

Sinusitis

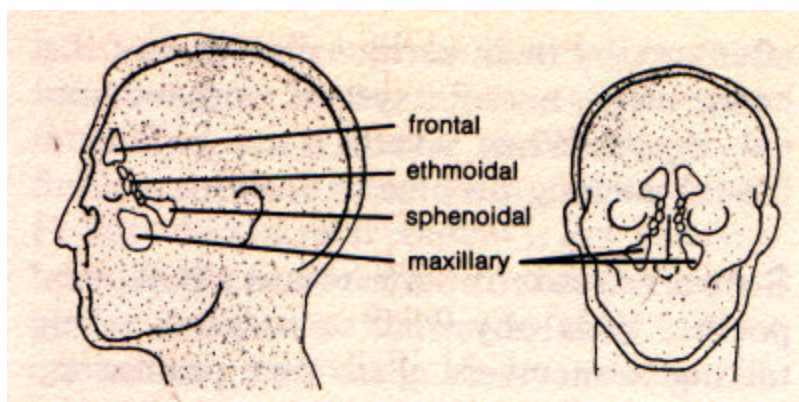
Dr. Sahni BS
DHMS Hons, PGRT (BOM), FF Hom
Deputy Chief Medical Officer (H),
ONGC Hospital Panvel-410221,
Navi Mumbai, INDIA

Website: <http://www.homoeopathyclinic.com>
Email: drsahnibs@vsnl.com

Introduction

The term sinus means a hollow or a pocket. This word can be used to refer to cavities in many parts of the body, such as the renal sinus, the mastoid sinus or an aortic sinus. However, sinus generally refers to the paranasal sinuses, which lie close to the nose. The most important sinuses lie above and below the eye sockets and behind the bridge of the nose. They are lined by a moisture-producing mucous membrane. The purpose of the sinuses is to help moisturize the air we breathe.

There are four types of paranasal sinuses: frontal, ethmoid, sphenoid and maxillary as shown in figure. Infections in them can block normal nasal drainage.



Sinusitis is an inflammation or infection of the air pockets on either side of and behind the nose. It can be caused by bacteria, viruses, fungi (molds) and possibly by allergies. Usually sinusitis follows a respiratory infection such as common cold, or flu. Allergic patients may get this on contact with the specific allergen/substance to which they are hyper sensitive.

Acute sinusitis is much more common in certain patients than in the general population. Chronic sinusitis refers to inflammation of the sinuses that continues for at least 3 weeks, but often continues for months or even years.

Patients with asthma have a particularly high frequency of chronic sinusitis. Inhalation of airborne allergens (substances that provoke an allergic reaction), such as dust, mold, and pollen, often set off allergic reactions (allergic rhinitis) that, in turn, may contribute to sinusitis. People who are allergic to fungi can develop a condition called "allergic fungal sinusitis."

Damp weather, especially in northern temperate climates, or pollutants in the air and in buildings also can affect people subject to chronic sinusitis.

Symptoms

The most common site of sinusitis is the ethmoid sinuses, which typically occurs as a result of obstruction of mucociliary drainage, which then causes a secondary maxillary sinusitis. Sinusitis involving the sphenoid sinus typically is unusual for children under age 5 and frontal sinusitis typically does not occur until age 10, as a result of later development of those sinuses in children.

Sinusitis (infection of sinuses) may have a variety of symptoms, depending on which sinus and nasal passages are involved. There may be nasal discharge (yellowish or greenish), perhaps containing pus; headaches; pain in the cheeks, eye area, ear, or teeth; dizziness and possibly a cough.

If the infection is severe, the patient may also experience fever, a general sick feeling, and such general discomfort that he will have difficulty in concentrating.

Sinusitis can also result from an infection that has spread from a nearby part of the body, such as an abscessed tooth, or following an extraction of tooth.

Diagnosis

Evaluation is by history and physical examination. Blood tests for blood count may be done in special cases. X-rays of the sinuses can show characteristic changes associated with this infection. Culture of the sinus drainage can yield information on the type of infection. Patients who have an uncertain diagnosis may have a CT scan performed of the sinuses.

Homoeopathic Treatment

In treating sinusitis it is important to open up the passage that may be blocked due to swollen tissues, to permit drainage, controlling or eliminating the source of the inflammation, and relieving the pain.

Following Homoeopathic Medicines are able to provide permanent cure to this problem:

Hydrastis: This remedy alone will cure more sinusitis than any remedy because it is more often indicated. Thick, yellow, tenacious mucus in posterior nares, more distinctly yellow than **Kali Bich** and profuse. Frontal headache, fullness over the eyes. <Cold dry winds/air >warm covering. Sinusitis after coryza.

Kali Bich: Inflammation of the frontal Sinuses. Pressure and pain at the root of the nose. Ulceration of the septum (DNS). Fetid smell from the discharge, Discharge is thick greenish yellow, ropy, acrid, tough, elastic plug from nose; leaves a raw surface. Loss of smell, sneezing < morning. <Cold, damp. Better heat & pressure. Headache over the eyebrows < cold > pressing at the root of nose. Must lie down, aversion to light & noise. Violent pain from occiput to forehead if the nasal discharge ceases.

Lycopodium: Frontal sinusitis. Nose stopped up at night. Fan like motion of alae nasi. Chronic coryza blows nose often. < From cabbage, prawns, seafood > warm drinks. Discharge excoriating from nose but internal dryness of the nose. Headache over the eyes in severe colds > uncovering. < 4 to 8 PM. Right sided frontal headache < rising up > lying down. Pain in temples as if screwed down.

Hepar Sulph: Frontal Sinusitis. < Sensitive to touch, slight cold. Nose stopped. This is best remedy to drain the sinus. The discharge stains with blood & smells like old cheese. Right sided sinusitis (Sangu.can) <morning, motion.

Silicea: Chronic Sinusitis. Nose Obstructed & lose of smell. Nasal bones sensitive. Drawing pain at the root of nose and right molar bone. Headache > wrapping up warmly & pressure < motion, jar, and cold air. Headache starts from occipital area (Cocculus) and the settled above eye brows > binding the head tightly.

Bromium: Reoccurring sinusitis < dust. Stoppage of nose first right and then left. Fan like motion the alae. Long continued coryza.

Sanunaria Can: Right sided chronic frontal sinusitis. Discharge yellow & offensive. Pain at the root of the nose.

Cocculus Ind: Sinusitis, pain starts from occipit and settles at nape of neck < lying on back of head < cold air. It generally starts the suppressed discharge from the nose.

Cinnabaris: Maxillary sinusitis. Heavy pressure at the root of the nose. Discharge from the nose is acrid, foul, watery or dark lumps. Pain from the lachrymal duct around eye to temple from inner to outer canthus. <damp, lying on right side.

Nux Vom: Nose stopped up, dry breath through mouth <night. Pulsations in head, in small spots especially on Left forehead. Bursting headache > hard pressure < cold bath. Air, Air conditioner, change of season. > dry heat.

Sticta Pul: Feeling of fullness at the root of nose. Dryness of the mucous membrane of the nose with constant need to blow the nose without discharge. Catarrhal headache before the discharge appears. < change of temperature, Night, lying down.> open air, free discharge.

Aurum Met: Chronic Sinusitis. Boring pain < night with purulent, fetid and bloody discharge. Feeling of Nose obstructed but free flow of air through nose.

Constitutional remedies like Tuberculinum, Calcarea Carb also found useful to complete the cure when indicated remedies fails to provide permanent relief.

Warning

The above given information of the disease is for the general awareness for the commoners. Homoeopathic medicines should not be taken without the proper guidance of qualified and registered Homoeopathic physician.