



IMPACT OF RECURRENT URTI ON QUALITY OF LIFE OF PATIENTS SHOULD NOT BE TRIVIALIZED

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ABSTRACT:

A study of treatment of Recurrent Upper Respiratory Tract Infections (URTIs) was carried out. This study consists of detailed cases with data of 126 patients. While dealing with Recurrent URTI with Homeopathic treatment, it was found that its impact on the quality of life of patients is deeper and severe. Symptoms affect various aspects like abnormal sleep, interfere with daily activities, sports and leisure, impair work and school activities. Over all, it affects performance, concentration, perception.

The results of the study indicates Statistically significant decrease in the number of episodes after paired T test application As scores of both no. of Episodes and Sensitivity shows significant differences at $p < 0.001$ level. (By Paired t Test and Chi-square Test) Hence, it goes to state that Psorinum and Sulphur helps in treatment of Recurrent URTI.

After homoeopathic treatment, number of episodes reduced that is increased in the suffering free period. This leads to improvement in the quality of life.

KEYWORDS – Quality of Life, Recurrent, URTI, Homoeopathic Medicines.

INTRODUCTION

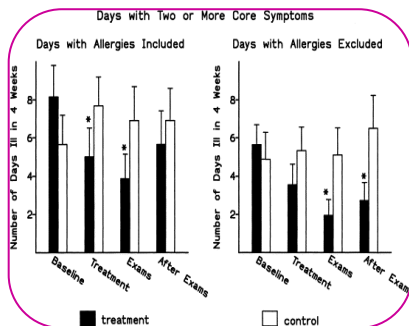
URTI – Upper respiratory tract infection are the illnesses caused by an acute infection which involves the upper respiratory tract: nose, sinuses, pharynx, larynx.

This commonly includes: Tonsillitis, Pharyngitis, Laryngitis, Sinusitis, Otitis media, & Common cold.

Illness under this heading, recur frequently & even though they are not actually fatal they remain lingering for many years because of which patient is really afraid of some serious illness but that cannot be documented & treated easily.

Relapsing conditions are more painful than an illness that causes suffering at once.

More focus has been given on symptoms of URTI. But health related quality of life is not taken in to consideration.



URTI –INCIDENCE & PREVALANCE

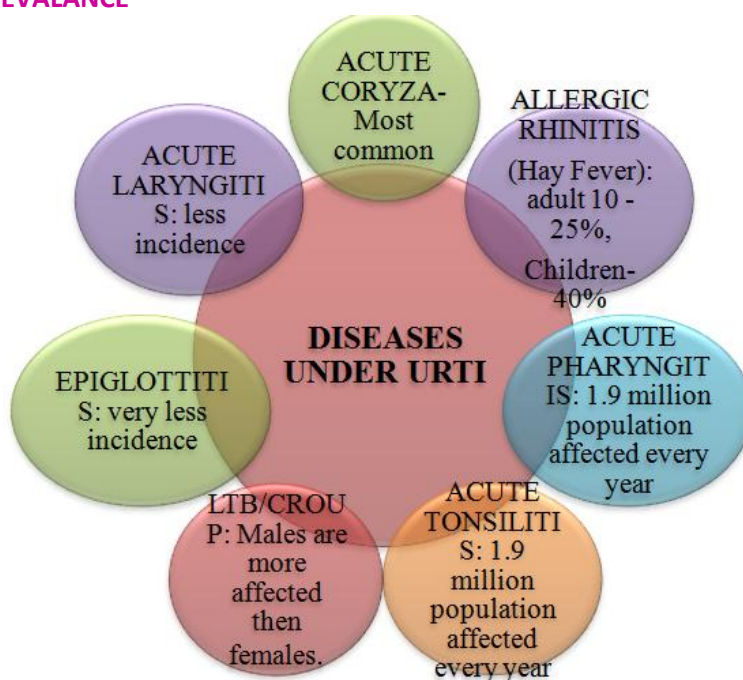


Figure-1

As the complaints came on for a few days every month, they were physically troublesome & interfered with the daily routine of the person. Symptoms like irritability; anger etc. prevented the person from performing their work satisfactorily.

