

Research Article,

A Comparative Study on the Action of Pothos Foetidus with Individualized Medicine in Treating Allergic Rhinitis**Shree Priya Dharshini*.N, Suja.S.P, Sisir P.R, Sugathan N V, Chandraja C. V**

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Abstract:

In this fast moving world, people do not patience to wait till the body adopt to natural healing processes 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 is made to compare the effectiveness of POTHOS FOETIDUS in managing allergic rhinitis by assessing the reduction in Absolute Eosinophil Count & improvement in the Quality of Life with other indicated remedies to evaluate the therapeutic supremacy, if any, possible. Studies related to efficacy of Pothos in allergic rhinitis are found to be very less. This study is intended to evaluate whether Pothos could be used as a remedy in alleviating the acute suffering of allergic rhinitis in comparison to other commonly used medicines.

Methods: 30 Patients with allergic rhinitis of 10-65 years of age people were selected and separated as 2 groups. The 1st group was treated with POTHOS FOETIDUS and the 2nd group was treated based on symptomatology. The Absolute Eosinophil count & Quality of Life was assessed before and after the treatment. These two groups were compared to note the improvement.

Results: Among 30 patients, Pothos group had a significant subjective and objective improvement quickly compared to other group. Allergic rhinitis cases are common in all age groups. Here, maximum number of patients affected in 11-20 years of age group (57%) ,then 21-30 years of age group(31%),31-40 years of age group(3%),61-70 years of age group(3%)and females are affected more compared to the male. ABSOLUTE EOSINOPHIL COUNT: The count is reduced in both the group of remedies, the count above 400 is seen in some patients only, on view of this count there will be reduction of count in these both group itself.

Quality of Life: The quality of life is more improved when compared to the other group in 1-2 weeks of follow up of the symptoms .The severity reduces to maximum in pothos (80%) than other remedies (60%).

Conclusion: Here this study shown up the new remedy that is less used by many homoeopaths i.e. POTHOS FOETIDUS ,it plays a greater role than other traditional remedies used by us for allergic rhinitis by its quick action, short duration of disappearance of symptoms and reduction in Eosinophil count in this fast moving world. Therefore this experimental study shows the efficacy of POTHOS FOETIDUS in allergic rhinitis compared with other remedy assessed with AEC&QOL

Keywords: Allergic rhinitis, Pothos foetidus, individualized remedy, Absolute Eosinophil Count, Quality of Life.

Introduction:

Allergic rhinitis is a worldwide health problem of all ages. Air pollution, global warming & climate

changes are major contributing factors in causing the increased prevalence of allergic rhinitis (ICD-

10:J30.9). Nearly 8million global deaths are from air pollution. Over 1billion populations' sufferer during 2015& increase to 4billion by 2050. (1) WHO estimated that 400 million people in the world suffer from Allergic rhinitis [J30-J33].In India 75% children&80%asthmatic adults are affected. In Tamilnadu, a survey shows 96.64% patients had prevalence of Allergic Rhinitis symptoms. (2) Allergic rhinitis is a psychosocial economic burden. They have sleep impairment due to nasal obstruction at night, fatigue, malaise, impairment of work & social performance (3). A comparative data reviewed between USA & India on prevalence, economic burden& epidemiology of allergic rhinitis concluded that vast number of patients in India, who are diagnosed with Allergic rhinitis not only suffers complication but also have a poor quality of life. Mitigation of suffering is the primary goal of therapy of Allergic rhinitis and Indians spent about 1000crores on its medication each year (6). Usage of corticosteroids inhibits osteoblastic activities& synthesis of osteocalcin. It also causes side effects on hypothalamic-pituitary-adrenal axis& bone metabolism (osteoporosis, pathological fracture).Growth retardation was seen in children. Locally it produces effects like irritation, burning, crusting and itching, thinning and increased capillary fragility. (4) Homoeopathic treatment has no side effects, it minimizes the IgE antibody formation in plasma cell so there is reduction in release of histamine from mast cell and causes no allergic reaction (5).It gives relief the suffering effectively, removes the tendency of illness, recurrence and desensitizes the person. It reduces the morbidity, impaired situation in study & working area and improves the socioeconomic status.

Need for the study:

In this fast moving world, people do not patience to wait till the body adapt to natural healing processes 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 is made to

compare the effectiveness of POTHOS FOETIDUS in managing allergic rhinitis by assessing the reduction in Absolute Eosinophil Count & improvement in the Quality of Life with other indicated remedies to evaluate the therapeutic supremacy, if any, possible. Studies related to efficacy of Pothos in allergic rhinitis are found to be very less. This study is intended to evaluate whether Pothos could be used as a remedy in alleviating the acute suffering of allergic rhinitis in comparison to other commonly used medicines.

