

Acupuncture Treatment for Allergic Rhinitis: Why should Physicians recommend it?

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Abstract

Allergic rhinitis is an IgE-mediated inflammation of the nasal mucosa that is clinically expressed with sneezing, nasal congestion/pruritus and rhinorrhea, in any combination. With nearly 10%-20% of the global population suffering from allergic rhinitis, it is obvious that it affects significantly patient's quality of life and productivity, as well as imposes a huge economic burden through associated healthcare costs. Current pharmacological treatment (H1- antihistamines, glucocorticosteroids, leukotriene antagonists, decongestants, anticholinergics), as well as allergen immunotherapy, usually fail to achieve complete remission of symptoms or cause treatment-related side-effects. Extensive clinical and experimental investigations over the last decades have shed light on the efficacy, as well as mechanisms of action of acupuncture treatment for allergic rhinitis. We present the available data, to date, which suggest that acupuncture should be part of the treatment algorithm for allergic rhinitis patients.

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