



Effectiveness Of Homoeopathy In Improving Quality Of Life In Chronic Rhinosinusitis – A Case Report

¹Dr. Vijayraje Karnik, ²Dr. Sujata Kamire, ³Dr. Rajkumar Patil, ⁴Dr. Prachi Gaikwad

¹Associate professor, ²Professor, HOD, ³Principal, ⁴PhD Scholar

¹Department of Community Medicine

Dr. J.J. Magdum Homoeopathic Medical College, Jaysingpur, Maharashtra, India

ABSTRACT

Introduction

Chronic rhinosinusitis (CRS) is a common disorder, with up to an estimated 134 million Indian sufferers, and having significant impact on quality of life (QoL) and health costs. It is managed with medical therapy and surgical intervention, including corticosteroids and endoscopic sinus surgery, which may cause recurrence of symptoms. Despite aggressive management, many patients with CRS continue to report decreased QoL.

Homoeopathy is uniquely equipped to address the underlying bio-psycho-socio-environmental factors contributing to disease in turn it can serve as a potential treatment modality in improving QoL in cases of Chronic Rhinosinusitis.

Case Summary

Case presented with symptoms of Chronic Rhinosinusitis due to which patient's QoL was affected. Totality of case was formulated after taking a detailed case and Homoeopathic medicine Natrum Mur 1M 1dose was prescribed after referring Homoeopathic Materia medica. Posology was decided on the basis of susceptibility of patient. Assessment of improvement was done using SNOT-22 before and after treatment. It was significantly reduced after Homoeopathic treatment, which shows the positive attribution. Homeopathic treatment has shown favourable outcome in a given case by demonstrating the effectiveness of Homeopathy in improvement of QoL in Chronic Rhinosinusitis.

Key Words- Homoeopathy, QoL, Rhinosinusitis

Introduction

Chronic rhinosinusitis (CRS) is a highly prevalent, heterogenous inflammatory condition involving the nasal mucosa and paranasal sinuses, lasting more than 12 weeks. ⁽¹⁾ It affects about 1 in 8 individuals in India, with a prevalence of 5% to 15% in urban areas. ⁽²⁾ The incidence and prevalence of CRS suggest it is a relapsing-remitting disease, severely impacting quality of life (QoL) by causing physical discomfort, reduced function, lost productivity, and increased absenteeism. ⁽³⁾

Cardinal symptoms of CRS include nasal congestion, anterior or posterior rhinorrhoea, hyposmia, and facial pain. ⁽¹⁾ It is managed with medical therapy and surgical intervention, including corticosteroids and endoscopic sinus surgery, which may cause recurrence of symptoms. These treatments also carry risks of short- and long-term adverse effects, especially with prolonged use. Despite aggressive management, many patients with CRS continue to report decreased QoL. ⁽⁴⁾

Recent focus on disease pathophysiologic endotypes over clinical phenotypes underscores the necessity to design individualized treatment strategies targeting specific immunologic processes. ⁽⁴⁾ Homoeopathy's core principles inherently offer a personalized approach, aligning treatment with the individuality of each case by formulating totality of case. It is uniquely equipped to address the underlying bio-psycho-socio-environmental factors contributing to disease. Remedies are tailored to address specific concerns within this sphere which favours holistic and comprehensive cure. Additionally, homoeopathy provides a cost-effective treatment modality making it an accessible option for disease management. This case demonstrates the effectiveness of Homoeopathy in improving QoL in Chronic Rhinosinusitis.

Patient Information

A 31-year-old unmarried Muslim male presented with the following complaints on 22/05/2024

| Location | Sensation | Modality | Accompaniments |
|--|---|--|---|
| B/L Frontal Sinus Nose- mucous membrane Ear Eyes Infraorbital region C/O since 5 years O - Gradual D - Since 4 months but increased since 2 weeks P-Slow I - Moderate | Heaviness+++ and Hammering type of pain ++ Dizziness+ Obstructed sensation +++, moderate, thick white nasal discharges Dull aching Pain++ & Fullness+ Heaviness++ Profuse lachrymation ++ Dull Pain++ No anosmia No Fever No DNS, Asthma No smoking or exposure to other chemical irritants No past recurrent URTI infections No known allergy No Family history of CRS | < Noise++, lying down++, exposure to cold++ >Pressure++, Sleep+ > Open air+++ | Embarrassment++, Decreased concentration++, Increased Thirst++, Disturbed Sleep++, Fatigue+ since c/o |

("+" Sign indicates intensity of symptom)

Physical Characteristics

Appearance- Sick look, but Well-built and nourished

Appetite- Normal (3 meals/days) Thirst- INCREASED Since c/o

Aversions and **Desires**- Salt++, Fish++

Eliminations- Stool & urine- Normal

Perspiration- moderate on forehead

Sleep- DISTURBED++, Dreams- Can't recollect

Thermal- HOT

General aggravations- Exposure to Sun causes Headache++ (since childhood)