Pothos foetidus:

- COMMON NAME: Skunk cabbage
- HABITATE: North America
- NATURAL ORDER: Araceae
- PREPARED FROM: Fresh plant including root Presence of calcium oxalate in all parts of the plant. Calcium oxalate, a compound derived from oxalic acid, as well as enzyme that trigger the release of histamine in the bloodstream of persons who ingest the leaves. Even small dose of oxalate causes intense sensation of burning in the mouth& throat, swelling, choking. In large doses, oxalate causes severe digestive upset, breathing difficulties (7) .Also presence of Histidine 0.047g [protein& amino acid] (8)
- PLANT PROPERTIES: Antispasmodic, antihistamine, diuretic, diaphoretic, anthelmintic action, expulsive action (labor), purgative, applied in ulcers.
- USES: Root: asthma
- Leaves: ulcers.
- Seed: Antispasmodic &cough.

Indication:

- Asthma& respiratory trouble>inhalation of dust.
- Distress is relieved by stool.
- Hysteria characterize by distension of abdomen.
- Inclination to draw a long breath with sensation of emptiness in chest; later constriction in larynx& chest.
- Difficulty of breathing>open air.

- Catarrh of aged persons.
- Above the nasal bone swollen& red forming a saddle painful to touch especially on left side of nose, cartilaginous part is cold& bloodless with red spots on cheek, left side of face small pimples.
- Sudden anxiety with dyspnea & perspiration followed by stool& relief of that.
- Esophagus painful on sneezing
- Pressing pain in sternum.
- Gland of throat swollen.
- Sleepiness early in evening.
- Constriction of fauces & chest.
- Tongue numbness, can't touch it with the teeth,
- burning sense from fauces down the throat.(9-19)

Objectives:

- To evaluate the effectiveness of **POTHOS FOETIDUS** in allergic rhinitis by estimation of Absolute Eosinophil Count and using Rhinoconjunctivitis quality of life questionnaire.
- To assess the effectiveness of indicated remedy in allergic rhinitis by estimation of Absolute Eosinophil Count and using Rhinoconjunctivitis quality of life questionnaire.
- To compare the effectiveness of Pothos foetidus and indicated remedy in allergic rhinitis patients.

Methodologies:

- **Study Setting:** Cases diagnosed to have Allergic rhinitis visiting OPD, IPD& rural centers of Sarada Krishna Homoeopathic Medical College were considered in the study..
- **Sampling:** SAMPLE SIZE: 30 cases
- **Sample Technique:** Simple random sampling
- Group1:15cases were treated with

Pothos Foetidus (Mothertincture&30c, 200c)

- Group 2:15 cases were treated based on symptomatology (indicated remedy).

Inclusion Criteria

- Both male and female of 10-65 years of age

- Cases of acute exacerbation of chronic allergic rhinitis & acute cases.
- Subject will be selected based on clinical presentation.

Exclusion Criteria:

- Cases complicated with other systemic illness.
- Cases of pregnant women.

Study Design: Prospective cohort study

Ethical Issues: Ethical clearance has been obtained from the Ethical Committee of SKHMC before the commencement of the research.

Intervention: Case taking & administration of **Pothos foetidus Q/30C/200C (15 cases)** and suitable medicine selection (15 cases) according to homoeopathic principles.

Selection Tool: Pre-structural SKHMC case format

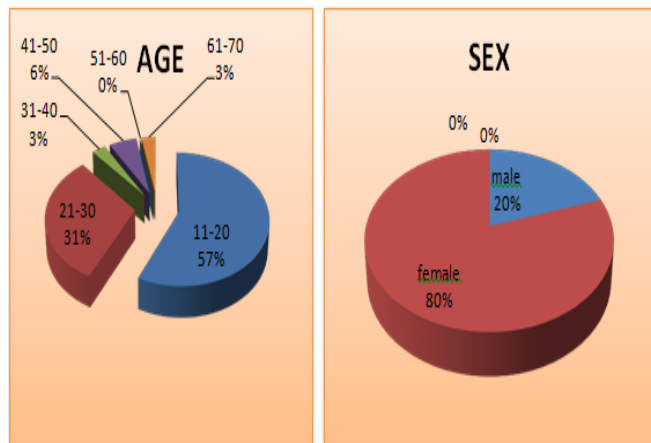
Methodology in Detail: 30 Patients with allergic rhinitis of 10-65 years of age people were selected and separated as 2 groups. The 1st group was treated with POTHOS FOETIDUS and the 2nd group was treated based on symptomatology. The Absolute Eosinophil count Quality of Life was assessed before and after the treatment. These two groups were compared to note the improvement.

