

Efficacy of Homoeopathic Anti-miasmatic Medicines in the Treatment of Recurrent Allergic Rhinitis

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Abstract :-

Background :- Allergic Rhinitis (AR) is now the global health problems worldwide. The prevalence of allergic rhinitis is increasing very rapidly throughout the world. Allergic rhinitis is a chronic disease that severely affects the Quality of Life (QoL) of the patients. Allopathic medicines provide only short time symptoms relief of the patients.

Objective :- The objective of this study was to evaluate the effectiveness of the homoeopathic intervention in treatment of recurrent allergic rhinitis and to assess the predominance miasm in the cases of recurrent allergic rhinitis.

Materials and Methods :- It is a non-randomised, open level, prospective, single arm, non-controlled, experimental, short-term, before and after comparison study. 37 patients are enrolled for the intervention, out of 37 patients 30 patients were completed the entire follow up and 7 patients were drop-outs. The outcome measure by using Allergic Rhinitis Quality of Life (ARQOL) scores. Outcome measures were the Improvement of the Quality of the Life (QoL) and reduced severity of symptoms like sneezing, nasal obstruction, running nose, itching in the nose and eyes etc.

Results :- The study reflects that the predominance of Tubercular Miasms in the cases of recurrent allergic rhinitis. Out of 30 cases 16 (53.33%) cases were Tubercular Miasm, 12 (40%) cases were Psoric Miasm, while 2 (6.67%) cases were Psora-Sycosis Miasm. The overall response of the treatment was observed that out of 30 patients 19 (63.34%) patients were relieved, 7 (23.33%) patients were moderate improvement, 4 (13.33%) patients had slight improvement.

Conclusions :- Data suggested that homoeopathic medicines are effective in treatment of allergic rhinitis. The study suggested that homoeopathic treatment might have beneficial effects in patients suffering from recurrent allergic rhinitis. The homoeopathic medicine tested in this observational study leads to relief of symptoms and improves the Quality of Life (QoL).

Keywords :- Allergic Rhinitis, Homoeopathic medicine, Anti-Miasmatic, Miasm, Outcome, Quality of life

Abbreviations :- ARSS (Allergic Rhinitis Symptom Score), ARQOL (Allergic Rhinitis Quality of life), QoL (Quality of Life), ARSQOL (Allergic Rhinitis Specific Quality of Life), AR (Allergic Rhinitis), URTI (Upper Respiratory Tract Infection), DNS (Deviated Nasal Septum),

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I. Introduction :-

Allergic Rhinitis is now most common disease affecting the population worldwide. Allergic rhinitis is affecting in all age groups and resulting 18%-40% of world population. In India is about 20%-30% of population suffers from it. Study shows that prevalence of allergic rhinitis has been increased in India over past few years. According to WHO data published in 2018, Acute Respiratory Infection (ARI) 30% increases Since 2010. It is becoming a major problem throughout the World because of Air Pollution, Urbanisation & Change of Life Style.

Allergic Rhinitis is the common most problem to all from Paediatrics to Geriatrics age groups. It effects the Quality of life in daily routine works. Allergic Rhinitis is the Upper Respiratory Tract Infection (URTI) resulting inflammation nasal mucous membranes duo to increase level of IgE and Eosinophil counts in the blood.

Allergic Rhinitis is diagnosed by the history of the patient, Physical examination and Symptoms of the diseases. The common symptoms are continuous sneezing, nasal obstruction of difficulty in breathing, itching and burning in the nose, watery nasal discharge, itching in the eyes, redness and sometime watering from it, Itching and irritation in the throat. Sometime headache, body ache and malaise.

Allergic Rhinitis is often do not respond to this currently used modern medicines i.e.- Anti-Histaminic drugs like Montelukast and Levocetirizine, Immunotherapy and Antibiotics are becoming resistant to it. Conventional Treatment is aimed at giving relief but fails in controlling the recurrences.

Homoeopathic Anti-miasmatic medicines has a potential to improve the Quality of Life & remove the tendency towards Recurrent Allergic Rhinitis.

Homoeopathic Anti-Miasmatic medicines help to clear up the Suppressions (in Past), clear up the Presenting Symptoms from Origin (Present Complaints), clear up the Susceptibility to get Infection & Strengthening the Constitution (in Future).

