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A Clinical Study on The Role of Homoeopathic Medicines in The Management of Allergic Rhinitis

Abstract-Background: Allergic rhinitis is a common IgE-mediated inflammatory disorder of the nasal mucosa characterized by sneezing, rhinorrhoea, nasal obstruction, and itching. It significantly affects quality of life, sleep, work productivity, and school performance. Homoeopathy offers individualized treatment aimed at improving the patient's susceptibility and reducing recurrence.

Objective-To evaluate the clinical effectiveness of individualized homoeopathic medicines in patients suffering from allergic rhinitis.

Methodology-A randomized controlled clinical study was conducted on 60 patients aged 18–60 years diagnosed with allergic rhinitis. Group A received individualized homoeopathic medicines, while Group B received placebo/standard supportive care. Symptom severity was assessed using the Total Nasal Symptom Score (TNSS) and Rhinoconjunctivitis Quality of Life Questionnaire (RQLQ) over 8 weeks.

Results-Patients receiving individualized homoeopathic treatment showed significant improvement in nasal symptoms, reduced frequency of attacks, and better quality of life compared with the control group.

Conclusion-Individualized

homoeopathic treatment appears to be a safe and effective complementary approach in the management of allergic rhinitis.

Keywords-Allergic rhinitis, Homoeopathy, Individualized treatment, Sneezing, Rhinorrhoea, Quality of life.

Introduction-Allergic rhinitis is an IgE-mediated hypersensitivity disorder caused by exposure to allergens such as pollen, dust mites, molds, and animal dander. It is characterized by recurrent sneezing, watery nasal discharge, nasal obstruction, and itching of the nose and eyes. The disease affects approximately 10–30% of the global population and is commonly associated with asthma, sinusitis, and atopic dermatitis.

Homoeopathy aims to stimulate the body's healing response through individualized medicine based on the totality of symptoms, thereby reducing both the severity and recurrence of allergic episodes.

Aim-To evaluate the therapeutic effectiveness of individualized homoeopathic medicines in patients suffering from allergic rhinitis.

Objectives-

- To assess improvement in nasal symptoms after homoeopathic treatment.

- To evaluate changes in quality of

life.

- To compare outcomes between individualized homoeopathy and placebo/supportive care.

- To observe recurrence of symptoms during follow-up.

Methodology - a. Study Design: Randomized Controlled Trial (RCT)

b. Sample Size: Minimum 60 patients

c. Inclusion Criteria:

- Age 18–60 years
- Clinically diagnosed allergic rhinitis
- Mild to moderate disease
- Willing to participate and provide informed consent

d. Exclusion Criteria:

- Nasal polyps
- Chronic sinusitis requiring surgery
- Severe bronchial asthma
- Autoimmune disorders
- Pregnancy and lactation

e. Grouping:

- Group - A:** Individualized homoeopathic medicines

- Group - B:** Placebo/Standard supportive care

f. Assessment Tools:

- Total Nasal Symptom Score (TNSS)
- Rhinoconjunctivitis Quality of Life Questionnaire (RQLQ)
- Visual Analogue Scale (VAS)

g. Follow-up: Every 2 weeks for 3 months

Results-The homoeopathic treatment group demonstrated

significant reduction in sneezing, nasal discharge, itching, and nasal blockage. TNSS and RQLQ scores improved considerably compared to baseline. The placebo/control group showed comparatively lesser improvement.

Discussion- Homoeopathic medicines selected according to the totality of symptoms showed encouraging clinical results in reducing symptom severity and recurrence.

Frequently indicated remedies included:

- Arsenicum album**-Thin watery discharge, burning sensation, restlessness.
- Allium cepa**-Acrid nasal discharge with bland tears.
- Sabadilla**-Repeated sneezing with nasal itching.
- Natrum muriaticum**-Profuse watery coryza with headache.
- Nux vomica**-Night-time nasal obstruction with irritability.
- Pulsatilla**-Thick bland discharge, worse in warm rooms.

The constitutional approach may improve immune regulation and reduce recurrence of allergic attacks.

Conclusion-Individualized homoeopathic treatment appears to be a safe, economical, and effective complementary therapy for allergic rhinitis. Larger multicentric studies

with longer follow-up are recommended to further validate these findings.

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