Key events from Life space investigation

The patient owns a garment shop and experienced a business failure five years ago due to a lack of experience. He had a major fight with his father during that time, he abused patient, which led to significant anger. Despite feeling this anger, he suppressed it and, since then, has been determined to achieve success in his business and prove himself to his father, who he feels doesn't recognize his efforts. He struggles with even the slightest contradiction++, which triggers anger that he suppresses to avoid hurting others. He prefers to be alone and feels embarrassed by his long-standing, recurring complaints of chronic rhinosinusitis. His concentration at work has decreased, and he finds himself forgetting things easily+++

Physical Examination

Vitals- Pulse- 78/min, BP- 120/70mmhg, RR- 16/min

Pallor 0/Icterus 0/Cyanosis 0/oedema 0/ Lymphadenopathy- B/L Anterior and posterior cervical lymph nodes slightly enlarged

Nose – right Side nasal cavity- nasal polyp

Local examination- Tenderness++ over frontal & maxillary sinuses

Systemic examination- Findings within normal limit

Clinical Diagnosis- Chronic Rhinosinusitis with nasal polyp

Sino- Nasal Outcome Assessment Test (SNOT-22) on 22/05/2024

| Sr. No | Considering how severe the problem is when you experience it and how often it happens, please rate each item below on how "bad" it is by circling the number that corresponds with how you feel using this scale: | 0 | 1 | 2 | 3 | 4 | 5 |
|--------|---|----------|----------|----------|----------|----------|----------|
| 1 | Need to blow nose | 0 | 1 | 2 | 3 | 4 | 5 |
| 2 | Nasal blockage | 0 | 1 | 2 | 3 | 4 | 5 |
| 3 | Sneezing | 0 | 1 | 2 | 3 | 4 | 5 |
| 4 | Runny nose | 0 | 1 | 2 | 3 | 4 | 5 |
| 5 | Cough | 0 | 1 | 2 | 3 | 4 | 5 |
| 6 | Post nasal discharge | 0 | 1 | 2 | 3 | 4 | 5 |
| 7 | Thick nasal discharge | 0 | 1 | 2 | 3 | 4 | 5 |
| 8 | Ear fullness | 0 | 1 | 2 | 3 | 4 | 5 |
| 9 | Dizziness | 0 | 1 | 2 | 3 | 4 | 5 |
| 10 | Ear pain | 0 | 1 | 2 | 3 | 4 | 5 |
| 11 | Facial pain/Pressure | 0 | 1 | 2 | 3 | 4 | 5 |
| 12 | Decreased sense of smell/taste | 0 | 1 | 2 | 3 | 4 | 5 |
| 13 | Difficulty falling sleep | 0 | 1 | 2 | 3 | 4 | 5 |
| 14 | Wake up night | 0 | 1 | 2 | 3 | 4 | 5 |
| 15 | Lack of good night's sleep | 0 | 1 | 2 | 3 | 4 | 5 |
| 16 | Wake up tired | 0 | 1 | 2 | 3 | 4 | 5 |
| 17 | Fatigue | 0 | 1 | 2 | 3 | 4 | 5 |
| 18 | Reduced productivity | 0 | 1 | 2 | 3 | 4 | 5 |

| | | | | | | | |
|----|-------------------------------|---|---|---|---|---|---|
| 19 | Reduced concentration | 0 | 1 | 2 | 3 | 4 | 5 |
| 20 | Frustrated/restless/irritable | 0 | 1 | 2 | 3 | 4 | 5 |
| 21 | Sad | 0 | 1 | 2 | 3 | 4 | 5 |
| 22 | Embarrassed | 0 | 1 | 2 | 3 | 4 | 5 |

Before Treatment Total score = 62

Diagnosis of the phase of the disease: Dynamic Chronic Fully Developed Miasmatic Disease

Dominant miasm- Sycotic

Totality of Case

Ailments from- Business failure, abused, Anger suppression

Aggravation- Anger- suppression

Aggravation- exposure to sun+++

Amelioration- Open air+++

Aggravation- Contradiction++

Aggravation- Noise++

Forgetful+++

Embarrassment due to complaints ++

Increased Thirst++

Desires Salt++

Repertorial Analysis

Natrum Mur- 6/13, Lycopodium- 5/12, Aurum Met- 6/10, Nux Vomica- 5/8

After referring to Materia Medica remedy selected was Natrum Muriaticum

Susceptibility

Sensitivity at mind- High, No. of characteristics-High, Correspondence with Sector-High

High- susceptibility Potency- High

Final Prescription- Natrum Muriaticum 1M 1 dose in 15 days, Placebo- 4 pills TDS/Day

