

EVALUATION OF THE EFFECTS AND EFFICACY OF HERBAL FORMULATION SELECTED FROM SRI LANKAN OLA LEAVES MANUSCRIPT IN THE MANAGEMENT OF ALLERGIC RHINITIS

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ABSTRACT

Allergic Rhinitis (AR), which is defined as an inflammation of the membranes lining the nose, initiated by an allergic immune response to inhaled allergens in sensitized individuals. It is increasing and has risen considerably in the past few decades with self-reported prevalence up to 41% and well known for its recurrence and chronicity. Allergic rhinitis closely related to asthma and other co-morbid conditions such as nasal polyposis, rhino-sinusitis and serous otitis media. Current therapeutic drugs modalities for the management of Allergic rhinitis give only symptomatic relief and none of these are free from adverse effects. The aim of this research is to evaluate the effect and efficacy of herbal formulation selected from ola leaves manuscript in the management of Allergic rhinitis. 60 number of Allergic rhinitis patients selected from Ear Nose and Throat Clinic, National Ayurveda Teaching Hospital Borella. After 14 days of treatment herbal formulation was statistically significant ($p < 0.05$) with all parameters. After 28 days showed a significant relationship with variables in each group comparing with Mean \pm SD. Effectiveness of selected herbal formula on severity of symptoms assessment parameters based on positive ranks after two months of treatment gap results can be interpreted as a significant relationship existence ($p < 0.05$) ($n=5$). Result of the study drug is significant on all the parameters and it proves effective herbal alternative in the management of Allergic rhinitis.

Key Words: Allergic Rhinitis, Herbal formulation