Result distribution of age & sex Table-1

Age	No.of Patients
1-20	20
21-30	11
31-40	1
41-50	2
51-60	0
61-70	1

Sex	No.of patients
Male	6
Female	24

Graph-1



Findings: 11-20 years of age are more affected group in this study (57%), 21-30 years of age (31%) were affected, 41-50 years of age (6%) were affected etc..... Mostly females are affected in this study (80%).

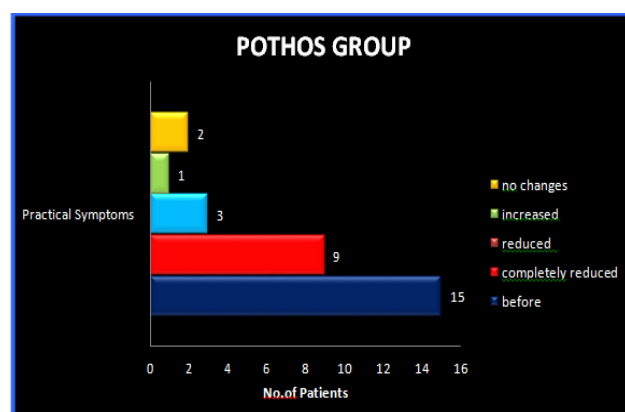
Pothos group:

Practical Problems (Inconvenience of carrying handkerchief, Need to rub nose/eyes, Need to blow nose repeatedly)

Table-2

practical problems	before	Completely reduced	reduced	increase d	no change s
Persons	15	9	3	1	2

Graph-2



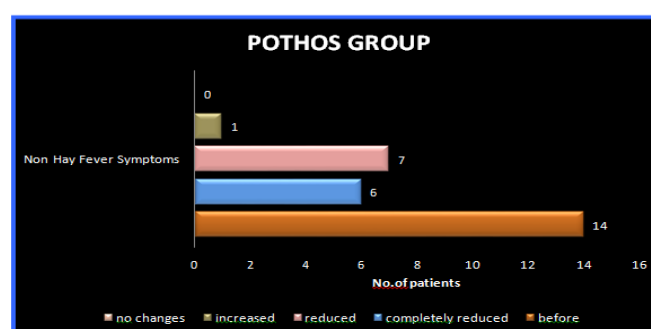
Findings: Among 15 cases, 9 were completely relieved of their symptoms, in 3 cases, there was reduction of their symptoms, 1 person had increased of their symptoms, 2 had no changes of their symptoms in Pothos group.

Nonhay Fever Symptoms (Fatigue, Thirst, Tiredness, Reduced Productivity, Poor concentration, Headache)

Table-3

Non hay fever symptoms	Before	Completely reduced	Reduced	Increased	No changes
Persons	14	6	7	1	0

Graph-3

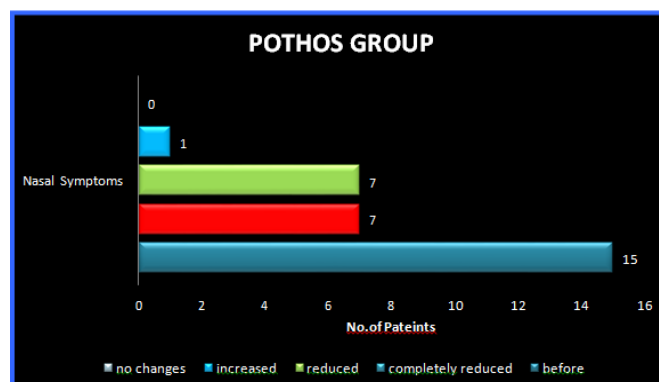


Findings: Among 14 cases, 6 were completely relieved of their symptoms, in 7 cases there was reduction of their symptoms, 1 person had increased of their symptoms, 0 had no changes of their symptoms in Pothos group.

