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Original Article

Effectiveness Of Lesser Known Homoeopathic Medicines In Treating Chronic Sinusitis: A Prospective Clinical Study

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ABSTRACT

Background: chronic sinusitis is one of the major public health problems for the developed and developing countries. The use of Allopathic system of medicines provides only short term symptom relief to patients. At times, short term or no significant relief from the allopathic medicines is followed by several side effects. **Methods:** This study was carried out among 30 patients diagnosed with chronic sinusitis who visited the OPD of own private practice, for its cure. This study tries to correlate the symptoms observed among the population studied and the effectiveness of homeopathic medicines. The record of medicines prescribed by doctor was also considered in the study. Thirty patients with written consent for participations were enrolled for follow up of 3 months during medication. Twelve predefined homeopathic medicines were selected for the study **Results:** More than 50% percent of patients following the prescribed medications, reported improvement in health. Only, 13.3% of patients were completely cured and 10% showed marked improvement. **Conclusions:** Homeopathic medicines are effective in treatment of chronic sinusitis. Proper observation of the symptoms and choosing the proper medicine provides relief to the patient from the disease under study.

Keywords: Homeopathy, Chronic Sinusitis, Seasonal Allergy

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INTRODUCTION

Chronic sinusitis 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 This is accepted to be a common illness incurring considerable costs, despite limited epidemiological data.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).^{3,4} Standard treatment recommendations are to suppress the inflammatory process with corticosteroids^{5,6} antibiotics may be also necessary to combat opportunistic infections⁷, and possible underlying diseases may require their own specific medication. Saline douching can provide some symptomatic relief.¹ Surgical intervention was found to be as effective as medical treatment, but should be reserved for refractory cases.³ Some complementary and alternative medical

(CAM) treatments might be helpful as adjuvants.⁸ It appears that homeopaths are consulted more frequently by patients with acute and chronic sinusitis (13% of the homeopathy group vs. 7% of the conventional group in an observational comparison study)⁹, but to date no research has looked into the effects of homeopathy for chronic sinusitis. In the view of above observations and paucity of data the present study was conducted to evaluate the effectiveness of lesser known Homoeopathic medicines in treating chronic sinusitis.

MATERIALS AND METHODS

The study was designed in accordance with various guidelines to conduct such study in India. It was in accordance with the World Medical Association Declaration of Helsinki and Good Clinical Practices for Clinical Research in India. It is an open clinical study with the approval of concerned ethics committee. Only patients with chronic sinusitis symptoms for more than 1 year and who agreed to give the written consent were included for the study. If it was found that patient is suffering from some life threatening

disease or is continuing on some other medication, that patient was excluded from the study. Nine predefined homeopathic medicines were selected for the study; the selection was made as per doctor's discretion. 30 patients with written consent for participations were enrolled. The cases were analyzed as per the principles of homeopathy following the guidelines of case taking as per the Organon of Medicine and the medicine was selected on the basis of totality of symptoms. Beside dietary management was suggested to all patients depending on their need.

INTERVENTION

A repertorization chart was prepared for each symptoms in patients suffering from chronic sinusitis. Severity of each symptom was considered for medication purpose. Final medication was decided according to the need of individual patient and consulting Homeopathic Materia Medica.¹⁰ According to the frequency and intensity of symptoms in the patient, medicines were prescribed with dilution 6c (centesimal dilutions) which is (20-30) times dilution in varying doses and administering interval varying from minute to hours as per the case requirement. Any improvement in symptoms was followed by appropriate change in medication or dosage to check the effectiveness of medicines. All patients were called for follow up for 3 months and were advised to take preventive measures as to avoid exposure to allergens, getting wet, having cold drinks and ice cream during the period.

STATISTICAL ANALYSIS

The data was analyzed using SPSS 20 (SPSS Inc. Chicago, IL, USA) Windows software program. Descriptive statistics were used to summarize the demographic information. Confidence level and level of significance were fixed at 95% and 5% respectively.

