

## **A comparative study of effectiveness of Arsenic album 200 and Homeopathic indicated remedy in Allergic Rhinitis in age group of 10-50 years: a Prospective comparative study**

Digvijay Jadhav, Mayur Patil, Shivani Muthal, Dr T.K.Kundu, Dr Kamlesh Bagmar, Dr. Manisha Ahiwale, Dr. Gayatri Nimbhore, Dr. Tejashri Thakare, Dr. Kirti Kadam, Dr. Swati Patil

### **Abstract :-**

Allergic Rhinitis is an atopic disorder presenting with symptoms of nasal congestion, watery nasal discharge and sneezing. Avoiding of allergens or desensitization against allergen is ideal treatment, Homeopathy has good scope in treating allergic rhinitis. **Objective:** - To study the effect of Arsenic album 200 against homeopathic indicated remedy in cases of Allergic Rhinitis. **Method:** 46 Patients with Allergic Rhinitis of 10-50 years of age were separated in 2 groups. Group 1 was treated with arsenic album 200 and the group 2 was treated with Homeopathic indicated remedy. The Visual Analogue Scale was assessed in the process before the treatment. Each symptom in the visual analogue scale carried sum of 10 marks in total, which was further divided into 3 categories— a) mild. b) moderate c) severe. **Result:** Group 1 from total no of patients 23 out of which 15 (65%) patients were improved and 8 (35%) patients were not improved, whereas in group 2 18 (77%) patients were improved and 5 (23%) patients were not improved. **Conclusion:** Homeopathic Indicated remedy is more effective than Arsenic album 200, as Homeopathic indicated remedy acts on the individualization of each person differently according to his PQRS symptoms, whereas Arsenic album acts on the totality of the disease symptom and not the patient as a whole.

**Keywords** - Allergic rhinitis, Homeopathic Indicated remedy, Visual Analogue Scale, Arsenic album 200

### **Introduction**

Allergic rhinitis is one of the most common respiratory disorders. If left untreated it may lead to a host of other serious conditions such as Eustachian tube blockage which may cause middle ear problems, allergic pharyngitis, asthma.<sup>1</sup> Allergic rhinitis is an atopic disorder in which there is nasal congestion, watery nasal discharge and sneezing<sup>17</sup> (ICD 10 classification J30.9)<sup>4</sup>. Avoiding of allergens or desensitization against allergen is ideal treatment but not always possible.<sup>2,3</sup> Homeopathy has good scope in treating Allergic Rhinitis since it is a simple, curative and not palliative. The actual problem that practitioners face is in evolving standardized approach in management of a case of Allergic Rhinitis.<sup>5,6,7</sup> This involves not only selection of right remedy but also potency and repetition, prediction of prognosis and planning the precautionary measures.

Here an attempt is made to compare the effectiveness of Arsenic album<sup>8</sup> 200 in managing allergic rhinitis by comparing with other Homeopathic indicated remedies to evaluate the therapeutics supremacy<sup>9,10,11,12,13</sup>, if any, possible.

Materials and Method:—

- 1) Study design: —Prospective Comparative study.
- 2) Setting (Location of study):— Cases diagnosed to have allergic rhinitis visiting OPD, IPD, Camps, Motiwala (national) Homeopathic Medical College.
- 3) Duration of Study: —6 Months.
- 4) Method of selection:—
  - a) Inclusion criteria—both male and female of 10-50 years of age with allergic rhinitis.
  - b) Exclusion criteria—Cases complicated with other systemic illness. Cases of Pregnant, Lactating women.

### **Data Collection**

Data was collected from both the group with the help of scale. The Visual Analogue Scale<sup>14</sup> was assessed in the process before the treatment. These two groups were compared to note the improvement.

### **Statistical method**

Statistical analysis was done using *t* test. The effectiveness of Arsenic album 200 and Homoeopathic indicated medicine respectively, is evaluated using paired *t*-test. The test to compare the effectiveness of arsenic album 200 and Indicated Homoeopathic medicine in cases of allergic rhinitis is done using unpaired *t*-test. All the tests were considered statistically significant at 0.05 level and 0.01 level.