Nasal Symptoms (Stuff bucked nose, Running nose, Sneezing, Itchy nose) TABLE-4

Nasal symptoms	Before	completely reduced	Reduced	Increased	No changes
Persons	15	7	7	1	0

Graph-4



Findings: Among 15 cases, 7 were completely

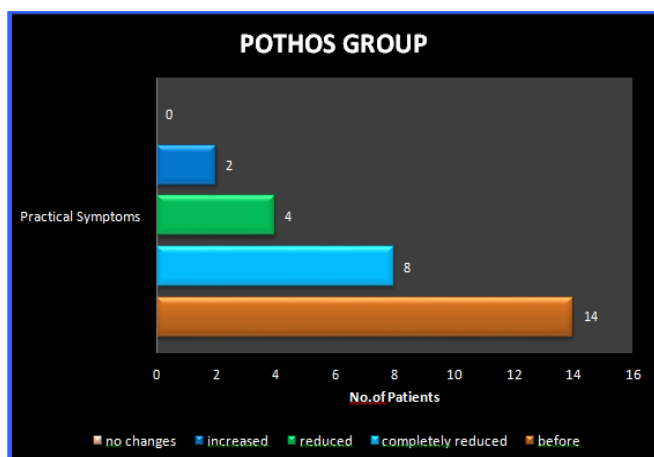
relieved of their symptoms, 7 had reduced of their symptoms, 1 person had increased of the symptoms, 0 had no changes of their symptom in Pothos group.

Practical Symptoms: (Itchy nose, Watery nose, Sore eyes, swollen eyes)

Table 5

Practical symptoms	Before	Completely reduced	Reduced	Increased	No changes
Persons	14	8	4	2	0

Graph-5



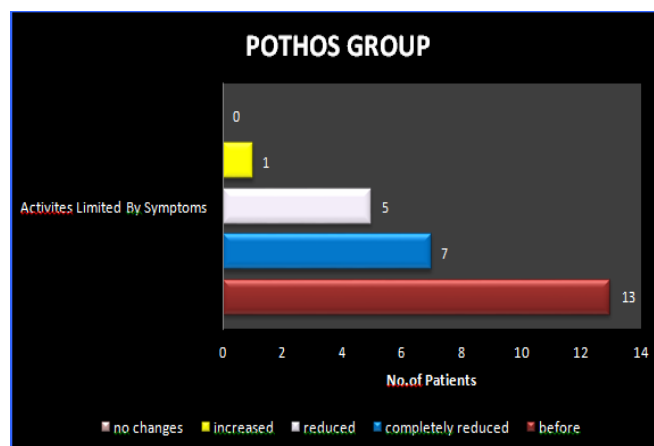
Findings: Among 14 cases, 8 were completely relieved of their symptoms, 4 had reduced of their symptoms, and 2 had increase of their symptoms, 0 had no changes in their symptoms.

Activities Limited by Symptoms

(Regular activities at home, Social activities, Outdoor activities) Table-6

Activities limited by symptoms	Before	Completely reduced	Reduced	Increased	No changes
Persons	13	7	5	1	0

Graph-6



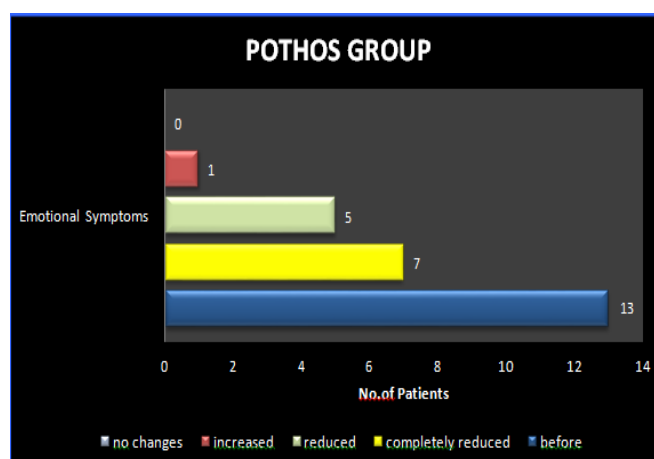
Findings: Among 13 cases, 7 were completely relieved of their symptoms, 5 cases had reduced of their symptoms, 1 had increased in the symptoms, and 0 had no changes in their symptoms.