Upper respiratory tract infections are the most common types of infectious diseases among adults. It is estimated that each adult experiences two to four respiratory infections annually. The morbidity of these infections is measured by an estimated 75 million physician visits per year, almost 150 million days lost from work, and more than \$10 billion in costs for medical care.²

Office visits for colds, upper respiratory tract infections, A total of 51% of patients diagnosed as having colds, 52% of patients diagnosed as having upper respiratory tract infections, and 66% of patients diagnosed as having bronchitis.²

On average, adults get 4 to 6 colds per year, while children get 6 to 8 of them. Colds cause about 500 FP visits per 1000 patients per year.¹ Because colds occur all year round, the total burden of illness caused by them is greater than the burden caused by seasonal influenza. Colds account for 40% of all time lost from jobs and 30% of all absenteeism from school.² Colds occur all year round but are more common in the winter months.⁴

Definitions of the common cold are rather vague, but colds have the following features:³

- feeling generally mildly unwell (“indisposed”),
- a sensation of chills (which means feeling cold when the core temperature is either normal or even raised), and
- sniffles (excessive nasal discharge above the normal physiologic level)

No one likes to be sick, but it’s something that everyone has to deal with from time to time. Unfortunately, the frequency of certain ailments is on the rise in India, such as common colds.

GRAUVOGL MADE THE TRUE OBSERVATION⁵

Individual is not able to adapt itself to varying conditions

If a patient who has been for a long time annoyed by this circumstance that every draught of air affects him unpleasantly, he is not cured, from URTI.

As long as the disposition to take cold is not removed from him, Every relapse to which he is exposed under such circumstances is proof of the still present conditions for the same or a similar disease, A proof that he is not wholly cured.

According to Patterson’s(allergic diseases) Impact on individuals⁶

Symptoms results in abnormal sleep, interfere with daily activities, sports and leisure, impair work and school activities and are considered troublesome.

BURDEN OF DISEASE

According to primary care physicians, there were 16.9 million office visits for symptoms.

In addition to the characteristic nasal and ocular symptoms of rhinitis, patients can also experience fatigue, headache, disrupted sleep patterns and decline in cognitive processing, psychomotor speed, verbal learning, and memory.

Link between rhinitis and nasal polyps is considered, recurrence rate of nasal polyps in patients with rhinitis is higher. The indirect costs of rhinitis such as absenteeism and presenteeism (decreased productivity while at work) are also substantial. Impaired productivity and /or missed work in 52% of patients.

Quality of life surveys have evaluated the impairment to rhinitis.

Similar impairment when evaluating energy/fatigue, general health perception, physical role limitations as well as emotional role limitations- mental health, pain, and change in health. Patients actually had significantly lower scores.

These surveys clearly demonstrate the overall morbidity of the disorder and therefore, the symptoms of these patients should not be trivialized.

Generally not examined the impact. Researcher have focused on URTI symptoms.

A broader, potentially more useful measure of outcome in health related quality of life (HRQL) fail to recognize the significant impact on patients.⁷

