



A randomized, double-blind, parallel trial comparing capsaicin nasal spray with placebo in subjects with a significant component of nonallergic rhinitis

Author's Commentary: ICX72 in the referenced manuscript is compliant with the FDA requirements for homeopathic preparations. *Capsicum annuum* has a monograph in the United States Homeopathic Pharmacopoeia that states that dilution factors in the range of $3\times$ to $5\times$ are appropriate for over-the-counter applications.¹ Additionally, *Capsicum* is also described at these levels in the common homeopathic material medicas for the treatment of congestion and related symptoms. As the authors note, the nature of capsicum is such that at the dilution permitted in the monograph, its sensory effects are not completely eliminated. No requirement based on the homeopathic monograph (United States Homeopathic Pharmacopoeia) or Material Medica for *Capsicum annuum* calls for it to be diluted to 10^{-24} to 10^{-60} .^{1,2}

Similar to what has been encountered in other intranasal medication studies, formulating a placebo that caused a mild transient

sensation similar to the ICX72 formulation was not possible. However, to ensure that the study remained blinded to the subject, both the clinical research coordinator and investigator used common written instructions to direct the patient through different procedures, thereby limiting any unnecessary conversations during the study visits that could bias the subject or coordinator.

Jonathan A. Bernstein, MD
Department of Internal Medicine
Division of Immunology/Allergy Section
University of Cincinnati College of Medicine
Bernstein Allergy Group, Inc.
Cincinnati, Ohio
jonathan.bernstein@uc.edu

References

- [1] www.pharmacopeia.cn/v29240/usp29nf24s0_m12368.html. Accessed November 19, 2011.
- [2] www.vithoulkas.com/en/books-study/...materia-medica/2894.html. Accessed November 19, 2011.

Disclosures: The corresponding author and lead investigator is a consultant for Dynova Laboratories.

Financial Support: This study was funded by Dynova Laboratories.