Emotional Symptoms

(Frustrated, Restless/impatience, Irritable, embarrassed) Table-7

Emotional symptoms	Before	Completely reduced	Reduced	Increased	No changes
Persons	13	7	5	1	0

Graph-7

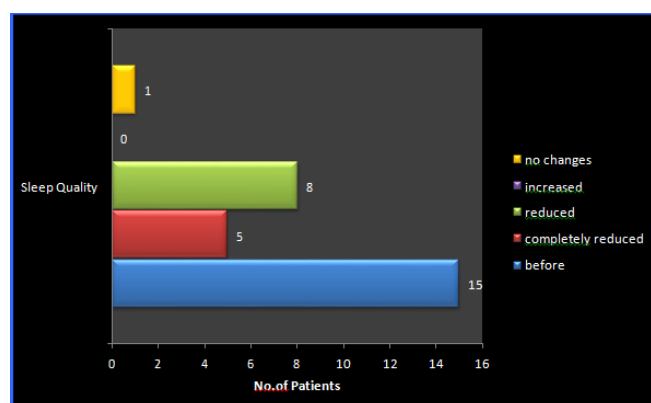


Findings: Among 13 cases, 7 were completely relieved of their symptoms, 5 had reduced of their symptoms, 1 person had increased in the symptoms, and 0 had no changes in their symptoms.

Sleep Quality Table-8

Sleep quality	Before	completely reduced	Reduced	Increase	No changes
PERSONS	15	5	8	0	1

Graph-8



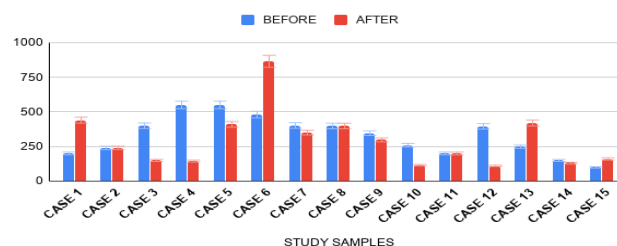
Findings: Among 15 cases, 5 completely relieved of their symptoms, 8 had reduced of their symptoms, 0 patients had increased in the symptoms, and 1 patient had no changes in their symptoms.

Absolute Eosinophil Count Table-9

PERSONS	BEFORE	AFTER
CASE 1	200	440
CASE 2	240	240
CASE 3	400	150
CASE 4	550	145
CASE 5	550	410
CASE 6	480	865
CASE 7	402	350
CASE 8	398	398
CASE 9	346	298
CASE 10	260	115
CASE 11	200	200
CASE 12	395	110
CASE 13	250	420
CASE 14	150	130
CASE 15	100	160

Graph-9

ABSOLUTE EOSINOPHIL COUNT BEFORE AND AFTER THE STUDY



Findings: 4 patients were increased of their count than before, 2 patients have same count as like before, and for others count were decreased. The increase of their symptoms in 2 patient was possibly due to their environment, maintaining cause etc.

Other Remedies Group:

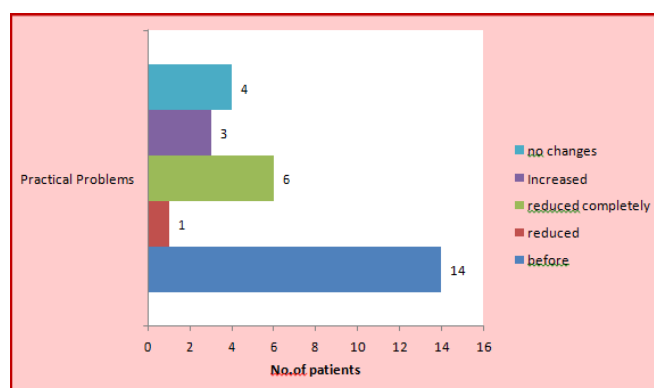
Practical Symptoms:

(Inconvenience of carrying handkerchief, Need to rub nose/eyes, Need to blow nose repeatedly)

Table-10

Practical symptoms	Before	completely reduced	Reduced	Increase	No changes
Persons	14	1	6	3	4

Graph-10



Findings: Among 14 cases, 1 completely relieved of their symptoms, 6 had reduced of their symptoms, 3 had increased in their symptoms, and 4 had no changes in their symptoms.

Non Hay Fever Symptoms

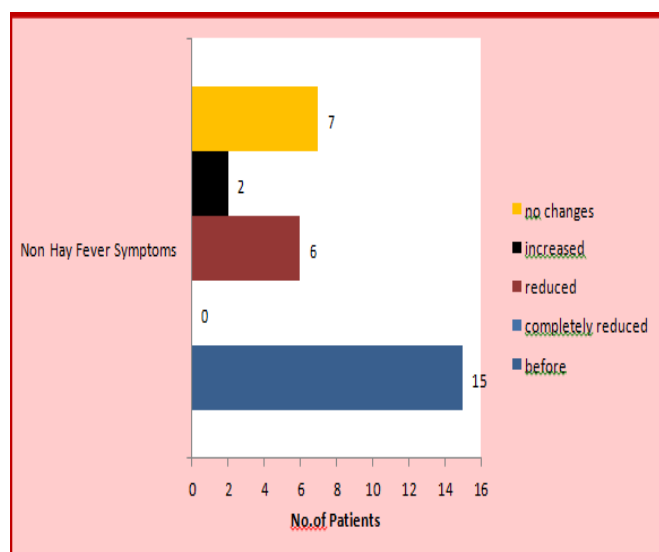
(Fatigue, Thirst, Tiredness, Reduced

Productivity, Poor concentration, Headache)

