

Role Of Arsenicum Album in Allergic Rhinitis a Prospective Clinical Study

Dr. Jaya Laxman Kharat¹, Dr. Anil Galagali², Dr Gururaj Patil³, Dr. Shankar Govind Yamulwad⁴

¹Principal and Professor, Department of Pathology & Microbiology Anand College of Homoeopathy, Vaijapur, Maharashtra

²Professor, Department of Repertory Gandhi Natha Rangaji Homoeopathic Medical College, Solapur

³Professor, Department of Physiology and Biochemistry Gandhi Natha Rangaji Homoeopathic Medical College, Solapur

⁴Assistant Professor, Community Medicine Mauli Homeopathic college & Research Institute, Tondar Tq. Udgir Dist. Latur

Abstract—Background: Allergic rhinitis is a common inflammatory disorder of the nasal mucosa characterized by sneezing, rhinorrhoea, nasal obstruction, and itching. Homoeopathic Materia Medica describes Arsenicum album as an important remedy for allergic conditions characterized by burning discharges, restlessness, and aggravation after midnight. **Objective:** To evaluate the role of Arsenicum album in the management of allergic rhinitis. **Materials and Methods:** A prospective clinical study was conducted on 30 patients diagnosed with allergic rhinitis. Individualized prescriptions with special reference to Arsenicum album were given according to symptom similarity and patients were followed for six months. Assessment was based on frequency of sneezing, nasal discharge, nasal obstruction, lacrimation, and overall improvement. **Results:** Twenty-four patients (80%) demonstrated marked to moderate improvement. Arsenicum album was prescribed in the majority of cases and significant reduction was observed in sneezing episodes and nasal discharge. **Conclusion:** Arsenicum album proved beneficial in relieving symptoms of allergic rhinitis and improving quality of life.

Index Terms—Allergic rhinitis, Arsenicum album, Homoeopathic Materia Medica, Sneezing, Nasal discharge.

I. INTRODUCTION

Allergic rhinitis is an IgE-mediated inflammatory disease affecting approximately 10–30% of the population. It is characterized by:

- Recurrent sneezing
- Watery nasal discharge
- Nasal obstruction
- Itching of nose and eyes
- Lacrimation

Environmental allergens such as dust, pollen, smoke, and animal dander are common triggers.

Homoeopathic Materia Medica recognizes Arsenicum album as an important medicine for allergic rhinitis.

Characteristic indications include:

- Thin, acrid nasal discharge
- Burning sensation in nose
- Restlessness and anxiety
- Symptoms worse after midnight
- Frequent sneezing with chilliness

Other remedies commonly indicated are:

- Allium cepa
- Sabadilla
- Natrum muriaticum
- Pulsatilla
- Nux vomica

II. MATERIALS AND METHODS

Study Design

Prospective clinical study.

Study Duration
6 months.

Sample Size
30 cases.

Inclusion Criteria

- Age 15–60 years.
- Clinically diagnosed allergic rhinitis.
- Both sexes.

