

## Symptomatic assessment of the effectiveness of homeopathic interventions on forty nasal polyp patients: A prospective observational study

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**Abstract:** Background: Nasal polyp is hypertrophied, pedunculated, loose, fibro-oedematous mucosa of nose and the para nasal air-sinuses. The surface is lined with pseudo-stratified ciliated columnar epithelium. Nasal problems represent a major health problem in developing countries and also a high risk to travellers who visit the cold rich countries. Conservative estimates place the global health problems reveal that 0.1% children and 1% adult population is affected by nasal polyp. Male are more affected by female & chance of developing is 1-20 in 1000, after the age of 60 and has no racial predilection. Nasal polyps are frequently dealt-with cases in day-to-day practice. Among its different varieties, simple mucus polyps are very common. It has two distinct varieties – ethmoidal and antro-choanal polyps. Almost always, an allergic or infectious aetiology is present. Nasal obstruction, rhinitis, headache, loss of smell, snoring, sleep apnoea etc. are some of the very disturbing complaints from which the patients suffer. Appropriate diagnosis, correct general measures and judicious homeopathic approach not only uproot the disease, can also prevent recurrence of Nasal polyps quite effectively and this treatment is more cost effectiveness to other conventional treatment. Material And Methods: Forty Nasal polypus patients were taken up for the study and treated according to symptoms similarity of homeopathic system of medicine with different medicines in different time-period from a non-government OPD homeopathic hospital and four private chambers and clinics. Results: By the end of this study showed, out of 40 cases 77.5% are almost improved, 5% are improving well, 10% cases are not responded well and rest of 7.5% gave up treatment. Conclusion: Almost all of the cases belong to either fundamentally sycosis or dominantly tubercular miasm. This observational study also showed *Calcarea Carbonicum* was most used as a symptomatic homeopathic intervention that extent to which the observed effects are due to the life-style regulation and placebo or context effects associated with the treatment needs clarification in future explanatory studies. [Resel N E Natl J Integr Res Med, 2020; 11(6): 56-60]

**Key Words:** Nasal polyp, Homeopathic, Ethmoidal polyp, Antro-choanal polyp, similarity.

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**Introduction:** As the health-care facilities are being improved, an increasing number of geriatric patients are being benefited from it. Ageing is related to generalize physical decline because of decreased org Introduction: Nasal polyps are benign lesions arising from the mucosa of the nasal sinuses (commonly at the outflow tract of one or more of the sinuses) or from the mucosa of the nasal cavity. Having an uncertain aetiology and a tendency to recur, they represent a challenging diagnosis for the physician to treat. Management of nasal polyp forms a large part of the workload for the otolaryngologist, especially for those with an interest in rhinology.<sup>1</sup> In addition, it is important for the homeopathic physician to be aware of aspects of the treatment of nasal polyp which can have a significant impact on chronic obstructive pulmonary disease, in particular asthma. Polyp formation in the nasal cavity is due to chronic allergic rhinitis, chronic sinusitis, and, less

commonly, underlying disease such as cystic fibrosis. Patients usually present with nasal obstruction, persistent nasal discharge (rhinorrhea), sinus infection, and loss of the sense of smell (anosmia) of prolonged duration.<sup>2</sup> In this study shows, appropriate diagnosis, correct general measures and judicious homeopathic approach not only uproot the disease, can also prevent recurrence of Nasal polyps quite effectively and this treatment is more cost effectiveness to other conventional treatment in our socioeconomic conditions of developing countries. Forty Nasal polypus patients were taken up for the study and treated according to symptoms similarity of homeopathic system of medicine with different medicines in different time-period from one non-government OPD homeopathic hospital and four private chamber and clinic. By the end of this study showed, out of 40 cases 77.5% are almost improved, 5% are improving well, 10% cases are not responded

well and rest of 7.5% gave up treatment. This study is essential to find out which treatments work better for patients and which medicine do well for treatment of nasal polyp. It plays an important role in discovering new treatments of homeopathy, and making sure that we use existing homeopathic treatments in the best possible ways. This research can find answers to things that are unknown, filling gaps in knowledge and changing the way that healthcare homeopathic professionals' work. Our hypothesis and these clinical trials are an everyday part of the national health system. Ultimately, high-quality homeopathic clinical research helps the national health system to improve future healthcare.

