



HOMEOPATHIC TREATMENT OF SINUSITIS & SINUS HEADACHE

Dwivedi A.K

Department of Physiology and Biochemistry SKRP Gujrati Medical College, Indore, India

ARTICLE INFO

Article History:

Received 4th June, 2019

Received in revised form 25th

July, 2019

Accepted 23rd August, 2019

Published online 28th September, 2019

ABSTRACT

There are lot of Personnel's suffering from Sinusitis and allergic rhinitis. The homeopathy can be one of the best options for getting relief from Sinusitis and allergic rhinitis. Sinusitis is an inflammation of the para nasal sinuses. The inflammation could be caused by a virus, bacteria, or fungus. The infection may also be the result of an allergic or autoimmune reaction - when the immune system attacks healthy cells. In this paper some case studies have been given on the treatment of sinusitis and Sinus Headache using homeopathy.

Key words:

sinusitis, sinus, headache, homeopathy, homeopathic, allergy, rhinitis, immunity hay fever

Copyright © 2019 Dwivedi A.K. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

An allergen is a typically harmless substance that causes an allergic reaction. Allergic rhinitis, commonly known as hay fever, is an allergic response to specific allergens. Some typical allergens are grass, dust, and mold. Pollen is the most common allergen.

Sinusitis is an inflammation of the para nasal sinuses. The inflammation could be caused by a virus, bacteria, or fungus. The infection may also be the result of an allergic or autoimmune reaction - when the immune system attacks healthy cells. Research suggests that homeopathic treatment for allergies may be ideal because this type of therapy acts as an immune regulator or immune modulator, possibly regulating or reviving the immune system.

Chronic rhinosinusitis is considered as a group of heterogeneous disorders from a multitude of causes and characterized by mucosal inflammation of nose and paranasal sinuses with sino-nasal symptoms persisting for greater than 12 weeks. No effective medical or surgical management of chronic sinusitis is present in conventional treatment.

Types of Sinusitis

1. **Acute sinusitis:** Usually starts with coldlike symptoms such as a runny, stuffy nose and facial pain. It may start suddenly and last 2-4 weeks.
2. **Subacute sinus:** Inflammation usually lasts 4 to 12 weeks.

3. **Chronic inflammation:** Symptoms last 12 weeks or longer.
4. **Recurrent sinusitis:** Happens several times a year.

Symptoms of Acute Sinusitis

- Stuffy nose
- Dental pain
- Facial pain or pressure
- Bad breath
- Loss of smell
- Running nose
- Lachrymations
- Fever
- Fatigue
- Cough or congestion
- Headache / Heaviness in head

The different treatment given to different patients on the basis of their condition have been discussed in this paper. The patients have been selected in different age group and gender.

Diagnosis

X Ray - PNS

Imaging tests. CT or MRI - PNS

Allergy test.

IgE-

CBC ESR

Risk factors

- family history of atopy

*Corresponding author: Dwivedi A.K

Department of Physiology and Biochemistry SKRP Gujrati Medical College, Indore, India

- age <20 years
- positive allergen skin-prick tests
- inadequate exposure to animals and other micro-organism-rich environments in early life

- Eustachian tube dysfunction.
- Forgetfulness
- Chronic headaches & migraine

Case Study

Allergic rhinitis & sinusitis can reaccrue even after operations many patients have been treated by homeopathy for running nose redness of tip of nose sneezing ,sore throat, headache, redness in eyes, forgetfulness, falling of hairs, weakness, lethargies, feverish etc are common complaints. In children if not treated timely may affect mental & physical growth of such children's.

Type of Patients treated with Homeopathy: DURING LAST 6YEARS

Male: Out of 90 male - 77 treated completely.

Female: Out of 65 female - 54 treated completely.

Children: Out of 340 children's (age group 3-15 years) - 315 treated completely.

The different Homeopathic Medicines prescribed to the patients depending on the of symptoms totality & their different pathological conditions

Are as follows:

- ALLIUM CEPA
- PULSATILLA
- SILICIA
- AMON- CARB
- KALI -CARB
- BELLADONA
- DULCAMARA
- BARYTA CARB
- NATRUM SULPH
- NATRUM ARS
- ARSENC ALBUM
- ARS- IOD
- TUBERCULINUM
- BLATTA ORIENTALIS

On the basis of modalities stringently advise to stay away from cold, sour food & drinks and have to drink warm milk with turmeric & jal neti with warm water helps in recovering faster. After the regular treatment with Homeopathic medicines it was found that around 86% male, 83% females and 93% children got recovered completely.

Complications of this allergic rhinitis include the following

- Acute or chronic sinusitis.
- Otitis media.
- Sleep disturbance or apnea.
- Dental problems (overbite): Caused by excessive breathing through the mouth.
- Palatal abnormalities.

CONCLUSION

In the study it can be concluded that on an average more than 85% patients got recovered from the Sinusitis and allergic rhinitis after taking the prescribed medicines on regular basis. The homeopathy is one of the best treatments which can be given to the personnel's suffering from Sinusitis and allergic rhinitis.

References

1. Spence D. Good medicine: homeopathy. *BMJ*. 2012; 345:e6184. doi: 10.1136/bmj.e6184.
2. Bachert C, Vignola AM, Gevaert P, Leynaert B, Van Cauwenberge P, Bousquet J. Allergic rhinitis, rhinosinusitis, and asthma: one airway disease. *Immunol Allergy Clin North Am*.
3. Claudia M Witt,¹ Rainer Lüdtkke,² and Stefan N Willich , “Homeopathic treatment of patients with chronic sinusitis: A prospective observational study with 8 years follow-up”, *BMC Ear Nose Throat Disord*. 2009; 9: 7.
4. Fortes L, Fraiz IC. Homeopathy from the Patient's Standpoint: an Empirical Study in the City of Curitiba (Brazil), 1998–99. In: Dinges M, editor. *Patients in the History of Homeopathy*. Sheffield: European Association for the History of Medicine and Health Publications; 2002. pp. 301–316.
5. Anelli M, Scheepers L, Sermeus G, Van Wassenhoven MH. Homeopathy and health related Quality of Life: a survey in six European countries. *Homeopathy*. 2002;91:18–21.
6. Witt C, Lüdtkke R, Willich SN. Effect size in patients treated by homeopathy differs according to diagnosis – results of an observational study. *Perfusion*. 2005;18:356–360.
7. Witt CM, Lüdtkke R, Baur R, Willich S. Homeopathic medical practice: Long-Term Results of a cohort study with 3981 patients. *BMC Public Health*. 2005;5:115.
8. Becker-Witt C, Lüdtkke R, Weißhuhn TER, Willich SN. Diagnoses and treatment in homeopathic medical practice. *Forsch Komplementärmed Klass Naturheilkd*. 2004;11:98–103.
9. Guo R, Canter PH, Ernst E. Herbal medicines for the treatment of rhinosinusitis. *Otolaryngol Head Neck Surg*. 2006; 135:496–506.
10. Pranali M. Wandile, “Treatment of Chronic Allergic Rhinitis and Sinusitis with Homeopathy”, Thieme Medical and Scientific Publishers Private

How to cite this article:

Dwivedi A.K (2019) 'Homeopathic Treatment of Sinusitis & Sinus Headache', *International Journal of Current Medical and Pharmaceutical Research*, 05(09), pp 4551-4552.
