



To Evaluate The Efficacy Of Individualized Homeopathic Medicine In Management Of Allergic Rhinitis In Adult Population: Randomised Controlled Trial

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Abstract: Allergic rhinitis is an inflammatory disorder of the nasal mucosa induced by allergen exposure triggering Immunoglobulin E-mediated inflammation. Clinically, it is characterized by four major symptoms—rhinorrhea, sneezing, nasal itching, and nasal congestion. It can also be associated with co-morbid conditions as Asthma, Atopic Dermatitis & Nasal polyps. Around 20–30 % of the Indian population suffers from allergic rhinitis and that 15 % develop asthma. While conventional treatments focus primarily on symptom suppression through anti-allergic medicines, these methods may come with side effects and do not always offer long-term relief. This study aimed to evaluate the effectiveness of individualized homeopathic treatment in managing Allergic rhinitis. A total of 30 cases diagnosed with Allergic rhinitis were selected based on specific inclusion criteria. 15 participants were treated on the basis of homeopathic constitutional treatment and 15 participants treated with allopathic treatment. The study was conducted over a defined treatment period, with regular follow-ups to assess changes in the intensity and frequency of allergic rhinitis.

Out of the 30 cases, 19 showed marked improvement in both emotional and physical symptoms, while 11 cases remained unimproved. 13 cases are solved with unique, characteristics symptom similarity homeopathic medicines and only 6 cases are improved with allopathic medicines. The results demonstrated a high success rate, indicating that homeopathy may offer a safe, effective, and holistic approach to managing allergic rhinitis. The individualized nature of the treatment appeared to play a key role in addressing the root causes of the condition rather than merely suppressing symptoms. These findings support the potential of homeopathy as a reliable alternative in the treatment of allergic rhinitis. . Further research with larger sample sizes and longer follow-up periods is recommended to validate these results and explore the scope of homeopathy in health care.

Index Terms – Allergic Rhinitis, Allopathic treatment Case Series ,Holistic Medicine ,Homeopathy, Individualized Treatment.

I. INTRODUCTION

The inflammatory response in the nasal mucosa in subjects with allergic rhinitis challenged intra nasally with an allergen includes an immediate Immunoglobulin E-mediated mast cell response as well as a late-phase response characterized by recruitment of eosinophils, basophils, and T cells expressing Th2 cytokines including IL-4, a switch factor for Immunoglobulin E synthesis, and IL-5, an eosinophil growth factor. Recent advances have suggested that additional pathways may contribute to the pathophysiology of allergic rhinitis including local synthesis of Immunoglobulin E in the nasal mucosa, the epithelial expression of cytokines that regulate Th2 cytokine responses (i.e., thymic stromal lymphopoietin, IL-25, and IL-33), and the activation of histamine receptors other than H1 and H2 such as H4-histamine receptors.

Allergic rhinitis a chronic inflammatory disease of the upper airways that has a major impact on the quality of life of patients and is a socio-economic burden. Understanding the underlying immune mechanisms is central to developing better and more targeted. The inflammatory response in the nasal mucosa includes an immediate IgE-mediated mast cell response as well as a late phase response characterized by recruitment of eosinophils, basophils, and T cells expressing Th2 cytokines including interleukin (IL)-4, a switch factor for IgE synthesis, and IL-5, an eosinophil growth factor and on-going allergic inflammation. Recent advances have suggested new pathways like local synthesis of Immunoglobulin E, the Immunoglobulin E-Immunoglobulin E receptor mast cell cascade in on-going allergic inflammation and the epithelial expression of cytokines that regulate Th2 cytokine responses (i.e., thymic stromal lymphopoietin, IL-25, and IL-33). In allergic rhinitis, numerous inflammatory cells, including mast cells, CD4-positive T cells, B cells, macrophages, and eosinophils, infiltrate the nasal lining upon exposure to an inciting allergen (most commonly airborne dust mite fecal particles, cockroach residues, animal dander, moulds, and pollens). The T cells infiltrating the nasal mucosa are predominantly T helper (Th)2 in nature and release cytokines (e.g., interleukin [IL]-3, IL-4, IL-5, and IL-13) that promote immunoglobulin E production by plasma cells. Immunoglobulin E production, in turn, triggers the release of mediators, such as histamine and leukotrienes, that are responsible for arteriolar dilation, increased vascular permeability, itching, rhinorrhea (runny nose), mucous secretion, and smooth muscle contraction. The mediators and cytokines released during the early phase of an immune response to an inciting allergen, trigger a further cellular inflammatory response over the next 4 to 8 hours (late-phase inflammatory response) which results in recurrent symptoms (usually nasal congestion). In allergic rhinitis, numerous inflammatory cells, including mast cells, CD4-positive T cells, B cells, macrophages, and eosinophils, infiltrate the nasal lining upon exposure to an inciting allergen (most commonly airborne dust mite fecal particles, cockroach residues, animal dander, moulds, and pollens).