Multi-dimentional effect on individual due to Relapses

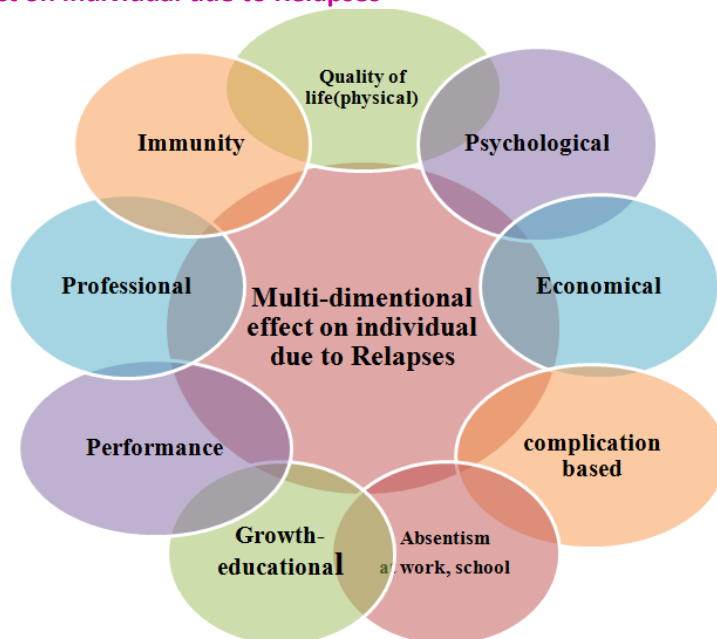


Figure-2

Normally an adult **can expect two to three colds a year** and a **child** can expect about **four to six colds a year**.¹

So adults visiting with recurrent Upper Respiratory Tract infections more than 3 to 4 episodes, in pediatrics more than 4 to 6 episodes per year affect **overall health of individual**.¹

RELAPSES ACCORDING TO HOMOEOPATHY^{8,9}

Acute cases treated with apparent success.

Cases returns with recurrence of symptoms with same or increase in intensity.

Remedy that meet the acute condition and the underlying defect at the same time should be selected to remove tendency of an individual.

Some patients shown very good improvement, but few doesn't go smoothly

Medicines which were frequently used needs further study to know their clinical evaluation

Overall improvement of the individual must be focused upon along with treatment of recurrence.

Episodes could be judged by force and frequency of appearance

HAHNEMANN'S GUIDELINE FOR MANAGEMENT OF RELAPSING CONDITIONS¹⁰

Dynamic diseases

↓

Chronic diseases (aph74,82)

↓

Diseases with fully developed symptoms

↓

Miasmatic chronic diseases

↓

Single disease

↓

Psora

Individual's reaction to the stimulus

Physical Make up+ Stress + Stimuli

(external)(cold, certain food, dust etc)

↓

Inborn weakness of particular parts of body

↓

Increased response to various stimulus

↓

Inability to tackle or cope up with Exciting agents

↓

Sufferings

↓

Repeatedly

Individual response to the disease

We always want to observe the state of person in disease and not the disease in person.

Person who is afflicted

Acute disease or chronic disease

State of imbalance is unique to that person

We should find a remedy that will be the most specific to this individual in that state

State could be-

- ◆ Irritable / Angry-Nux Vomica
- ◆ Dull/ Lethargic- Calc carb
- ◆ Restlessness (Physical/ Mental) Impatient/ Hyper-Arsenic Album
- ◆ Weak/ Exhausted-Silicea
- ◆ Timid / Tearful -Pulsatila

Effects of Relapsing URTI

- ◆ Recurrences most common complication- Sinusitis -Heaviness/ Sleeping -lack of Concentration & Perception
- ◆ Otitis - Hearing affected-Speech & Reaction- Performance affected

Table No.1 Recurrent URTI in the study

| Type of URTI | No of patients |
|-------------------|----------------|
| Allergic Rhinitis | 61 (54.46 %) |
| Pharyngitis | 18 (16.07 %) |
| Tonsillitis | 20 (17.8 %) |
| Sinusitis | 13 (11.60 %) |
| Total Cases | 112 |

Table No.2 Family History of Recurrent URTI

| Hereditary Factors | % |
|---------------------------------|----------------|
| Patients with Family History | 78 (69.64%) |
| patients with No Family History | 34 (30.35 %) |
| Total | 112 |

Table No. 3 Before And After Treatment (Figure -3)