Every man is different from others, so their Physical, Mental & Emotional level is different that is called Individualization. Though they have producing certain same nosological diseases, but the homoeopathic physician is to separate one instances of the diseases from another and to reach the similitum and hence cure.

II. Materials and Methods :-

Study Design :-

It is a non-randomised, open level, prospective, single arm, non-controlled, experimental, short-term, before and after comparison study. The study protocol approved by Institutional Ethical Committee and the study is conducted according to Good Clinical Practice (GCP) guidelines.

Study Duration:-

From December 2018 to November 2019.

Patients :-

Samples age 20-60 years of both sexes with a suffering of Allergic Rhinitis were eligible for study. The informed consent given by the each patient before enrolment for the study. Total 37 patients register for the study but out of 37 patients 7 were drop-outs, and 30 patients completed the trial and included for final analysis.

Inclusion Criteria :-

Inclusion criteria is diagnosed cases of Allergic Rhinitis for at least 1-year duration.

Exclusion Criteria :-

Study exclusion included Asthma, Tuberculosis, structural abnormalities in nose e.g. Deviated Nasal Septum (DNS), nasal polyp, any systemic diseases like cardiovascular, endocrine, renal, liver etc., pregnancy, lactation, alcoholic patient, infectious pathology, drugs like steroids, any major surgery, case should be excluded.

Intervention :-

Homoeopathic anti-miasmatic medicines are given according to symptom similarity and finding the current miasmatic state of the individual. For evaluation, analysis and repertorization by using RADAR 10.0 Software. Final medicine selection for individual patient after consulting Homoeopathic Materia Medica.

Medicines and doses were prescribed according to the intensity and frequency of the symptoms. The potency uses for this case were 30 CH, 200 CH, 1M CH, 10M CH etc.

Outcome Assessment :-

Outcome measures were the improvement of the symptoms recorded in every 15 days follow up. Improvement of the Quality of the Life and reduced severity of individual common symptoms like sneezing, nasal obstruction, running nose, itching in the nose and eyes etc.

The outcome measure by using Allergic Rhinitis Quality of Life (ARQOL) scores which is the combination of Allergic Rhinitis Symptoms Score (ARSS) and Allergic Rhinitis Specific Quality of Life (ARSQOL) score. In this scoring each symptoms of allergic rhinitis were a numerical value and total score was calculated from baseline symptoms. For calculation of improvement a sum score was calculated at last visit. Change in ARQOL value was calculated by changes between 2 visits.

Statistical Analysis :-

The data was collected as Mean \pm Standard Deviation (SD). Results were analysed by using Chi square test/ Student t test/ paired t test. The test of significance was kept as $P < 0.05$.

III. Results :-

Among of 37 patients 30 patients were completed the entire follow up and 7 patients were drop-outs. Data observed in age group of 20-30 years $n=14$ (46.67%), 21-30 years $n=9$ (30%), 41-50 years $n=3$ (10%), 51-60 years $n=4$ (13.33%). Sex ratio was Male:Female = 17 (56.67%) : 13 (43.33%).

The study reflects that the predominance of Tubercular Miasms in the cases of recurrent allergic rhinitis. Out of 30 cases **16 (53.33%)** cases were Tubercular Miasm, **12 (40%)** cases were Psoric Miasm, while **2 (6.67%)** cases were Psora-Sycosis Miasm.

In the research of anti-miasmatic homoeopathic medicines in the treatment of recurrent allergic rhinitis 14 medicines were prescribed to the patients according to the symptoms similarity of each individual and following observation was made. In this research was observed that some anti-miasmatic homoeopathic medicine is effective out of total 14 medicines these were Tuberculinum, Bacillinum, Sulphur, Arsenic Iodatum, Psorinum.

The overall response of the treatment was observed that out of 30 patients **19 (63.34%)** patients were relieved, **7 (23.33%)** patients were moderate improvement, **4 (13.33%)** patients had slight improvement.

