Conclusion

This clinical study was indented to assess the effectiveness of fifty millesimal and centesimal scale potencies in Allergic Rhinitis among children. Furthermore, the objectives of this study were to analyse the role of Arsenicum Iodatum in Allergic Rhinitis and to compare the effectiveness of fifty millesimal scale potency (0/3) and centesimal scale potency (30). All 60 cases showed improvement after homoeopathic intervention Arsenicum iodatum of which, 14 cases (23.3%) with marked improvement, 34 cases (56.7%) with moderate improvement and 12 cases (20%) with mild improvement. In Group 1, after homoeopathic intervention Arsenicum iodatum 30, 7 cases (23%) showed marked improvement, 15 cases (50%) moderate improvement and 8 cases (27%) mild improvement. In group 2, after homoeopathic intervention Arsenicum iodatum 0/3, 7 cases (23%) showed marked improvement, 19 cases (64%) moderate improvement and 4 cases (13%) mild improvement. After analysis, this study

concluded that both CM and LM scale potencies of Arsenicum iodatum are equally effective in the management of Allergic Rhinitis among children.

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