

Original Article

Assessment of Efficacy of Homeopathic Medications in Treatment of Chronic Sinusitis

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ABSTRACT:

Background: Chronic sinusitis is generally accepted to be a common illness incurring considerable costs, despite limited epidemiological data. It is defined as an inflammation of the nasal mucosa and paranasal sinuses for at least 12 weeks which may cause nasal blockage or congestion, mucous discharge, facial pain or pressure, and/or impaired smell. **Aim of the study:** To assess the efficacy of homeopathic medications for treatment of chronic sinusitis. **Materials and methods:** The present study was conducted in the medical institute. For the study, we selected 100 patients ranging from age 5-65 years with symptoms of chronic sinusitis such as pain over paranasal sinuses, sneezing, nasal congestion, purulent drainage from nose, and congestion of throat. Patients who required hospital admission for treatment were excluded from the study. **Results:** Number of male subjects was 62 and number of female subjects was 38. The mean age of the patients was 31.28 years. We observed that 70 patients were cured with the treatment. 17 patients had marked improvement in symptoms, 6 patients had mild improvement, 5 patients did not show any improvement and 2 patients had worsening of symptoms. **Conclusion:** From the results of the present study we conclude that the homeopathic treatment has high success rate in treatment of chronic sinusitis.

Keywords: Medication, Sinusitis, Improvement.

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INTRODUCTION:

Chronic sinusitis is generally accepted to be a common illness incurring considerable costs, despite limited epidemiological data. It is defined as an inflammation of the nasal mucosa and paranasal sinuses for at least 12 weeks which may cause nasal blockage or congestion, mucous discharge, facial pain or pressure, and/or impaired smell. Polyps, which may or may not be present are increasingly recognized as part of the sinusitis pathology.^{1,2} Several factors have been found to contribute to the disease, namely, insufficient ciliary motility, allergy and asthma, bacterial infection, and more rarely, morphological anomalies, immune deficiencies and Samter's triad (salicylate sensitivity, asthma, nasal polyps). Homeopathy is increasingly popular.³ The great majority (87%) of users

who have used homeopathy medicines report positive experiences, and the common cold and flu is the most frequently mentioned indication. Homeopathy is the most commonly used complementary medicinal treatment in German children.⁴ It is estimated that around 16% of all homeopathic medicines used in children are for flu or rhinopharyngeal complaints. Preliminary studies indicate that homeopathic treatment is an effective and safe treatment of typical cold-related symptoms in both adults and children.⁶ Hence, the present study was conducted to assess the efficacy of homeopathic medications for treatment of chronic sinusitis.

MATERIALS AND METHODS:

The present study was conducted in the medical institute. For the study, we selected 100 patients ranging from age 5-65 years with symptoms of chronic sinusitis such as pain over paranasal sinuses, sneezing, nasal congestion, purulent drainage from nose, and congestion of throat. Patients who required hospital admission for treatment were excluded from the study. Boericke’s Materia Medica¹⁷ and Kent’s repertory¹⁸ were referred to reach at a similimum / similia for prescription after thorough case taking. The patients were treated for 1 month to 12 months on the basis of acute or chronic nature of the condition. For the evaluation of efficacy of treatment, following parameters were employed: cured, marked improvement, mild improvement, no improvement, or worsened.

The statistical analysis of the data was done using SPSS version 11.0 for windows. Chi-square and Student’s t-test

were used for checking the significance of the data. A p-value of 0.05 and lesser was defined to be statistical significant.

RESULTS:

Table 1 shows demographic variables of the study group. A total of 100 patients participated in the study. Number of male subjects was 62 and number of female subjects was 38. The mean age of the patients was 31.28 years. Table 2 shows the overall treatment outcome of homeopathic treatment. We observed that 70 patients were cured with the treatment. 17 patients had marked improvement in symptoms, 6 patients had mild improvement, 5 patients did not show any improvement and 2 patients had worsening of symptoms. [Fig 1]

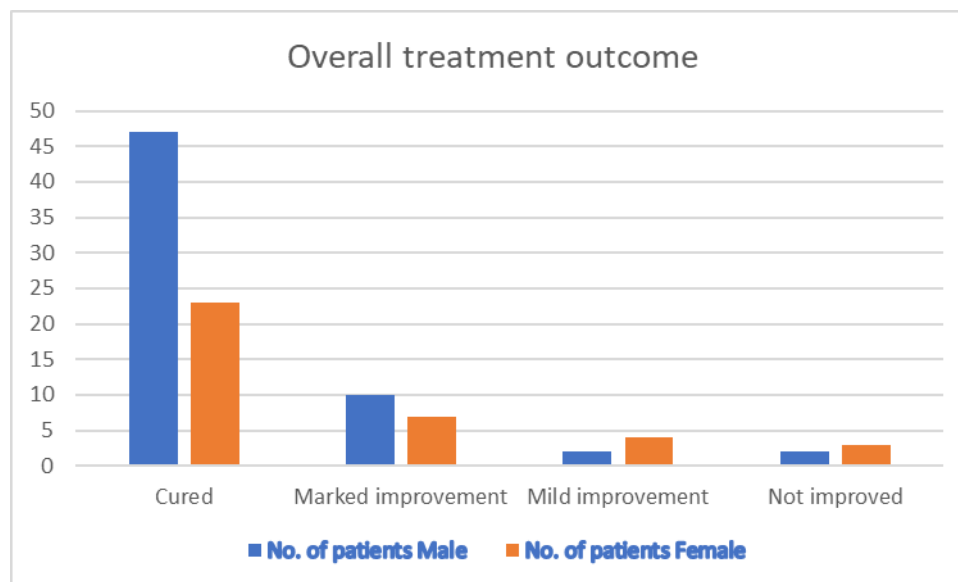
Table 1: Demographic variables of the study group