Causes: Nasal polyps can grow anywhere on the lining of the nose or the sinuses. They often grow where the sinuses open into the nasal cavity. Small polyps may not cause any problems. Large polyps can block your sinuses or nasal airway.<sup>4</sup> Nasal polyps have been associated with allergies, certain genetic (inherited) conditions, and asthma. It is believed that inflammation causes the build-up of fluid within the mucus membranes. This results in the formation of fluid-filled growths, which over time expand to become polyps.<sup>5</sup> Clinical features of same has been enumerated in table 1.

**Table 1: Clinical Features of nasal polyp<sup>7</sup>**

| Symptoms   | Signs                                  |
|--|--|
| Onset insidious                                  | Anterior rhinoscopy                    |
| Nasal obstruction, unilateral or bilateral.      | Reveals ethmoidal polyp.               |
| Insomnia.  | Bilateral.                             |
| Epiphora.  | Multiple.                              |
| Post nasal drip.                                 | Pale, oval, appear as bunch of grapes. |
| Snoring.   | Posterior rhinoscopy                   |
| Nasal twang.                                     | Reveals antro-choanal polyp.           |
| Sneezing with watery or muco-purulent discharge. | Unilateral.                            |
| Headache.  | Single.                                |
|  | Greyish-blue, rounded.                 |

Researchers are still learning about the causes of nasal polyps. Underlying inflammation of your tissue plays some sort of role. Nasal polyps are more common in people with these health conditions: Asthma, Aspirin sensitivity, chronic

sinus infections, Cystic fibrosis, Hay fever (allergic rhinitis). Certain genes may also help lead to the development of nasal polyps. This is especially true of genes that play a role in the immune system and inflammatory response.<sup>6</sup> Miasmatic cleavage are Predominant sycotic disorder.<sup>7</sup> and Therapeutic

Study was conducted keeping with following Aims and Objectives.

Aims

1. To systematically document cases of homeopathic management of nasal polyp with the help of the similimum derived through Hahnemannian guidelines.
2. To illustrate the comparative study of homeopathy in the subject of nasal polyp and through that into the constantly evolving world of immunology.
3. To make detailed records of cases for future reference.
4. To study various type of nasal polyp medicine and which is to be most appropriate selected medicine to cure it.
5. To study the obstacle to cure.

Objectives:

- To cure the individual – not only in terms of the presenting disease picture.
- To avoid possible unwanted complications.
- To know differential diagnosis against the nasal polyp.
- To know medical knowledge by comparative study from different nasal homoeopathic medicine.
- To help restore the immunity altered in the course of nasal polyp by proper management.
- As the treatment progresses we would see that acute attacks become less severe and less frequent before they stop completely.
- To avoid recurrence of similar affections in an individual.
- To alter the susceptibility that is to reduce the susceptibility of man to all possible that type of diseases.
- To make a systematic record of some nasal polyp treated with Homoeopathy with the resultant achievement.
- The known allergens when exposed to produce no symptom show that homoeopathic medication is going in the right direction.
- To know immune disease in view of homoeopathy whether it is curable or incurable.

