JCON 4
The International Conference of Unani Medicine:
"Re-visiting Ilmul Jarahat (Surgery)"
26-28th February, 2018
SOUVENIR

Organized by:
Department of Jarahat
Faculty of Unani Medicine
Ajmal Khan Tibbiya College & Hospital
Aligarh Muslim University, Aligarh, 202002 INDIA

Technical Collaborators /Partners

Website: www.ilmuljarahat.com/conference
Zofa (*Nepetabracteata* Benth.) Syrup for Alleviating Allergic Rhinitis

Mohammad Reza Hajiheydari¹, Mohammad Ebrahim Yarmohammadi², Pooak Izadi³, Farhad Jafari³, Fatemeh Emadi³,⁴, Elham Emaratkar¹, Sayed Hamid Reza Abtahi⁵, Mohsen Naseri⁴, Arman Zargaran⁶, Fatemeh Alijaniha⁴

¹Departments of Traditional Iranian Medicine, Faculty of Medicine, Shahed University, Tehran, Iran.
²Department of Otolaryngology, Head and Neck Surgery, Faculty of Medicine, Shahed University, Tehran, Iran.
³Department of Health and Social Medicine, Faculty of Medicine, Shahed University, Tehran, Iran.
⁴Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, Iran.
⁵Department of Otolaryngology, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran.
⁶Department of Traditional Pharmacy, School of Traditional Medicine, Tehran University of Medical Sciences, Tehran, Iran.

Contacting author: Fatemeh Alijaniha, Email: f.alijaniha@shahed.ac.ir

**Background:** Allergic rhinitis is a worldwide prevalent inflammatory disease with a great burden on health care system. It reduces quality of life and considerably decreases productivity through loss of work and school attendance. In spite of various therapeutic options in modern medicine, patients often complain of poor outcomes. So, developing new effective therapies is very important. The present study aims to evaluate the efficacy of *Nepetabracteata* Benth. syrup (NBS) on adults suffering from allergic rhinitis, through a double-blind randomized clinical trial study.

**Materials and methods:** 71 participants randomly assigned to treatment group receiving NB syrup and placebo group receiving simple syrup for 4 weeks as three times a day. The effect of the drug was evaluated on AR symptoms (rhinorrhea, sneezing, nasal obstruction, itchy nose, and ocular symptoms) by ARYA questionnaire and severity of symptoms by visual analog scale (VAS) with three times a day.