Table-11

Nonhay fever symptoms	Before	completely reduced	Reduced	Increased	No changes
Persons	15	0	6	2	7

Graph-11

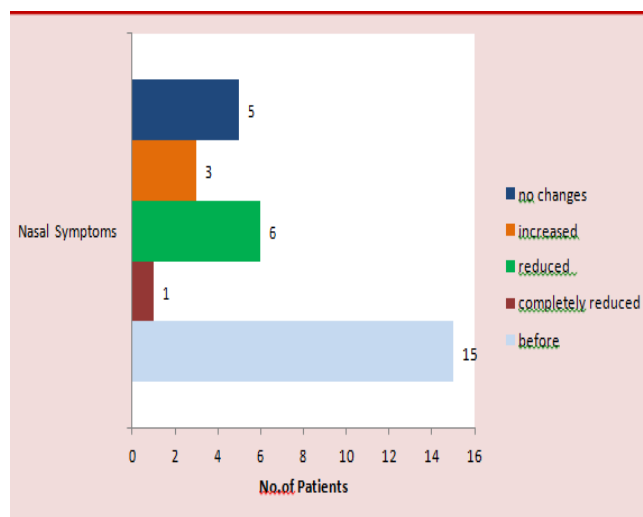


Findings: Among 15 cases, 0 completely relieved, 6 had reduced of their symptoms, 2 had increased in the symptoms, and 7 had no changes in their symptoms.

Nasal Symptoms (Stuff backed nose, Running nose, Sneezing, Itchy nose) TABLE-12

Nasal symptoms	Before	completely reduced	Reduced	Increased	No changes
Persons	15	1	6	3	5

Graph-12

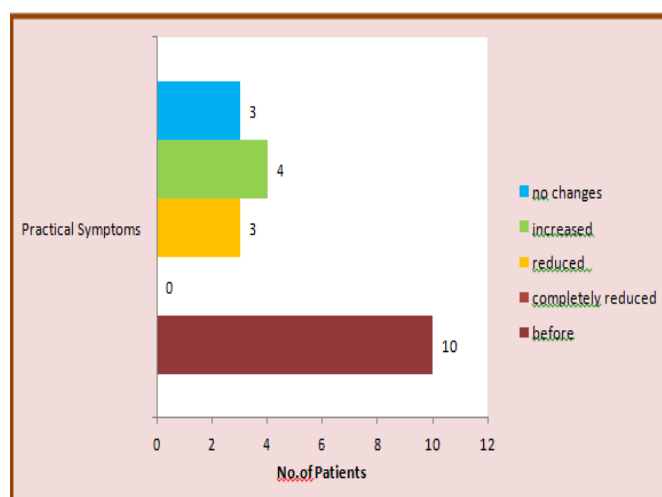


Findings: Among 15 cases, 1 completely relieved of their symptoms, 6 had reduced of their symptoms, 3 had increased of their symptoms, and 5 had no changes in their symptoms.

Practical Symptoms: (Itchy nose, Watery nose, Sore eyes, swollen eyes) TABLE-13

Practical symptoms	Before	Complete ly reduced	Reduced	Increased	No changes
Persons	10	0	3	4	3

Graph-13



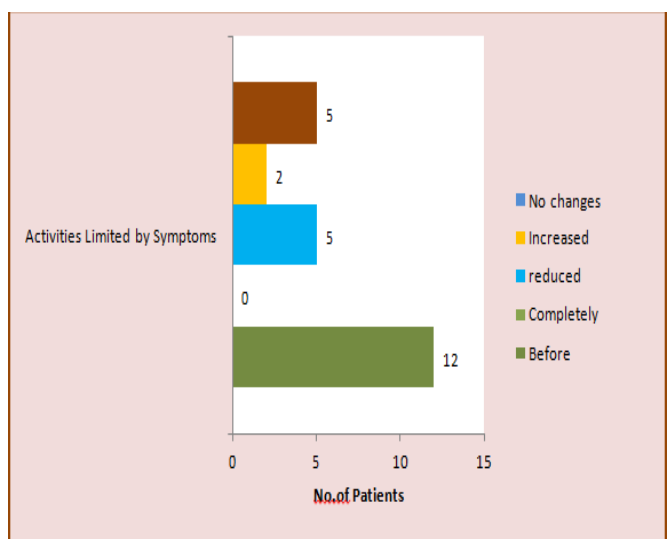
Findings: Among 10 cases, 0 completely relieved, 3 had reduced in their symptoms, 4 had increased, 3 had no changes in their symptoms.

