

# **A CLINICAL STUDY ON THE EFFECT AND EFFICACY OF TRADITIONAL FORMULATION DERIVED BY OLA LEAVES MANUSCRIPT IN THE MANAGEMENT OF ALLERGIC RHINITIS**

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## **ABSTRACT**

Allergic rhinitis is an inflammatory disease of the nasal mucosa, induced by an immunoglobulin E mediated reaction in allergen-sensitized subjects. This is a common health problem in the world and its prevalence is still increasing. Therefore it is a burden to the society. Methods of medical treatments for the allergic rhinitis have not resulted well. The purpose of this study was to find out whether there is a more effective and more efficiency treatments for allergic rhinitis, among Ola leaves manuscripts. The primary objective of this study was to evaluate the effect of herbal formulation, selected from Ola leave manuscript in the management of allergic rhinitis. The author conducted a randomized, positive control, comparative clinical trial for the 60 patients. 30 patients were participated for group A (Test group), as the other 30 were participated for group B. (Control group). Treatments were conducted by using a treatment protocol. Assessment was decided according to symptom score, before and 14 days after the treatments. The improvement of Allergic Rhinitis symptoms in group A was significantly higher compared to control group ( sneezing-48% vs. 33.33% ,watery runny nose-51.36% vs. 22.78% , nasal obstruction-46.5% vs. 21.46% nasal itchy-23.97% vs. 14.44% ;  $p < 0.005$ ). This new formulary has shown an effect in E.S.R, Respiration rate and W.B.C.D.C count. Therefore it can be a good alternative remedy for relieving the symptoms of Allergic Rhinitis in short-termly.

**Key words:** Allergic Rhinitis, Nasya, Treatment Protocol.