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3. methodology

Efficacy of homeopathic medicine with randomized controlled trials Among adult population by prescribing homeopathic individualized medicine to 15 patients and check the working of homeopathy

Study Design: A randomized control trial

Study Setting: College OPD and peripheral OPD, Nasik

Study Population: Adult population Sample Size: 30 cases

Sampling Technique: Total 30 samples with complaints of Allergic Rhinitis selected by Simple Random Sampling Technique.

Method of Selection of Study Subjects: A case series study was conducted on 30 patients diagnosed with allergic rhinitis, selected using a simple random technique from a college OPD and peripheral OPD in Nasik. Individualized allopathic medicines were prescribed based on a detailed case analysis, considering the totality of symptoms. The patients were followed up over a specified period to assess symptomatic improvement.

Sample will be selected as per inclusion and exclusion criteria Case taking will be done using case record format On basis of symptom similarity of quality of life scale is used to know the intensity Of symptoms and homoeopathic indicated medicine to be selected Prescription 6 follow-ups will be taken Scale will be applied in first visit and last follow up Analysis will be done on the basis of score of scale

Inclusion Criteria: Adult population Diagnosed cases

Exclusion Criteria: Under 18 years of age Any form of Carcinoma Immuno-deficient patient

Withdrawal Criteria: Patient starts with any other system of medicine during the duration of study Patient is irregular for the follow-up.

Patient is not co-operative

Operational definition: Allergic rhinitis is a clinical condition characterized by inflammation of nasal mucosa due to allergic response to certain things like dust, pollen grains, cold air and weather change.

Method of Measurement:

1. Daily record of severity of problem
2. Case record format
3. Diagnostic criteria

Improvement: 19 patients were improved from 30 patients

No improvement: 11 cases were not improved

Study Instruments/Data Collection Tools: MS excel

Method of Data Collection: MS excel.

Data Management and Analysis Procedure: MS excel and analysis done by score of AR scale Data Analysis Plan and Methods: data analysis done using Allergic rhinitis severity scale by keeping daily records in a proper case format.

Selection of Potency: potency selected on the basis of symptom severity, susceptibility and sensitivity of patients .most common selected potency were 200

Repetition Schedule: repetition done in every case according to symptom severity of patient

Dietetic & Hygienic Measures: patient were advised to avoid coffee, raw onion, raw garlic, as they tend to lower the action of homeopathic medicines

