

CHAPTER 5

Conclusions

Allium ascalonicum L. or shallot is a major ingredient of various Thai cuisine recipes and has been used for alleviating allergic rhinitis (AR) symptoms in Thai traditional knowledge. Zertine®, a generic cetirizine, is the second-generation antihistamine which is commonly used as standard treatment for AR patients in Thailand. The use of one and a half bulbs of oral shallot supplement combined with generic cetirizine was shown to improve the visual analog scores (VAS) of overall symptoms, total nasal symptom score (TNSS), and total ocular symptom score (TOSS) when compared with pre-treatment, but insignificantly differed from the use of cetirizine alone. However, the significant reduction of sneezing, itchy nose, and itchy eyes were seen sooner in the shallot group at 2 weeks after treatment. The responder rate of sneezing at 4 weeks post-treatment was 83.3% in the shallot group and 57.1% in the placebo group. The QOL, nasal cytology, and satisfaction were insignificant between groups. There was no change of nasal obstruction and NAR from baseline in both groups. No serious adverse event (SAE) was observed. AEs were similar in both groups, for example, dizziness, fatigue, headache, somnolence, and dyspepsia. In conclusions, sneezing, itchy nose and eyes were the main symptoms that remarkably improved after the oral shallot supplement was added to generic cetirizine. The use of 1½ bulbs of shallot per day could benefit the AR treatment without adverse effects. Further clinical trial with larger sample size and longer duration of shallot use is recommended.