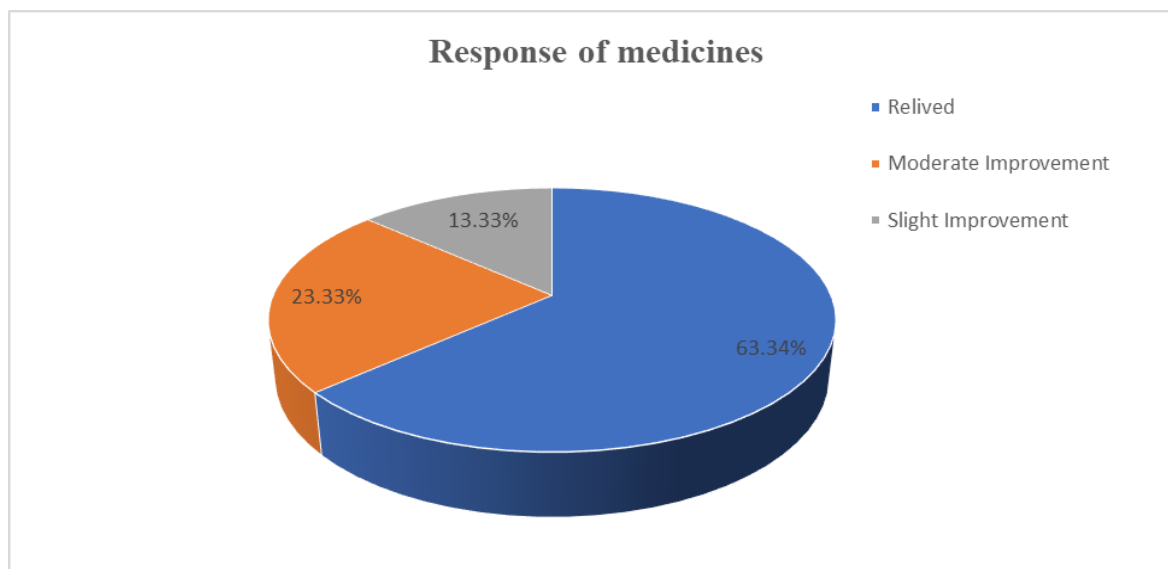


Fig 1 :- Overall Response by the Medicines.

Table-1 :- Comparison Between Pre-Intervention and Post-Intervention Data

Parameter	Before Intervention (M±SD)	After Intervention (M±SD)
ARQOL Score		
ARSS Domains	25.53±1.67	2.2± 2.61
Total Nasal symptoms		
ARSQOL Domains	14.5±2.38	2.8±1.37
Non nasal/other symptoms		
Eye Symptoms	8.4±0.57	1.06±1.26
Sleep problems	7.83±0.31	1.43±0.44
Activity problems	8.06±0.56	2.53±1.17
Physical problems	6.93±0.31	3.1±1.53
Emotional function	9.83±0.63	2.1±0.88
Social function	7.5±0.57	1.5±0.56

Table-2 :- Mean changes of the total symptoms and Domain scores of ARQOL

Parameter	Mean Diff	SD Diff	t value at df=29	95 % CI	P value
ARSS Domains	23.33	3.397	37.62	24.60 to 22.06	<0.0001
Total Nasal symptoms					
Non-nasal symptoms	12.03	2.748	23.99	13.06 to 11.01	<0.0001
Eye symptoms	7.333	1.709	23.51	7.971 to 6.695	<0.0001
Sleep problems	6.400	0.855	41.00	6.719 to 6.081	<0.0001
Activity problems	5.533	1.306	23.21	6.021 to 5.046	<0.0001
Physical function	3.833	1.704	12.32	4.469 to 3.197	<0.0001
Emotional function	7.733	1.143	37.07	8.160 to 7.307	<0.0001
Social function	6.000	0.946	34.71	6.354 to 5.646	<0.0001