Exclusion Criteria

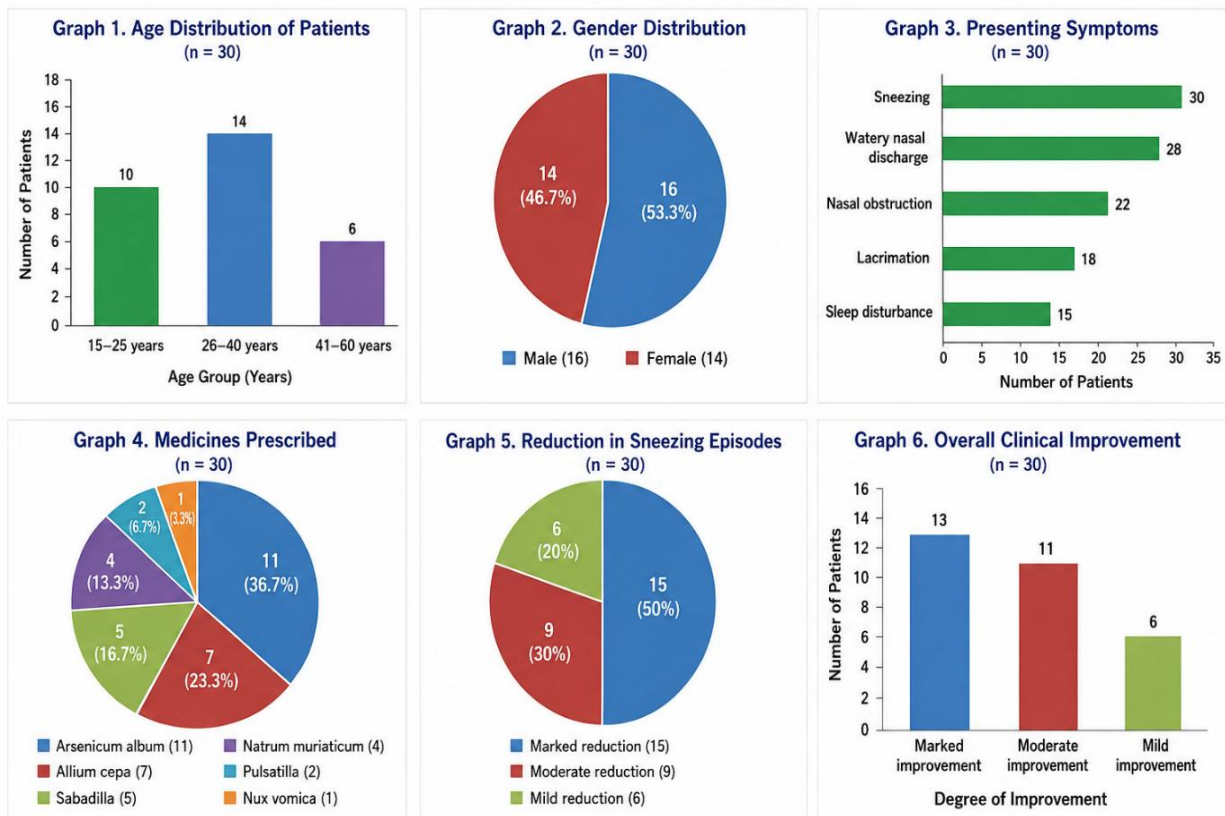
- Nasal polyps.

- Deviated nasal septum.
- Chronic sinusitis.
- Bronchial asthma requiring emergency treatment.

Outcome Measures

1. Frequency of sneezing.
2. Nasal discharge.
3. Nasal obstruction.
4. Lacrimation.
5. Sleep disturbance.
6. Overall clinical improvement.

III. OBSERVATION AND RESULTS



IV. STATISTICAL ANALYSIS

Chi-square test showed statistically significant improvement.

$$\chi^2 = 12.56$$

P-value = 0.002

(p < 0.05)

V. DISCUSSION

The majority of patients belonged to the age group 26–40 years. Sneezing and watery nasal discharge were the most common presenting complaints.

Arsenicum album was prescribed most frequently because of its characteristic symptoms of burning acid discharge, restlessness, chilliness, and

aggravation after midnight. *Allium cepa* and *Sabadilla* were also frequently indicated.

After six months of treatment, 80% of patients demonstrated marked to moderate improvement. Reduction in sneezing frequency and nasal discharge contributed to improved quality of life.

VI. LIMITATIONS

- Small sample size.
- Lack of control group.
- Short follow-up period.
- Observational study design.

VII. SUMMARY

1. Thirty patients with allergic rhinitis were studied.
2. Maximum patients belonged to the age group 26–40 years.
3. Sneezing and watery nasal discharge were the most common symptoms.
4. *Arsenicum album* was the most frequently prescribed medicine.
5. Twenty-four patients (80%) showed marked to moderate improvement.
6. Statistical analysis revealed significant improvement ($p < 0.05$).

VIII. CONCLUSION

Arsenicum album demonstrated encouraging results in the management of allergic rhinitis. It was effective in reducing sneezing, nasal discharge, and nasal obstruction, thereby improving quality of life. Further randomized controlled studies with larger sample sizes are recommended.

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