Activities Limited by Symptoms: (Regular

activities at home, Social activities, Outdoor activities) Table-14

Activities limited by symptoms	Before	Completely reduced	Reduced	Increased	No changes
Persons	12	0	5	2	5

Graph-14



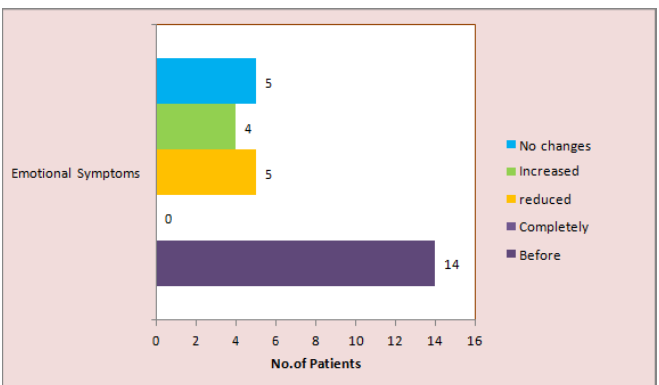
Findings: Among 12 cases, 0 completely relieved, 5 had reduced of their symptoms, and 2 had increased in their symptoms, 5 had no changes in their symptoms.

Emotional Symptoms: (Frustrated, Restless/impatience, Irritable, Embraced)

Table-15

Emotional symptoms	Before	Completely reduced	Reduced	Increased	No changes
Persons	14	0	5	4	4

Graph-15



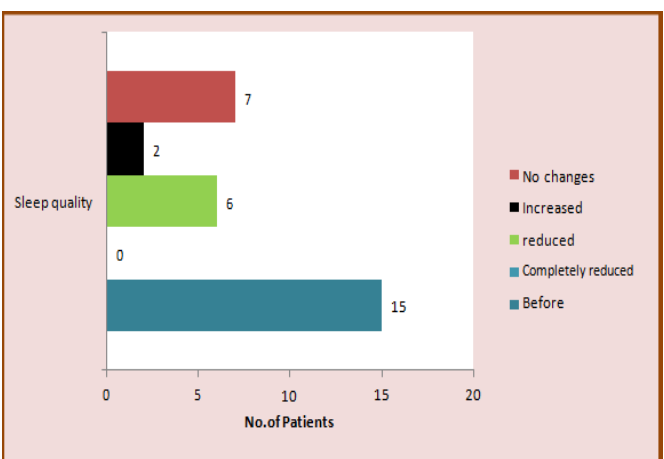
Findings: Among 14 cases, 0 completely relieved, 5 had reduced of their symptoms, 4 had increased in their symptoms, and 5 had no changes in their symptoms.

Sleep Quality

Table-16

Sleep quality	Before	Completely reduced	Reduced	Increased	No changes
Persons	15	0	6	2	7

Graph-16

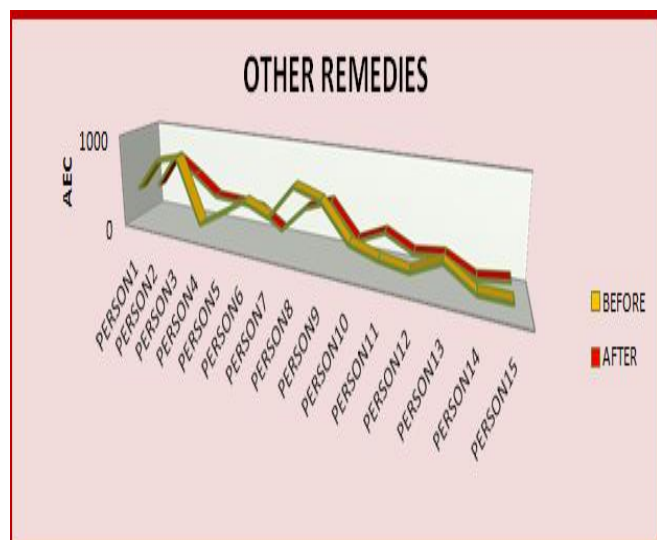


Findings: Among 15 cases, 0 completely relieved, 6 had reduced of their symptoms, 2 had increase in their symptoms, and 7 had no changes in their symptoms.