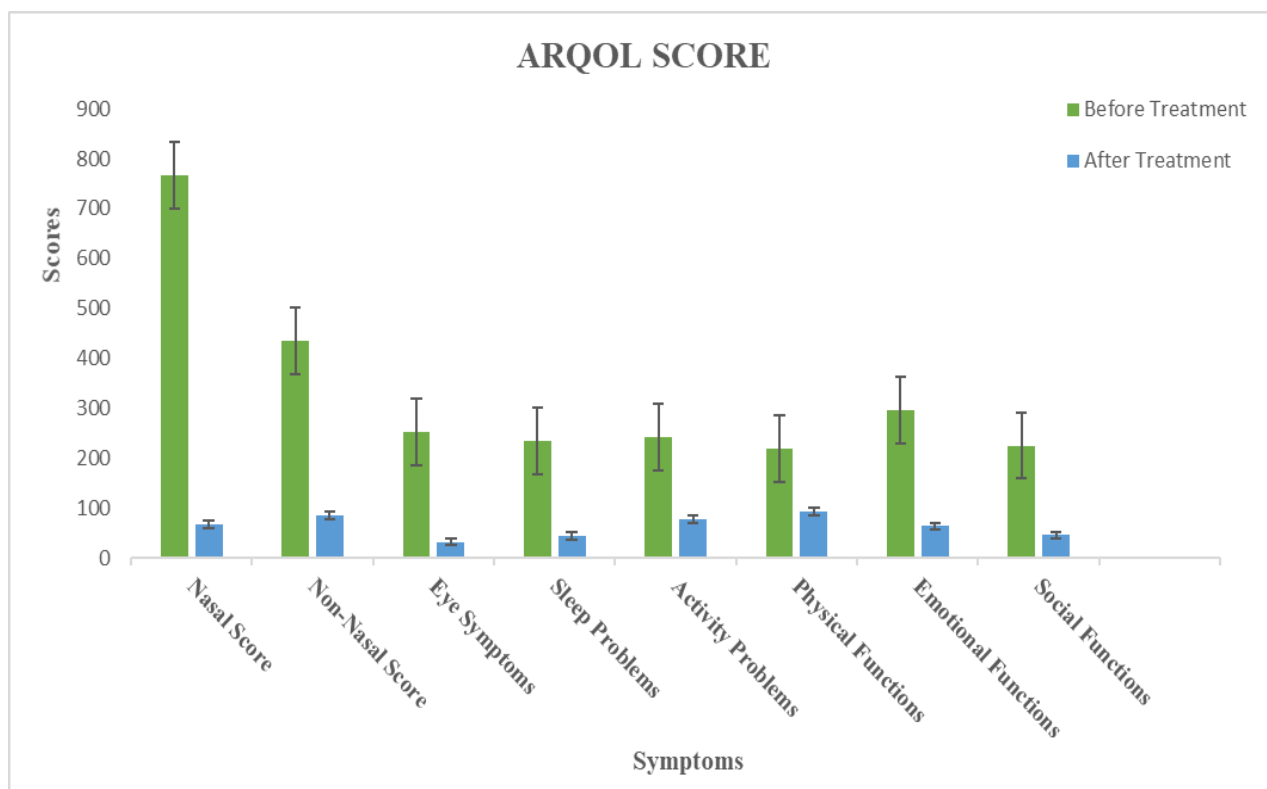


Fig 2 :- Changes in Domains Scores of ARQOL

IV. Discussion :-

Allergic rhinitis is the most common allergic disease affecting the general population worldwide [1], leading to inflammation of the upper airway mucous membranes due to binding of antigens to specific IgE [2]. According to this study patients diagnosed with allergic rhinitis the most bothersome symptoms for patients are nasal congestion, runny nose, postnasal drip, red itchy eyes and headaches [3]. A vicious cycle begins with nasal congestion, which elicits breathing through the mouth, difficulties in falling asleep, night time awakening, and snoring, impaired mood, poor memory and decreased productivity at school and work [2]. In due course of time, if therapy is not given a chronic state of nasal inflammation accompanied by nasal obstruction can developed and lead to sinusitis, otitis media with effusion, nasal polyps and asthma [1].

All the analysed patients n=30 (100%) showed changes in favour of homoeopathy outcome measures. The overall response of the treatment was observed that out of 30 patients 19 (63.34%) patients were relieved, 7 (23.33%) patients were moderate improvement, 4 (13.33%) patients had slight improvement.

Anti-miasmatic medicines were prescribed to all 30 patients. The prescribed anti-miasmatic medicines were Tuberculinum (n=6), Bacillinum (n=5), Sulphur (n=3), Psorinum (n=3), Arsenic Iodatum (n=3), Silicea (n=2), Arsenic Album, Pulsatilla, Kali Iodatum, Hepar Sulphur, Dulcamara, Gelsemium, Lycopodium and Phosphorus each was used in single Cases (Table-3).

