

The Possibility of Overall Improvement in the Symptoms of Allergic Rhinitis and the Related Physical and Mental Disturbance

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ABSTRACT

Purpose

With the notion of holistic health care, this pilot study was designed to investigate and verify the possibility of using functional foods to improve the overall symptoms, including the physical and mental state, of allergic rhinitis patients.

Methods

Patients that had been diagnosed by doctors with allergic rhinitis for at least 1 year were selected. Any with acute disease were excluded. After taking functional foods for 1-12 weeks, variations in physical and mental disturbance and the quality of life were assessed by using HoloLife Rhinitis Rating Scale and HoloLife Holistic Health Rating Scale.

Results

A total of 20 participants (7 males, 13 females) completed the 1-12 week treatment program and evaluation. The following allergic rhinitis related symptoms were investigated: stuffy nose: 69.23% improvement; 30.77% improved significantly ($p<.001$); sneezing: 41.18% improved, 58.82% improved significantly ($p<.001$); runny nose: 33.33% improved, 66.67% improved significantly ($p<.01$); dripping nose: 44.44% improved, 55.56% improved significantly ($p<.01$); dizziness: 75% improved, 12.5% improved significantly ($p<.05$); chest distress: 83.33% improved, 16.67% improved significantly ($p<.05$); itchy nose: 100% improved, 0% improved significantly ($p<.05$). In the case of physical and mental disturbances: weakness: 46.15% improved, 46.15% improved significantly, 7.69% unchanged ($p<.01$); sleep: 55.56% improved, 44.44% improved significantly ($p<.01$); constant fatigue: 50% improved, 50% improved significantly ($p<.01$); low immunity: 60% improved, 20% improved significantly ($p<.01$); anxiety: 71.43% improved, 21.43% improved significantly, unchanged, 7.14% unchanged ($p<.001$); reduced ability to study or work: 72.73% improved, 18.18% improved significantly, 9.09% unchanged ($p<.01$); memory: 66.67% improved, 16.67% improved significantly, 16.67% unchanged ($p<.05$). In addition, the overall quality of life: 50% improved, 40% improved significantly, 10% unchanged ($p<.001$).

Conclusion

The preliminary study found that functional food significantly improved the overall symptoms in patients with allergic rhinitis, including physical and mental disturbances to the quality of life. Furthermore, symptomatic treatment and holistic health care may also be achieved.

Keywords: allergic rhinitis, quality of life, holistic health care, functional food