Absolute Eosinophil Count Table-17

Absolute eosinophil count	Before	After
Person1	400	315
Person2	750	700
Person3	819	520
Person4	145	320
Person5	310	310
Person6	492	280
Person7	381	98
Person8	732	385
Person9	645	500
Person10	290	160
Person11	204	300
Person12	160	158
Person13	315	200
Person14	110	50
Person15	112	100

Graph-17



Findings: 1patient had increase in their count than before, 1patients have count as same than before, and other patients had reduced of their count.

Discussion:

In this polluted world we are very susceptible to the environmental and surrounding allergens which cause different type of disease. Among them the most influenced disease in the world is Allergic rhinitis .This cause obstruction in their routine life

with psychical changes making the life of the individual troublesome. The sufferer needs quick relief of their symptoms because of disturbance in their quality of life, so they use anti-allergens to get quick relief, most of them having serious side effects. At last the complication of disease develops and also the steroidal effects cause socioeconomic damage and mental level damage. On account of this I undertook the study to assess whether quick relief of the symptoms would be possible with POTHOS FOETIDUS by comparing it with the traditionally used medicines for allergic rhinitis in Homoeopathy. Homeopathic remedies are generally safe, but if a routine medicine could be found, it would make the practice easy. The study and used not only subjective assessment of symptoms, but objective assessment of absolute Eosinophil count, This study mainly focused on the efficacy of POTHOS FOETIDUS in allergic rhinitis. 30 cases were selected based on inclusion criteria. I discuss some of the findings evolved from the study.

➤ **AGE INCIDENCE**

Allergic rhinitis cases are common in all age groups. Here, maximum number of patients affected in **11-20 years of age group (57%)** ,then 21-30 years of age group(31%),31-40 years of age group(3%),61-70 years of age group(3%).

➤ **SEX INCIDENCE**

According to this study **females are affected more** compared to the male.

➤ **ABSOLUTE EOSINOPHIL COUNT**

This count is reduced in both the group of remedies, the count above 400 is seen in some patients only, on view of this count there will be reduction of count in these both group itself, only count of the patient can't determine the action of a drug so comparing along with the quality of life questionnaire is necessary.

➤ **QUALITY OF LIFE**

From this experiment the quality of life is more improved when compared to the Arsenicum album,

even the 1-2weeks of follow up the symptoms **.The severity reduces to maximum in pothos group than other remedies used** .Even I show it in comparing Arsenicum album and Pothos .Even traditionally and frequently used medicine Arsenicum album also shows less effective compared to Pothos foetidus.

➤ Sleep Quality:

Sleep quality is **more improved in cases of pothos group** where there is increase disturbance in sleep quality.

➤ Remedies:

In this study, 15 cases were treated with POTHOS FOETIDUS (Q, 30,200) and other group 15 cases were treated with Arsenicum album, Silicea, Lycopodium, Sabadilla, Natrum muriaticum, Natrum silicatum, Kalibromatum but mostly prescribed was Arsenicum album and the Silicea.

➤ Potency and Dose:

In this experiment mostly used potency was 200 in both groups. According to the susceptibility of patients 200 potency was given for 6 patients, 30 potency was given for 5 patients, Q potency was given for 4 patients in pothos group. Among that, all potency of pothos acts well on them .According to their homoeopathic principle the needed doses was given for both groups. Due to limitation of time & cases which potency and dose acts well was not determined well.

Conclusions:

- Here this study shown up the new remedy that is less used by many Homoeopath I.e. POTHOS FOETIDUS, it plays a greater role than other traditional remedies used by us for allergic rhinitis by its quick action, short duration of disappearance of symptoms and reduction in Eosinophil count in this fast moving world.
- Therefore this experimental study shows the efficacy of POTHOS FOETIDUS in allergic rhinitis compared to other remedies by assessing with Rhinoconjunctivitis quality of life questionnaire & quality of sleep

questionnaire.

- All potency in Pothos group (200-6 patient, 30-5 patients, Q-4patients) was acted well compared to other remedies (200-13 patients, 0/3-2 patients) and dose was given according to their need in both groups.
- Thus POTHOS shows subjective and objective benefit and faster relief of symptoms.

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