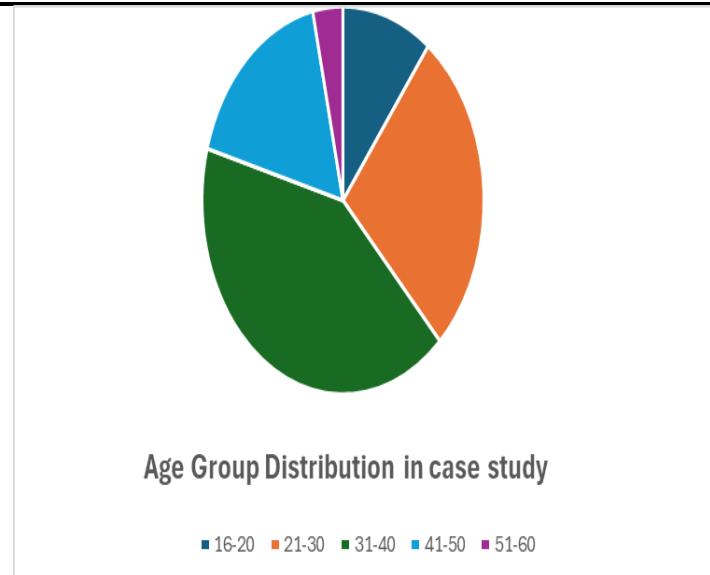
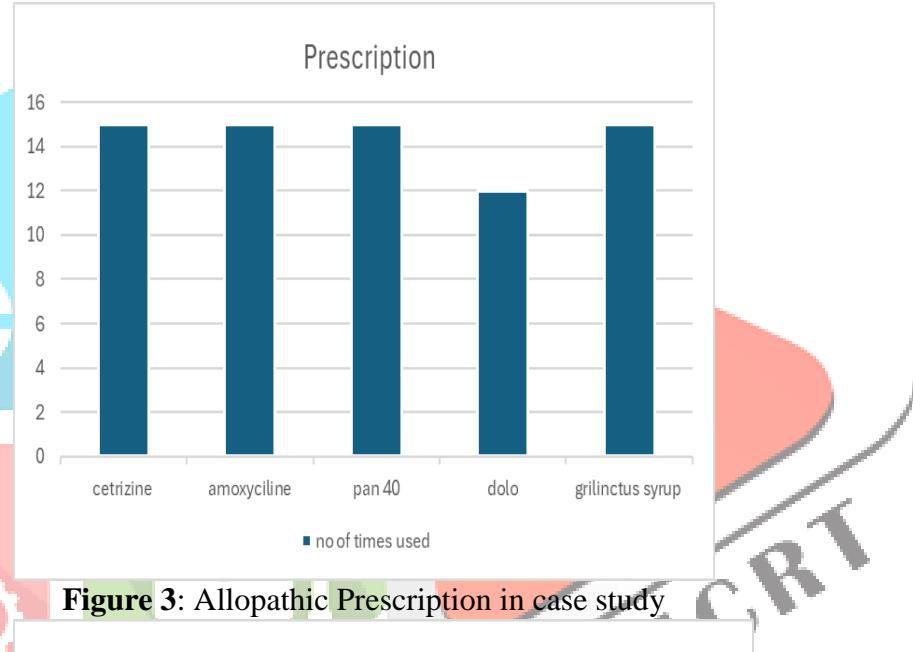
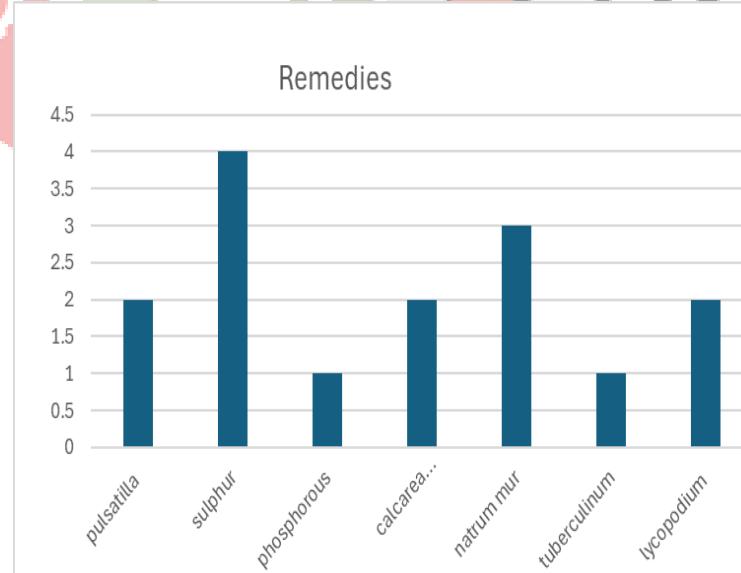
Ethical issues, if any: Ethical clearance was obtained from the ethical committee of the institute.

1. OBSERVATIONS AND RESULTS

Charts/Figures/Diagrams



Figure 1: Gender wise distribution in case study

**Figure 2: Age distribution in case study****Figure 3: Allopathic Prescription in case study****Figure 4: Homoeopathic prescription / Medicine**

2. STASTICAL ANALYSIS

This clinical study was conducted to assess and compare the effectiveness of allopathic and homeopathic treatments in managing allergic rhinitis. A total of 30 patients were selected and equally divided into two groups: 15 received allopathic treatment and 15 were treated with homeopathy. Chi Square test is used for analysis. The Chi Square statistic is 116.94

Degree of freedom (df) = $(3-1) \times (2-1) = 2$

(df) = 5.99147

Calculated Chi square 116.94 > than table value 5.99147, therefore the result is significant.