(Episodes treated with homoeopathic medicines and recurrence reduced after Psorinum/Sulphur)

| Type of URTI | Before Treatment | After Treatment | |
|-------------------|------------------|-----------------|----------|
| | | Not Improved | Improved |
| Allergic Rhinitis | 61 (54.46 %) | 02 | 59 |
| Pharyngitis | 18 (16.07 %) | 04 | 14 |
| Tonsillitis | 20 (17.8 %) | 02 | 18 |
| Sinusitis | 13(11.60 %) | 08 | 05 |
| Total Cases | 112 | 16 | 96 |

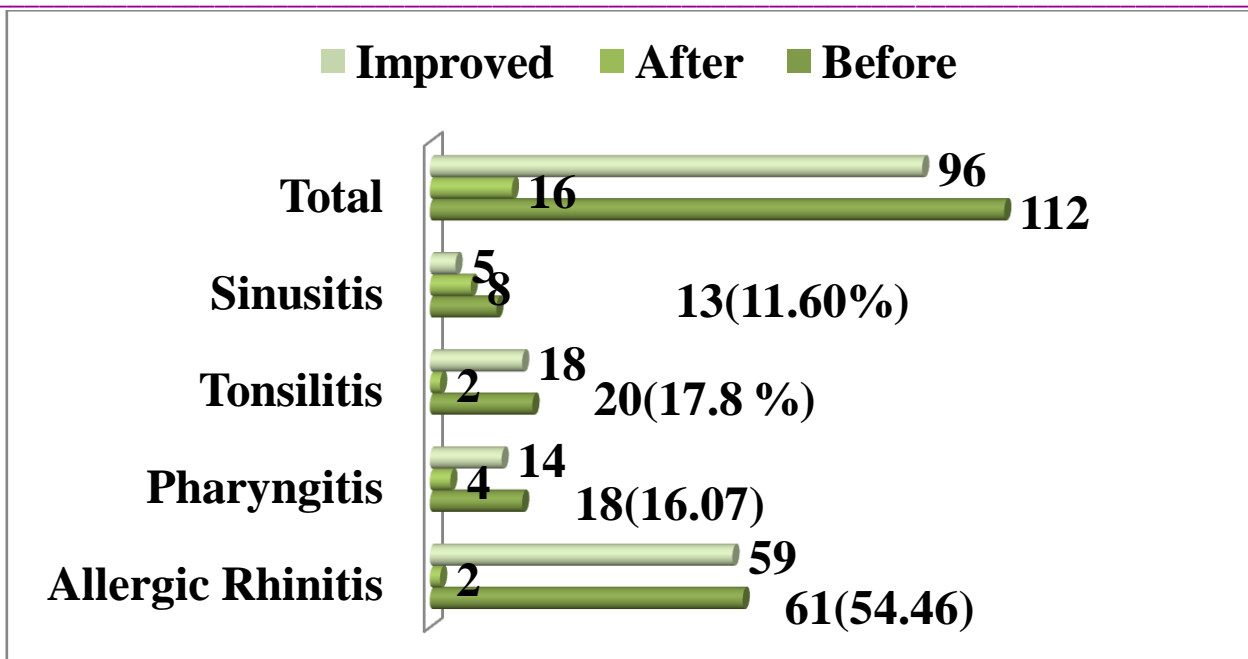


Figure -3

Study End points – a. Decrease in frequency of Recurrence (no. of episodes of URTI)
 b. Increase in tolerance of individual towards stimuli without suffering.

CONCLUSION

- After homoeopathic treatment, number of episodes reduced.
- As episodes were reduced, absenteeism for school going children/college/work place in the office or at home for house wives reduced.
- Presentism with increased work efficiency with performance.
- This leads to improvement in the quality of life with decrease in recurrence.
- Seasonal recurrence causes comparatively less impact than perennial recurrence.i.e patients having episodes more than 6 per year have very severe sufferings other than urti itself.
- Genetic or family tendency cases are tough to treat. Requires deep acting antimiasmatic or intercurrents.
- Without family history well indicated treatment works effectively.
- Thus this study indicates that acute upper respiratory tract infections exert a significant deleterious effect on sufferers.

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