

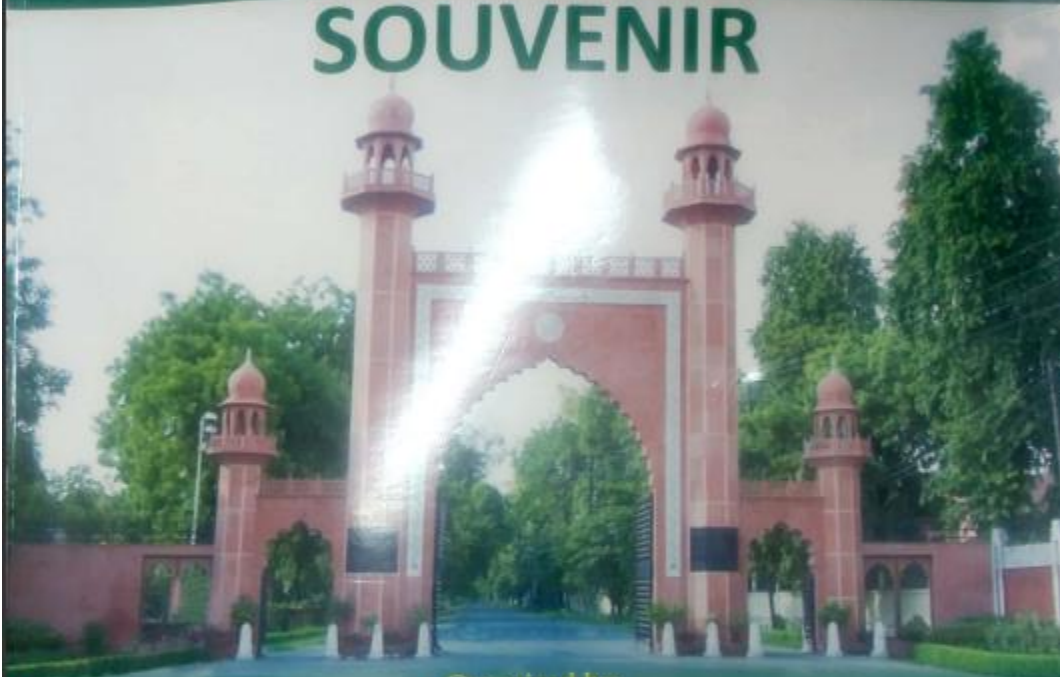


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Zofa (*Nepetabraceata Benth.*) Syrup for Alleviating Allergic Rhinitis

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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 *Nepetabraceata 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