




1: [HNO](#). 2007 Apr;55(4):271-7.    [Links](#)

**Homeopathy in acute rhinosinusitis : A double-blind, placebo controlled study shows the efficiency and tolerability of a homeopathic combination remedy.**

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**BACKGROUND:** The efficacy and tolerability of a homeopathic combination remedy for the treatment of acute rhinosinusitis was investigated.

**PATIENTS AND METHODS:** A total of 144 patients with acute rhinosinusitis were treated in a randomized, double-blind study either with a homeopathic remedy (n=72) or placebo (n=72). At the control examinations after 7, 14 and 21 days, five sinusitis-typical symptoms were measured with scores from 0 (absent) to 4 (very strong). The change of sum score of the sinusitis-typical symptoms (max. 20 points) during the treatment served as the primary efficacy criterion.

**RESULTS:** In the homeopathic treatment group, the average sum score dropped from initially 12.1+/-1.6 to 5.9+/-2.0 points after 7 days. In the placebo group it decreased from 11.7+/-1.6 to 11.0+/-2.9 points (p<0.0001). The homeopathic treatment resulted in freedom from complaints in 90.3% of the patients and improvement in a further 8.3%, whereas in the placebo group, the complaints remained unchanged or became worse in 88.9% of the patients. Only one adverse event occurred in one patient from the placebo group.

**CONCLUSION:** The homeopathic product allows an effective and tolerable treatment of acute rhinosinusitis.

1: [Explore \(NY\)](#). 2007 Mar-Apr;3(2):98-109.  [Links](#)

**Efficacy of a complex homeopathic medication (Sinfrontal) in patients with acute maxillary sinusitis: a prospective, randomized, double-blind, placebo-controlled, multicenter clinical trial.**

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**BACKGROUND:** There is a demand for clinical trials that demonstrate homeopathic medications to be effective and safe in the treatment of acute maxillary sinusitis (AMS).

**OBJECTIVE:** The objective of this clinical trial was to demonstrate the efficacy of a complex homeopathic medication (Sinfrontal) compared with placebo in patients with AMS confirmed by sinus radiography.

**DESIGN:** A prospective, randomized, double-blind, placebo-controlled, phase III clinical trial was conducted for a treatment period of 22 days, followed by an eight-week posttreatment observational phase.

**SETTING:** The clinical trial was conducted at six trial sites in the Ukraine.

**PARTICIPANTS:** One hundred thirteen patients with radiography-confirmed AMS participated in the trial. **INTERVENTIONS:** Fifty-seven patients received Sinfrontal and 56 patients received placebo. Additionally, patients were allowed saline inhalations, paracetamol, and over-the-counter medications, but treatment with antibiotics or other treatment for sinusitis was not permitted.

**MAIN OUTCOME MEASURES:** Primary outcome criterion was change of the sinusitis severity score (SSS) from day zero to day seven. Other efficacy assessments included radiographic and clinical cure, improvement in health state, ability to work or to follow usual activities, and treatment outcome.

**RESULTS:** From day zero to day seven, Sinfrontal caused a significant reduction in the SSS total score compared with placebo (5.8 +/- 2.3 [6.0] points vs 2.3 +/- 1.8 [2.0] points;  $P < .0001$ ). On day 21, 39 (68.4%) patients on active medication had a complete remission of AMS symptoms compared with five (8.9%) placebo patients. All secondary outcome criteria displayed similar trends. Eight adverse events were reported that were assessed as being mild or moderate in intensity. No recurrence of AMS symptoms occurred by the end of the eight-week posttreatment observational phase.

**CONCLUSION:** This complex homeopathic medication is safe and appears to be an effective treatment for acute maxillary sinusitis.

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