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## The effect of *Cyclamen europaeum* (Nasodren) in treatment of acute rhinosinusitis

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**Introduction:** Acute rhinosinusitis (ARS) is an inflammatory disease, triggered by viral (90%), bacterial, or fungal infection, causing symptoms for 12 weeks. The effect of phytotherapeutic nasal spray *Cyclamen europaeum* vs. fluoroquinolones (levofloxacin) and fluoroquinolones was investigated

**Materials & Methods:** We performed a randomized study with 20 adults patient, aged 20-55 year old 1st group including 10 patients, received levofloxacin 500 mg. OD for five days with *Cyclamen europaeum* (CE) nasodren spray once daily for 10 days. Another 10 patients took levofloxacin 500 mg once daily for five days. The efficacy of the treatment was rely on clinical symptoms, such as rhinorrhea, nasal obstruction, postnasal drip, nasal congestion, sinus head ache, facial pain, cough, and endoscopic findings on days 3, 5, 7, and others.

**Result:** There was no significant difference in most of the symptoms, revealed on the day 3 in both group. Nevertheless, reduction of nasal congestion and improving of nasal breathing was noted on the 5th day in 1st group (CE vs. antibiotic) with almost disappear of facial and orbital pain among the bettering of endoscopic findings on day 7 with the same patients. Meanwhile, in the second group (levofloxacin), all above mentioned symptoms were practically reducing after 10 days of treatment.

**Conclusion:** *Cyclamen europaeum* treatment in combination with fluoroquinolones is reducing the severity of pain after 2-3 days, as good as major symptoms after 5 days in patients with moderate-to-severe ARS. The study demonstrates relatively safety of CE with mild nasal burning.

### Biography

Lola Zaripova is an ENT Senior Specialist. She worked at Al-Mishari Hospital in KSA from 2001 to 2008 as an ENT Senior Surgeon Specialist. Additionally, she covers a wide range of inpatient wards and outpatient clinic (6000 patients per year) A&E department.

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