

**When pollen's in bloom... : Rynacrom : disodium cromoglycate for hay fever.**

**Contributors**

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**wellcome  
collection**

Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

**When pollen's in bloom...**



# RYNACROM

Disodium cromoglycate for hay fever



In the form of Intal, disodium cromoglycate is already proven as a valuable anti-allergic therapy.<sup>1,2</sup> The introduction of Rynacrom now makes disodium cromoglycate available for the control of symptoms of hay fever. Administration is by a specially-designed nasal insufflator that is recharged with a Rynacrom capsule at each application.

Clinical trial results show that Rynacrom significantly reduces rhinorrhoea and nasal obstruction in hay fever and that the treatment is easy and well accepted by patients.<sup>3</sup> A characteristic feature of DSCG therapy is the extremely low incidence of side effects.<sup>1,2,3</sup> For this reason many of the problems of conventional hay fever therapy do not arise with Rynacrom.

## At the first sneeze of summer

Rynacrom is supplied as capsules containing disodium cromoglycate 10 mg together with an inert carrier (Lactose BP 10 mg), for use in a specially-designed Rynacrom insufflator.

**References:** 1. Altounyan REC, and Howell JBL, Treatment of Asthma with Disodium Cromoglycate (FPL 670, 'Intal'). *Respiration*, 1969, 26, 131 (Suppl).

2. Kennedy MCS, Disodium Cromoglycate in the Control of Asthma. A Double-Blind Trial. *Brit J Dis Chest*, 1969, 63, 96.

3. Backman A, Holopainen E, and Salo OP, Effect of Disodium Cromoglycate on Seasonal Allergic Rhinitis. *Lancet*, 1971, i, 55.

# WILD FLOWERS OF THE BRITISH ISLES

- 1 Foxglove (*Digitalis purpurea*) The source of the drug digitalin (A)
- 2 Common Valerian (*Valeriana officinalis*) An unpleasant smelling plant - the source of valerian (M)
- 3 Red-Rattle (*Falcaria v. pallidus*) So called because of the rattling sound of its seed boxes (M)
- 4 Penny Royal (*M. pulegius*) A rather rare plant of damp heaths
- 5 Pyramidal Orchid (*Anacamptis pyramidalis*) A fairly common flower of dry pasture
- 6 Fly Orchid (*Ophrys insectifera*) A rarely plant found on chalky soil
- 7 Meadow Safron (*Colchicum autumnale*) Is the source of the anti gout drug colchicine
- 8 Agrimony (*Agrimonia eupatoria*) An old fashioned remedy for malaria
- 9 Yellow Bedstraw (*Xyris*) Once used as a fragrant stuffing for mattresses
- 10 Wormwood (*Artemisia absinthium*) A plant that is used in the manufacture of liqueurs
- 11 Stinging Nettles (*Urtica dioica*) Provides a dye for use in wartime camouflage
- 12 Scarlet Pimpernel (*Anagallis arvensis*) The common weed of cornfields, the flowers of which close in bad weather
- 13 Policeman's Helmet (*Isopogon glaucoflora*) If it is touched, the ripe capsule instantly opens to release its seeds
- 14 Spreading Bellflower (*Campanula patula*) A rare plant found in shady situations
- 15 Celery-Leaved Crowfoot (*Ranunculus acris*) Liable to cause blisters if rubbed on the skin (M)
- 16 Bugloss (*Lycopsis arvensis*) A member of the forget-me-not species, common on sand dunes
- 17 Chicory (*Cichorium intybus*) The roots of which are roasted and used in some coffee blends
- 18 Charlock (*Sisymbrium officinale*) Its seeds can survive if buried deeply for years; most troublesome in agriculture
- 19 Wood (*Juniperus communis*) Cultivated in our islands for centuries, it was originally used in the production of dyes
- 20 Common St. John's Wort (*Hypericum perforatum*) Once used for treating wounds and for washing off soil spores
- 21 Orange Balm (*Isopogon capensis*) The seed boxes explode when they are touched
- 22 Monkey flower (*Mimulus guttatus*) Since it was imported from the Aleutian Islands, some strains have lost their perfume
- 23 Wood Sage (*Teucrium scoticum*) Is still used in the West to make an antiseptic tea
- 24 Hemlock (*Conium maculatum*) The source of the well-known poison
- 25 Sundew (*Diurna rotundifolia*) An insectivorous plant; the insects adhere to the numerous hair-like glands
- 26 Corn Cockle (*Agrostemma githium*) A source of poison in flour, the seed has now been virtually eliminated by herbicides
- 27 Teasel (*Dipsacus fullonum*) Formerly cultivated to produce 'combs' to give a nap on cloth

Legend  
 A, Acid soils  
 M, Moist or marshy ground



**RYNACROM**  
 Disodium cromoglycate for hay fever

# RYNACROM<sup>®</sup> for hay fever

Disodium cromoglycate

**Description:** Rynacrom is a presentation for insufflation of disodium cromoglycate, 10 mg in powder form, together with an inert carrier (Lactose BP 10 mg).

Disodium cromoglycate has no anti-inflammatory or decongestant activity. Its principle action is to inhibit the release of inflammatory agents (such as histamine, bradykinin) from sensitised cells in the nose. This property offers a new approach to the management of seasonal allergic rhinitis—prophylactic rather than symptomatic therapy.

**Indication:** Seasonal allergic rhinitis.

**Administration:** Rynacrom is presented in a single dose hard gelatin capsule for use in a specially developed nasal insufflator.

**Dosage:** 2 capsules 4 times daily.

Since disodium cromoglycate therapy is prophylactic, it is important that the patient be instructed to maintain regular dosage, as distinct from insufflating the drug intermittently to relieve symptoms.

**Concomitant therapy:** Concomitant antihistamine therapy can often be reduced or discontinued when the allergic rhinitis has been brought under control.

**Withdrawal of Rynacrom therapy:** As the action of disodium cromoglycate is prophylactic rather than curative, continuity of therapy is important in patients who have gained benefit. It should be borne in mind that symptoms of allergic rhinitis may recur when Rynacrom is discontinued.

**Contra-indications:** There are no specific contra-indications. As with all new drugs, it is advisable, where possible, to avoid use during pregnancy, especially in the first trimester.

**Side effects:** No serious side effects attributable to disodium cromoglycate have so far been reported. Occasionally, slight irritation of the nose may occur on insufflation of the powder.

**Pack and Price:** Rynacrom is presented as capsules, supplied in packs of 100\*. Basic NHS. cost £3.15.

\*Instructions are supplied with each pack.



Further information is available from:  
The Technical Services Department,  
FISONS LIMITED — PHARMACEUTICAL DIVISION  
Loughborough, Leicestershire, England.

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