This concludes that it rejects the null hypothesis.

∴ Homeopathy is more effective than allopathy in treatment of allergic rhinitis

3. DISCUSSION

Allergic Rhinitis is an inflammatory response in the nasal mucosa in subjects with allergic rhinitis challenged intra nasally with an allergen includes an immediate Immunoglobulin E-mediated mast cell response as well as a late-phase response characterized by recruitment of Eosinophils, basophils, and T cells. Managing Allergic Rhinitis involves lifestyle changes, medical treatments, and home remedies. Regular exercise, a balanced diet, adequate sleep, and stress management techniques like meditation or yoga can help alleviate symptoms. This study aimed to evaluate the effectiveness of individualized homeopathic treatment in managing AR symptoms. The results indicate that 19 out of 30 patients (63.33%) experienced significant improvement, while 11 patients (36.66%) did not show notable changes. These findings suggest a promising role of individualized homeopathic medicine in AR management. The improvement observed in the majority of cases highlights the importance of a personalized approach in homeopathy, where remedy selection is based on the totality of symptoms rather than a one-size-fits-all treatment. Individualized prescriptions considered the patient's mental, emotional, and physical symptoms, which may have contributed to better treatment outcomes. The cases that did not respond to treatment could be attributed to various factors, including deep-seated constitutional issues, inadequate follow-up, or external influences such as lifestyle and dietary habits and maintaining cause which causes regular exposure to maintain the disease. Compared to conventional management strategies, homeopathy provides a holistic, non-invasive, and side-effect-free alternative for AR. However, since this was a case series study without a control group, further research with larger sample sizes and randomized controlled trials is necessary to validate these findings. Understanding the underlying mechanisms of homeopathic action in AR could also enhance its credibility and acceptance in the broader medical community. Despite the study's limitations, the results reinforce the potential role of individualized homeopathic treatment in offering relief to AR patients and call for further exploration in this domain. Homeopathy is a holistic system of medicine that treats illnesses using highly diluted substances. Homeopathic remedies for AR are selected based on an individual's specific symptoms and constitution. Homeopathy is widely used as an alternative or complementary treatment for AR. Some studies suggest that homeopathic remedies may help reduce AR symptoms, particularly emotional and behavioral symptoms, but high-quality scientific evidence is limited. The placebo effect plays a significant role in homeopathy, making it difficult to establish its efficacy through conventional medical trials. Unlike conventional medicine, homeopathy focuses on individualized treatment, which may provide psychological relief.

Out of 30 patients, 19 showed improvement in their AR symptoms, indicating a high response rate to individualized homeopathic treatment. However, 11 patients did not experience noticeable improvement, suggesting the possibility of individual variability in response to treatment. Homeopathy offers a gentle and holistic approach to managing AR, especially for those seeking alternative treatments with fewer side effects. However, scientific evidence supporting its efficacy remains inconclusive. If symptoms are severe, consulting a healthcare provider for a comprehensive approach (including diet, lifestyle modifications, and possibly conventional medication) is advisable.

4. CONCLUSION

The case series study on the role of individualized homeopathic medicine in the treatment of Allergic Rhinitis (AR) demonstrated significant positive outcomes.

Out of 30 patients, 19 showed improvement in their AR symptoms, indicating a high response rate to individualized homeopathic treatment. However, 11 patients did not experience noticeable improvement,

suggesting the possibility of individual variability in response to treatment. These findings suggest that individualized homeopathic medicine may be an effective approach for managing AR. Further research with larger sample sizes and controlled trials is recommended to validate these results and explore the factors influencing treatment outcomes. This case series study highlights the potential effectiveness of individualized homeopathic medicine in the management of Allergic Rhinitis (AR). Out of 30 patients, 19 (63.33%) showed significant improvement in their symptoms, suggesting that a personalized homeopathic approach may provide a promising alternative for AR treatment. The study emphasizes the importance of selecting remedies based on each patient's unique symptomatology, reinforcing the holistic principles of homeopathy. Although the results are encouraging, the study has limitations, including the small sample size and the absence of a control group. Further large-scale, randomized controlled trials are needed to establish the efficacy and reproducibility of these findings. Nonetheless, this study contributes to the growing evidence supporting individualized homeopathy as a safe and effective therapeutic option for AR, offering a natural and holistic approach to symptom relief.

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Conflict of Interest: none