



New Drugs in Rhinosinusitis: Clinical and Epidemiological Multicenter Study with Cyclamen extract (Nasodren) to patients with Acute Rhinosinusitis

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Purpose & means:

A study, in two groups of patients suffering from acute rhinosinusitis (EPOS-3 2007 definition) was conducted, the last 12 months, to investigate the epidemiological characteristics of the disease and to evaluate the action and the efficacy of a new plant-product, from the roots of *Cyclamen Europaeum* (Nasodren) in a spray formula applied locally to the nose in addition to antibiotic treatment. **1st group** (N:196): Patients receiving only antibiotics for 2 weeks and **2nd group** (N:186): Patients receiving antibiotics and the cyclamen nasal spray ,1 spray/day for 2 weeks. The treatment evaluation from patients was calculated with the use of a VAS scale, where 0 means no symptoms and 10 intolerable symptoms. These, **196+186 = 382 patients**, (56% of the total number of 684) were the ones who have completed the study and were asked to evaluate their symptoms improvement: nasal obstruction, secretions, facial pain, anosmia and sleep disorders, the 1st, 7th and 28th day after treatment initiation.

Results:

The patients of the 2nd group, antibiotics + cyclamen, reported a quicker improvement and more rapid des-escalation of their symptoms, in comparison to the 1st group receiving only antibiotics. (table 1). There were no side effects from the cyclamen extract spray treatment.

Table 1. Discomfort index.

	Antibiotics N=196			Antib. + Cyclamen N=186		
	1 st	7 th	28 th	1 st	7 th	28 th
Nasal Secretions	8,1	5,7	2,3	8,5	2,9	0,55
Nasal obstruction	6,4	4,6	1,1	7,3	2,6	0,21
Facial pain	7,1	4,9	0,9	5,3	1,1	0,18
Anosmia-Hyposmia	4,8	2,5	0,2	4,1	1,1	0,10
Sleep Disturbances	7,1	3,2	0,8	7,7	2,6	0,40
Middle Value	6,7	4,18	1,06	6,58	2,06	0,28

Conclusion:

The cyclamen nasal spray is a safe and effective complimentary treatment modality to patients suffering from acute rhinosinusitis and receiving antibiotics. It also shortens treatment period and consequently the related financial costs.

Keywords:

Rhinosinusitis, Cyclamen spray, antibiotics.