RESULTS

Table 1: depicted the that 53.3% were male, 97% of the study participants are hindus, 63.3% belongs to middle class and 76.7% of them were residing in Pucca houses.

Table 1: demographic details of study subjects

Variables	N (%)
Age (years)	
20-22	8 (26.6)
23-25	22 (73.4)
Gender	
Male	16 (53.3)
Female	14 (46.7)
Religion	
Hindu	29 (96.6)
Muslim	1 (0.4)
Sikh	0
Christian	0
Economic status	
Lower	5 (16.7)
Lower-middle	6 (20)
Middle	19 (63.3)
Higher	0
Habitat	
Kaccha	7 (23.3)
Pucca	23 (76.7)
Total	30 (100)

Table 2: distribution of study subjects according to Miasmatic status

Miasms	N (%)
Psora	3 (10)
Sycotic	6 (20)
Syphilitic	4 (13.3)
Psoro-Sycotic	5 (16.7)
Syco-Syphilitic	8 (26.7)
Psoro-Syco-Syphilitic	4 (13.3)
Total	30 (100)

Table 2: shows the Miasmatic analysis revealed that 6 (20%) are sycotic, 8 (26.7%) syco-syphilitic cases out of 30 cases. So on the basis of miasm it is found Syco-Syphilitic. Table 3: depicted the improvement status at the end of completion of the treatment 10% shown marked improvement, 56.7% improved and only 13.3% were completely cured.

Table 3: distribution of the study subjects as per treatment status

Status	N (%)
Cured	4 (13.3)
Marked Improvement	3 (10)
Improved	17 (56.7)
No improvement	4 (13.3)
Dropped	2 (6.7)
Total	30 (100)

DISCUSSION

All the cases and the follow-up was done following the standard Homoeopathic Proforma following the guidelines of Organon of Medicine. Moreover the concept of pathology was also taken care while approaching the case.

Homeopathy treats every patient on its individual symptoms and traits. In cases of dietary insufficiency proper diet is advised. Besides the homeopathic medicine selected on the basis of the presentation of the patients has to be carefully evaluated in order to make a proper selection of medicine.

Going through the cases will elaborate the presentation of the problem and how they can be managed effectively using homeopathic medicines.

The type of classical 'homeopathic treatment' investigated in the present study includes a certain amount of lifestyle regulation and health education that most likely contribute to the outcome. Inactive treatments have strong effects on neuroimmune responses that are likely to affect an inflammatory disease such as sinusitis. Other aspects of treatments (their 'context') may trigger the same mechanisms and they might be more influential than currently acknowledged.

In leung and katial¹¹ observed in his study, the individual symptoms improved in up to 89.5% of patients. 61.4% of patients became symptom-free or felt a clear improvement following the administration of study medication. In the current study, this amount of patients is more than 20% higher. This difference might be the result of different study populations, regional differences, changed weather conditions, etc. Witt C et al¹², observed that 3 to 4 percent of CAM (complementary and alternative medicines) users use homeopathy and about 75 percent of patients seen by homeopathic practitioners report symptomatic improvement. Shang, et al¹³ observed an average improvement of a general

quality of life score ranges from 24.0% to 66.7%, so the result achieved with the homeopathic complex remedy in the presented study (66.7%) might be at the upper end of range observed the success rate of the homeopathic treatment is 87.6%. Further research in to everyday homeopathic practice, may yield insights into curative means that can be augmented in other areas of medicine thus improving health care with respect to health economics and patient benefit.

CONCLUSION

In the study of the cases considered during the work shows the efficacy of Homoeopathic medicines, when carefully selected following the guidelines of repertory and in confirmation with the materia medica in such cases. Totality of symptoms can be the only guide in the final selection of medicine and no specifics can be pointed out for cases of chronic sinusitis as we can see from the results obtained during the study. This study opens new vista for further research.

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