Table-3 :- Used Medicines

Name of the Medicines	Prescriptions (Cases)
Tuberculinum	6 cases (20%)
Bacillinum	5 cases (16.67%)
Sulphur	3 cases (10%)
Arsenicum Iodatum	3 cases (10%)
Psorinum	3 cases (10%)
Silicea	2 cases (6.67%)
Kali Hydriodicum	1 case (3.33%)
Lycopodium	1 case (3.33%)
Phosphorus	1 case (3.33%)
Arsenicum Album	1 case (3.33%)
Pulsatilla Nigricans	1 case (3.33%)
Dulcamara	1 case (3.33%)
Gelsemium Sempervirens	1 case (3.33%)
Hepar Sulphur	1 case (3.33%)

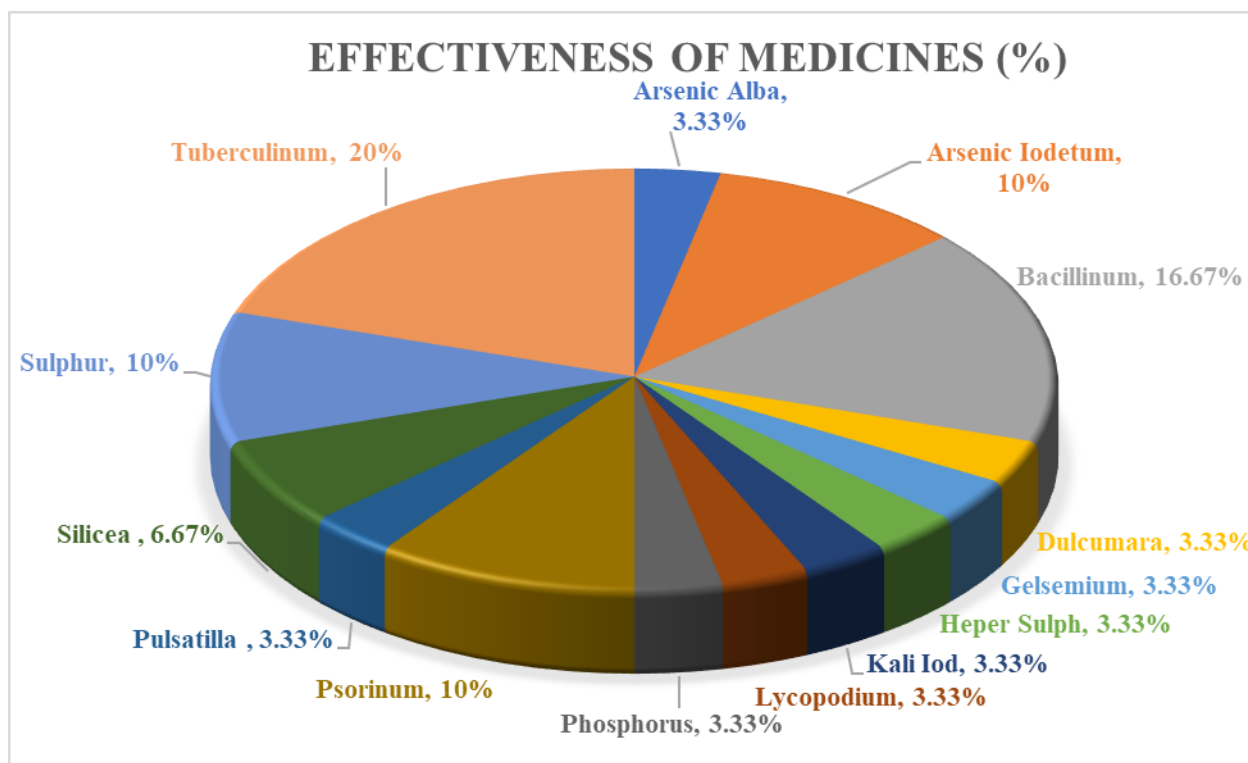


Fig 3 :- Effectiveness of the Medicines (%)

V. Conclusion :-

The research shows that the homoeopathic medicine tested in this observational study leads to relief of symptoms and improves the quality of life. The study suggested that homoeopathic treatment might have beneficial effects in patients suffering from recurrent allergic rhinitis. This result proved that homoeopathic medicines are effective in treatment of allergic rhinitis. From this research shows that homoeopathic anti-miasmatic medicine play an important role in the treatment of recurrent allergic rhinitis. The study was observed the overall response of the treatment shows that 63% of patients got relived from these medicines.

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