**Material & Methods:** To collect the necessary information regarding this prospective observational study, we have gone through source books in homeopathic practice of medicine. We have tried searching all homeopathic website on internet about any additional information available on Nasal Polyp. Also studied through various books on modern medicine, homeopathic literatures and journals so that the subject is thoroughly known. We have collected information from various sources. Each patient's data have processed in a standardized format with the following steps:

1. For each patient have given adequate time and data elicited in comprehensive manner as to elicit proper Patient's picture in the disease.
2. For Processing of the case have done as per the principles and guidelines of homeopathy.
3. For References from Practice of Medicine, Materia Medica and various Repertories I have availed for the selection of remedies. All the cases have followed up for sufficient period required as per the guidelines from Organon of Medicine<sup>8</sup> and Homoeopathic Philosophy.
4. For References from Repertory<sup>9</sup> & Materia Medica<sup>10</sup> have availed for selection of a single remedy out of indicated group of remedies.
5. Tried to study various aspects of remedy in practical point of view and gathered all detailed information about nasal polyp.
6. To apply the knowledge we have gathered in this entire process and to prove it and we have tried to solve 40 cases of Nasal Polyp in our clinical set up and tried to get desired results as per the law of cure.

**Source of Data :** Forty Nasal polypus patients were taken up for the study and treated according to symptoms similarity of homeopathic system of medicine with different medicines in different time-period from a non-government OPD homeopathic hospital and four private chamber and clinic situated in Dhaka city, Bangladesh. Selection of Patients: Inclusion and exclusion criteria were fixed for selection

**Inclusion Criteria:** 1. Patient suffering from nasal polyp, belonging to varying ages, both sexes and from different socio-economic status has been considered for this study. 2. Purposive sampling was done; sample size was 40 in number.

**Exclusion Criteria :** Cases in which patient have been come for irregular follow-up and cases with

an unclear disease picture are omitted. Patient with any other systemic disease.

All cases were selected as per the inclusion and exclusion criteria. A total of 40 patients were included in the study after the drop out were excluded. A detailed case history was taken as per the proforma prepared for the topic. Patients were reviewed in different time-period but evaluation was done at a time. Prognosis was evaluated according to symptomatic remission and the investigation results / X-ray for PNS.

Symptomatic medicines (centesimal) were prescribed each individual patient with some management.

**Method and solving the cases**

1. To take the case in full detail including the detailed case taking of the complaint and mental makeup of the patient.
2. To evaluate and analysis the case and make a list of characteristic symptoms of the case.
3. To repertories the case and find out the group of medicine close to similimum.
4. To correlate the totality of symptoms and drug picture of every remedy and try to find out similimum for that case.
5. After find out similimum, try to decide potency and repetition of the medicine according to susceptibility of the case, intensity of the patient and miasmatic background of the patient picture.
6. Follow up the case every month has to need to review

**Results :** Distribution of cases as per centre with percentile is shown in Table 2. Sex distribution in cases with percentile is shown in Table 3

**Table-2: Distribution of cases as per centre**

| Name of Centre                             | No. of cases | Percentage |
|--|--------------|------------|
| Jannat Homeo Hall                          | 11           | 27.5%      |
| Foundation Hospital and Research Institute | 9            | 22.5%      |
| Al-Shaba Health Care                       | 8            | 20%        |
| Popular Homeo Clinic                       | 7            | 17.5%      |
| Rahmania Homeo Hall                        | 5            | 12.5%      |
| Total                                      | 40           | 100%       |

**Table 3: Sex distribution in cases**

| Sex distribution | No of cases | Percentage |
|------------------|-------------|------------|
| Male             | 18          | 45%        |
| Female           | 22          | 55%        |
| Total            | 40          | 100%       |

Age distribution are shown in table 4 below:

**Table 4: Age group distribution of cases**

| No | Age group | Patients | Percentage |
|----|-----------|----------|------------|
| 1. | 0-15      | 13       | 32.5%      |
| 2. | 16-30     | 10       | 25%        |
| 3. | 31-45     | 10       | 25%        |
| 4. | 46-65     | 7        | 17.5%      |

Selective Remedy : Following these medicines are selected in above 40 cases with the help of repertory according to symptoms similarity (Table-5) . Success rate from patient prognosis data are shown in table 6.