Follow Up Criteria

| Sr. No | Subjective Symptoms | Objective symptoms |
|--------|--------------------------------------|--------------------|
| 1 | Decreased concentration | Lachrymation |
| 2 | Sleep disturbed | Nasal Discharge |
| 3 | Pain frontal and infraorbital region | Nasal polyp |
| 4 | Obstructed sensation | QOL Score |
| 5 | Ear heaviness | |

Follow Up

| Date | Subjective Symptoms | | | | | Objective Symptom | | | Remedy given |
|-------------|---------------------|------|------|------|----|-------------------|------|-------|---|
| | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | |
| 13/06/2024 | >30% | >50% | >50% | >50% | AB | AB | >70% | SQ | Placebo 4 pills TDS 1 month |
| 18/07/2024 | >50% | SQ | SQ | SQ | AB | AB | AB | >-30% | Natrum Mur 1M 2 dose 1 month Placebo TDS 1 month |
| 26//08/2024 | >80% | AB | AB | AB | AB | AB | AB | >-50% | Placebo 4 pills TDS 1 month |
| 24/09/2024 | AB | AB | AB | AB | AB | AB | AB | SQ | Placebo 4 pills TDS 1 month |

(>- Sign indicates amelioration in complaint, AB- Absent)

Sino- Nasal Outcome Assessment Test (SNOT-22) on 26/08/2024

| Sr. No | Considering how severe the problem is when you experience it and how often it happens, please rate each item below on how "bad" it is by circling the number that corresponds with how you feel using this scale: | 0 | 1 | 2 | 3 | 4 | 5 |
|--------|---|---|---|---|---|---|---|
| 1 | Need to blow nose | 0 | 1 | 2 | 3 | 4 | 5 |
| 2 | Nasal blockage | 0 | 1 | 2 | 3 | 4 | 5 |
| 3 | Sneezing | 0 | 1 | 2 | 3 | 4 | 5 |
| 4 | Runny nose | 0 | 1 | 2 | 3 | 4 | 5 |
| 5 | Cough | 0 | 1 | 2 | 3 | 4 | 5 |
| 6 | Post nasal discharge | 0 | 1 | 2 | 3 | 4 | 5 |
| 7 | Thick nasal discharge | 0 | 1 | 2 | 3 | 4 | 5 |
| 8 | Ear fullness | 0 | 1 | 2 | 3 | 4 | 5 |
| 9 | Dizziness | 0 | 1 | 2 | 3 | 4 | 5 |
| 10 | Ear pain | 0 | 1 | 2 | 3 | 4 | 5 |
| 11 | Facial pain/Pressure | 0 | 1 | 2 | 3 | 4 | 5 |
| 12 | Decreased sense of smell/taste | 0 | 1 | 2 | 3 | 4 | 5 |
| 13 | Difficulty falling sleep | 0 | 1 | 2 | 3 | 4 | 5 |
| 14 | Wake up night | 0 | 1 | 2 | 3 | 4 | 5 |
| 15 | Lack of good night's sleep | 0 | 1 | 2 | 3 | 4 | 5 |
| 16 | Wake up tired | 0 | 1 | 2 | 3 | 4 | 5 |
| 17 | Fatigue | 0 | 1 | 2 | 3 | 4 | 5 |
| 18 | Reduced productivity | 0 | 1 | 2 | 3 | 4 | 5 |
| 19 | Reduced concentration | 0 | 1 | 2 | 3 | 4 | 5 |
| 20 | Frustrated/restless/irritable | 0 | 1 | 2 | 3 | 4 | 5 |
| 21 | Sad | 0 | 1 | 2 | 3 | 4 | 5 |
| 22 | Embarrassed | 0 | 1 | 2 | 3 | 4 | 5 |

After Treatment Total score = 16

Discussion

Chronic Rhinosinusitis (CRS) significantly affects the quality of life (QoL), with symptoms such as persistent nasal congestion, facial pain, and loss of smell. Conventional treatment, such as antibiotics and corticosteroids, often fail to provide long-term relief and may come with side effects, prompting patients to explore other treatment modalities. Homeopathy's individualized approach, which tailors' treatment as per the individuality of the patient, was found to effective in improving quality of life in a given case.

A significant improvement in QoL was observed after intervention with Homoeopathy. The results align with previous case reports. The duration of the follow ups might be considered as inadequate, especially in a chronic condition such as CRS that shows seasonal variations and intermittent exacerbations. A longer follow-up period might have been more appropriate. Although the results of this case report suggests that homoeopathy can be a potential treatment modality in improving Quality of life in Chronic Rhinosinusitis, it is important to conduct further research studies to validate these findings on a larger scale. Randomized controlled trials would help to establish the effectiveness of Homoeopathy in improving QoL more conclusively.

Declaration of Patient Consent

The author confirms that appropriate consent has been obtained from the patients. The patient has agreed to the inclusion of their clinical information in these case reports. They understand that their identity will remain confidential, with efforts made to anonymize their details. However, the patients acknowledges that complete anonymity cannot be assured.

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Conflicts of interest:

None declared

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