

ABSTRACT

INTRODUCTION:

"Persistent" allergic rhinitis is defined as symptoms OF Allergic rhinitis occurring more than four times per week or for more than four weeks in a row. According to an Indian hospitalization-based survey, 20–30% of the population struggles from allergic rhinitis. It causes considerable inconvenience and have a significant influence on one's quality of life.

MATERIALS AND METHODS:

A sample of 30 cases fulfilling the diagnostic criteria of Persisten Allergic rhinitis and the inclusion criteria were enrolled from the OPD, IPD and rural health centers of Sarada Krishna Homoeopathic medical college and Hospital. Based on the totality of the patients individualized Homoeopathic treatment was provided. Patients nasal symptoms and quality of life were assessed using Total Nasal Symptom Score (TNSS) and Mini Rhinoconjunctivitis Quality of Life Questionnaire (MiniRQLQ) at predetermined intervals.

RESULTS:

Paired 't' test was used to compare the TNSS scores before and after treatment. Test came out to be statistically significant at $p < 0.05$. Quality of life (Mini RQLQ) pre and posttest was compared and statistically analyzed. Quality of life results were statistically significant ($p < 0.05$) on doing Paired 't' test.

CONCLUSION:

This study thus proves that Individualized Homoeopathic treatment is effective in the improvement of nasal symptoms and quality of life in patients with Persistent Allergic rhinitis.

KEYWORDS:

Homoeopathy, Persistent allergic rhinitis, Quality of life, Total Nasal Symptom Score