**Table 5: Distribution of selective medicine according to number of cases.**

| No. | Name of Medicine            | Cases |
|-----|-----------------------------|-------|
| 1.  | <i>Calcarea Carbonicum</i>  | 16    |
| 2.  | <i>Phosphorus</i>           | 3     |
| 3.  | <i>Natrum muriticum</i>     | 4     |
| 4.  | <i>Nitric acid</i>          | 4     |
| 5.  | <i>Sepia</i>                | 4     |
| 6.  | <i>Aurum muriticum</i>      | 4     |
| 7.  | <i>Pulsatilla nigricans</i> | 1     |
| 8.  | <i>Silicea</i>              | 4     |

**Table 6: Patient prognosis data with success rate**

| No | Prognosis      | No. of cases |
|----|----------------|--------------|
| 1. | Improved       | 31           |
| 2. | Not improved   | 4            |
| 3. | left treatment | 3            |

**Discussion:** Homeopathic medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution, family history, presenting symptoms, underlying pathology, possible causative factors etc.

A miasmatic tendency (predisposition /susceptibility) is also often taken into account for the treatment of chronic conditions. In these forty cases of Nasal Polyp that have described in this prospective observational study and applied different remedies from Materia Medica is indicated case and then follow up satisfactory with our confidence level in ourselves and in the treatment of Nasal Polyp has become stronger. In these cases , most of the Nasal Polyp cases have constitutional aetiology, and immunological matter but exact cause is unknown, causes of Nasal Polyp often found due to some precipitating factors; Physical or emotional stress, Overall male are more affected. Polyps are red

flags indicating the presence of chronic inflammatory: chronic sinusitis (longstanding bacterial infection of facial sinuses) is one explanation; as is allergy (e.g. allergy to pollen, dust mites, mould spore, cat dander etc.)

In most cases, pathology changes more functional level than organic level especially adult child and daily working life of male due to dust and seasonal change, common cold etc. The cases we have described in case record, age group of 0-15 is 32.5%, age group of 16-25 is 25%, age group of 31-45 is 25% and age group of 46-65 is 17.5%. In this discussion, 18 patients out of 40 cases are male and male child and most of their age is below 30 years. Rest of the patients are female and female child whose most of the age is also below the 30 years. Generally though male are more affected by nasal polyp but in this study we found female case more than male. Out of 40 cases 77.5% are almost improved, 5% are improving well, 10% cases are not responded well and rest of 7.5% gave up treatment. Sometimes patient does not have much patience to wait for homoeopathic results, sometimes there was mental stress which does not allow the recovery of the patient to take place, sometimes working environment of the patient or habit of the patient also created little delay in the recovery.

After doing detailed study of nasal polyp following these remedy are selected in above 40 cases with the help of repertory according to symptoms similarity: *Calcarea Carbonicum*, *Phosphorus*, *Natrum muriticum*, *Nitric acid*, *Sepia*, *Aurum muriticum*, *Pulsatilla nigricans*, *Silicea*. These remedy are applying in different cases. According to symptoms similarity *Calcarea Carbonicum* is prescribed in most cases of patient and application of knowledge in the treatment of above forty cases and getting much better result. We realized the great scope of homoeopathic intervention in the treatment of Nasal Polyp.

**Conclusion:** Timely administered homeopathic medicines help avoid surgery and its inherent complications. Moreover, it is very common for the condition to recur even after surgery. Homeopathy is therefore highly recommended for people who have had surgery done to remove nasal polyps as homeopathic treatment would have a preventive effect, by which, chances of a recurrence is minimized. In short, homeopathic treatment is targeted towards the root cause of

the illness and hence the disease is treated from the core. Homeopathy believes in treating the patient and not just the disease. There are 70 homeopathic remedies which give great relief in nasal polyps. But in this study reveals that symptomatic homeopathic intervention is more effective way to cure the patient with nasal polyp. For a complete cure, the homeopathic treatment must be taken seriously for about 16 to 24 months depending upon the number and size of nasal polyps.

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