Each symptom in the visual analogue scale carried sum of 10 marks in total, which was further divided into 3 categories—

- A) Mild.
- B) Moderate.
- C) Severe.

If the ranking was in between 10 to 30 it was considered under mild category, 30 to 50 under moderate category and 50 to 70 under severe category respectively.

### **Result**

For **Indicated homoeopathic remedy** treatment:

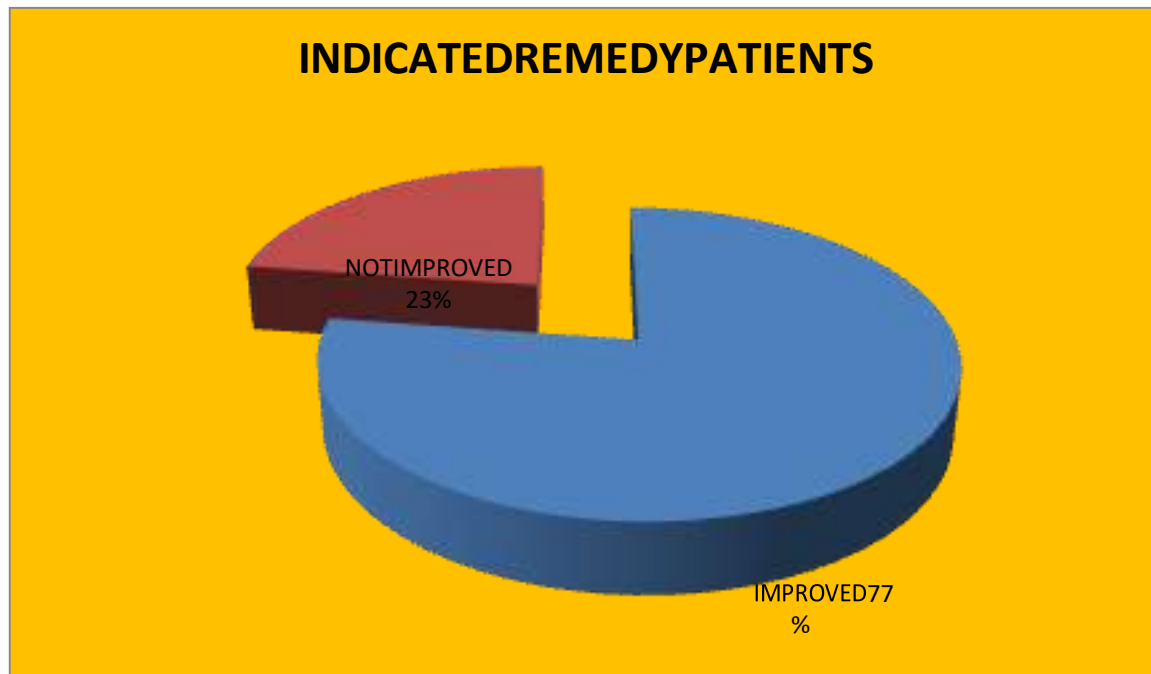
- The *t*-value is 7.75962. The *p*-value is  $< .00001$ . The result is significant at  $p < .05$ .

For **Arsenic album 200** treatment:

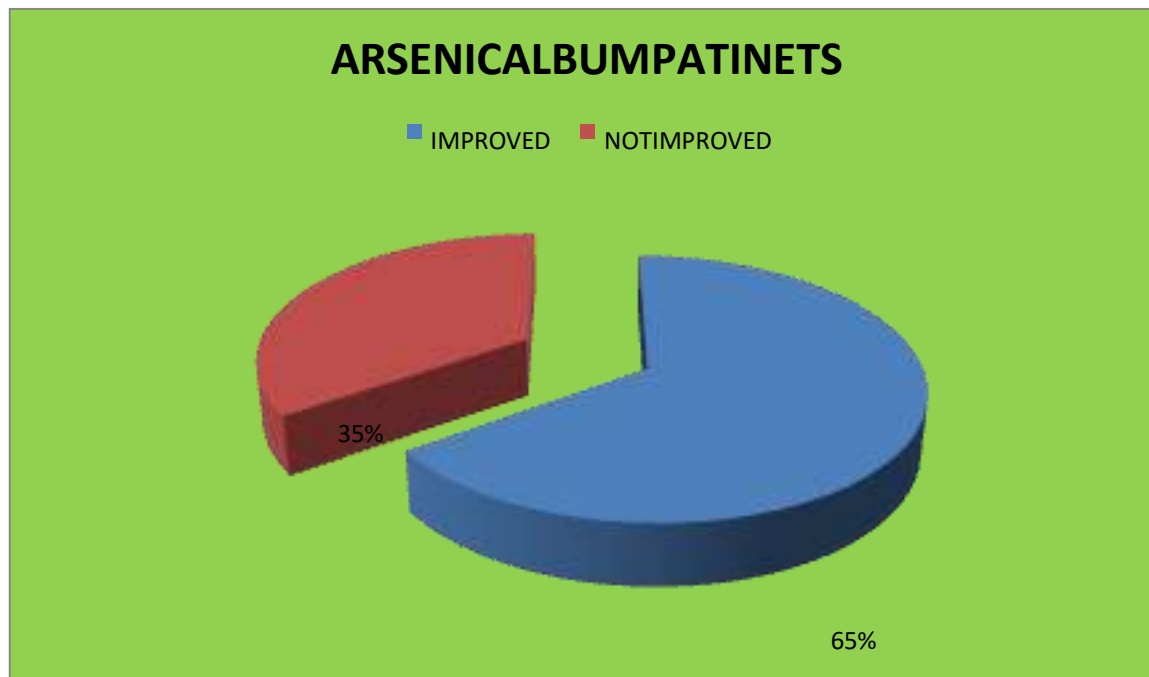
- The *t*-value is 3.91381. The *p*-value is .000156. The result is significant at  $p < .05$ . As the result shows the greater *t* value in the indicated homoeopathic remedy treatment group, it is more effective than the arsenic album 200 treatment group.

**RESULTAFTERINDICATEDHOMOEOPATHICREMEDYTREATMENT**

**( Fig. 01 )**



**RESULT AFTERARSENICALBUM200TREATMENT (Fig. 02)**



## Discussion

Allergic rhinitis is a chronic disease and with conventional line of treatment has palliative modesto manage complaints signs/ symptoms of Allergic Rhinitis<sup>15</sup>. In this fast moving world, people have no patience to wait till the body adapt to natural healing process and gradual disappearance of the symptoms. They need a quick relief and therefore resort to so called specifics in conditions like allergic rhinitis. So here, an attempt was made to compare the effectiveness of arsenic album 200 in managing allergic rhinitis by comparing with other homoeopathic indicated remedies to evaluate the therapeutic supremacy, if any, possible.<sup>18</sup>

But using Homoeopathic indicated medicine we could completely improve the intensity and duration of complaints of allergic rhinitis by not only using "Arsenic Album" as therapeutic remedy, we could see relief in symptoms of the patients.<sup>16</sup>

In order to

study comparatively effectiveness of homeopathic indicated remedy as well as the therapeutic remedy that is arsenic album.

We

found 65% of improvement in patients who were prescribed Arsenic Album 200 and 77% of improvement in patients with Homeopathic indicated medicine.

Every task has its own hurdles and difficulties. Similarly we also came across few difficulties such as some people weren't cooperative in the regularity of the follow ups. We had to call them personally. The statistical part was another difficult task for us, but with help of four teachers, mentors we were able to come through all the challenges.

This research project enhanced our knowledge in homeopathic materia medica as well as gave

usHands of experience in homoeopathic case taking, Analysis and Evaluation of symptoms as well as in Repertorization. Not only this, we also got to learn statistical analysis which played a vital role in completion of our study. During the study while giving the medicine for allergic rhinitis. Other associated complaints of the patients such as insomnia, crack heels, migraine were relieved.

## Conclusion

That the Homeopathic indicated is more effective than Arsenic album 200, as Homeopathic indicated remedy acts on the individualization of each person differently according to his PQRS symptoms, whereas Arsenic album acts on the totality of the disease symptom and not the patient as a whole.

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