Demographic variables	No. of patients
Total subjects	100
Number of male subjects	62
Number of female subjects	38
Mean age of subjects (years)	31.28

Table 2: Overall treatment outcome

	No. of patients		
	Male	Female	Total
Cured	47	23	70
Marked improvement	10	7	17
Mild improvement	2	4	6
Not improved	2	3	5
Worse	1	1	2
Total	62	38	100

Figure 1:



DISCUSSION:

In the present study, we observed that 70 % of patients were cured from the sinusitis because of the homeopathic treatment. 5% patients did not show any improvement; however, 2 patients had worsening of symptoms. The results were compared with previous studies. Riley D conducted a study to evaluate the effectiveness of homeopathy in primary care with conventional medicine in primary care for three commonly encountered clinical conditions. Thirty (30) investigators with conventional medical licenses at six clinical sites in four countries enrolled 500 consecutive patients with at least one of the following three complaints: (1) upper respiratory tract complaints including allergies; (2) lower respiratory tract complaints including allergies; or (3) ear complaints. The primary outcomes criterion was the response to treatment, defined as cured or major improvement after 14 days of treatment. Secondary outcomes criteria were: (1) rate of recovery; (2) occurrence of adverse events; (3) patient satisfaction; and (4) length of consultation. Four hundred and fifty-six (456) patient visits were compared: 281 received homeopathy, 175 received conventional medicine. The response to treatment as measured by the primary outcomes criterion for patients receiving homeopathy was 82.6%, for conventional medicine it was 68%. Improvement in less than 1 day and in 1 to 3 days was noted in 67.3% of the group receiving homeopathy and in 56.6% of those receiving conventional medicine. The adverse events for those treated with conventional medicine was 22.3% versus 7.8% for those treated with homeopathy. Seventy-nine percent (79.0%) of patients treated with homeopathy were very satisfied and 65.1% of patients treated with conventional, medicine were very satisfied. In both treatment groups 60% of cases had consultations lasting between 5 and 15 minutes. Homeopathy appeared to be at least as effective as conventional medical care in the treatment of patients with the three conditions studied. Van Haselen R et al investigated the clinical effectiveness of a homeopathic add-on therapy in a pediatric subpopulation with upper respiratory tract infections (URTI) in a randomized, controlled, multinational clinical trial. Patients received either on-demand symptomatic standard treatment (ST-group) or the same ST plus a homeopathic medication (Influcid; IFC-group) for 7 days. Outcome assessment was based on symptom and fever resolution and the Wisconsin Upper Respiratory Symptom Survey-21 (WURSS-21). A total of 261 pediatric (<12 years) patients (130 IFC-group; 131 ST-group) were recruited in Germany and the Ukraine. The IFC-group used less symptomatic medication, symptoms resolved significantly earlier ($P = .0001$), had higher proportions of fever-free children from day 3 onwards, and the WURSS-assessed global disease severity was significantly less ($P < .0001$) during the entire URTI episode. One adverse event (vomiting) was possibly related to IFC. IFC as add-on treatment in pediatric URTI reduced

global disease severity, shortened symptom resolution, and was safe in use.^{7,8}

Jong MC et al investigated the effectiveness, safety and tolerability of complex homeopathic CalSuli-4-02 tablets on prevention of recurrent acute upper respiratory tract infections (URTIs) in children, in comparison to another complex homeopathic product. The study was designed as a prospective, multicenter, randomized, open, clinical trial with two parallel treatment groups at four outpatient pediatric clinics in Russia. Children aged ≤ 6 years with susceptibility to acute URTIs (\geq three occasions during the last 6 months) were randomized to receive either CalSuli-4-02 or a comparator homeopathic product (control group) for 3 weeks. In both treatment groups, the median number of acute URTIs was one for 3 months and two, respectively, for the full 6 months post-treatment. Seasons had no influence on the outcome. At the end of study, CalSuli-4-02 had overall higher odds of getting lower complaints severity total score and showing symptom improvement. Specifically, the complaint "appetite disorder" and the symptom "child's activities" significantly improved more in the CalSuli-4-02 group. Antibiotic use was decreased in both treatment groups at the study end. Overall assessment for satisfaction with and tolerability of treatment was higher with CalSuli-4-02. A low number of non-serious adverse drug reactions was reported. Banerjee K et al evaluated the efficacy and effectiveness of homeopathic intervention in the treatment of seasonal or perennial allergic rhinitis (AR). Randomized controlled trials evaluating all forms of homeopathic treatment for AR were included in a systematic review. Six trials used the treatment approach known as isopathy, but they were unsuitable for meta-analysis due to problems of heterogeneity and data extraction. The overall standard of methods and reporting was poor: 8/11 trials were assessed as "high risk of bias"; only one trial, on isopathy for seasonal AR, possessed reliable evidence. Three trials of variable quality (all using Galphimiaglauca for seasonal AR) were included in the meta-analysis: nasal symptom relief at 2 and 4 weeks and 1.27, respectively) favored homeopathy compared with placebo; ocular symptom relief at 2 and 4 weeks also favored homeopathy and 1.37. The single trial with reliable evidence had a small positive treatment effect without statistical significance. A homeopathic and a conventional nasal spray produced equivalent improvements in nasal and ocular symptoms. They concluded that the low or uncertain overall quality of the evidence warrants caution in drawing firm conclusions about intervention effects. Use of either Galphimiaglauca or a homeopathic nasal spray may have small beneficial effects on the nasal and ocular symptoms of AR. The efficacy of isopathic treatment of AR is unclear.^{9,10}

CONCLUSION:

From the results of the present study we conclude that the homeopathic treatment has high success rate in treatment of chronic sinusitis.

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