

Capsaicin nasal spray effective for mixed rhinitis patients

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(HealthDay)—Capsaicin nasal spray is effective for mixed rhinitis (MR)

patients, who have more than one major etiologic factor involved in the mucosal pathology, according to a study published online July 16 in *Allergy*.

Laura Van Gerven, M.D., from University Hospitals Leuven in Belgium, and colleagues examined the efficacy of capsaicin [nasal spray](#) in MR patients. They compared the efficacy for 28 strictly selected idiopathic rhinitis (IR) patients who were included in a trial and 24 IR patients who did not meet inclusion criteria (MR patients). All patients were treated with capsaicin 0.1 mM nasal spray; the therapeutic response was assessed at 12 weeks after treatment.

The researchers found that the distribution of patients with a reduction of symptoms was less favorable for the MR versus IR population. The percentage of patients with a therapeutic response was 68 and 79 percent, respectively, for the MR and IR patients, which was not statistically significantly different. A major symptom reduction was reported by 32 percent of MR patients. The presence of nasal hyperreactivity (NHR) predicted success of treatment; MR [patients](#) with self-reported NHR had significantly better therapeutic response evaluations than those with no NHR ($P = 0.039$).

"In conclusion, the [capsaicin](#) nasal [spray](#) is effective in a broader group of IR than the purely selected ones described before," the authors write.

More information: [Abstract](#)
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