



Homoeopathic Emphasis on Sinusitis in children

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Abstract:-

Of all the respiratory infections, sinusitis is one of the most common diseases and it is very common in our country because of under nutrition and lack of hygiene. As homoeopathic system of medicine stands on law of similia i.e Similia Similibus Curenture, this disease can be easily managed by homoeopathic medicine.

Keywords: -sinusitis, children, homoeopathy, acute, chronic

Introduction

Sinusitis is nothing but it is inflammation of mucus membrane of any or all the Para nasal sinuses of the face .Four types of sinuses are present; they are frontal, maxillary, sphenoidal& ethmoidal, which open into nasal cavity. The frontal and the sphenoidal sinuses start developing at the age of 7- 8 years while the ethmoidal and maxillary sinuses are present at birth.

Aetiology

The most common cause of acute sinusitis are S.Pneumonia,H.Influenza,B.Catarrhalis and S.Pyogens.

:-The inflammation and swelling of mucus membrane of the sinuses due to upper respiratory tract infection or an allergic reaction, this makes the sinus a great place for the organisms like bacteria,viruses,and fungus to live and grow rapidly and cause secondary infection.

:-Allergies (hay fever, tobacco smoke, dry air, pollutants).

:-Changes in atmospheric pressure (climbing high altitudes).

:-Infection from dental problems.

:-physical injuries to sinuses,swimming in infected water.

:-Intra-natal and neonatal infection from mother.

Types

There are 3 types of sinusitis.

Short-term (acute): the symptoms last for less than 12 weeks .

Long-term (chronic):the symptoms last for more than 12 weeks.

Recurrent :the infections come back again and again means 3 or more episodes of acute sinusitis in a year.

Pathology of Sinusitis

Acute inflammation of sinus mucus causes hyperaemia, exudation of fluid, outpouring of polymorphonuclear cells and increased activity of serous and mucus glands, the disease may be mild or severe. Initially, the exudates is serous; later it may become mucopurulent.

Clinical manifestation

Cold lasting for more than 10- 14 days, sometimes with a low grade fever.

Thick yellow-green nasal discharge, post nasal drip, leading to sore throat, cough, bad breath, nausea and vomiting, headache usually occurs in child of 6 or more. Sinus tenderness may be present, irritability or fatigue, swelling around the eyes, loss of smell

In children with chronic sinusitis the symptoms are usually less severe, but last longer than that of acute sinusitis.

Possible condition that can lead to sinusitis :-

- :-Abnormal shape of the nose.
- :-Infection from a tooth.
- :-Nose injury
- :- Foreign object in nose.
- :-Problem with stomach acids (GERD)
- :-Cystic fibrosis and immunodeficiency syndrome.
- :-Immune problems or antibody deficiencies are risks for chronic sinus conditions.

Diagnosis

Diagnosis mainly based upon history & duration of symptoms. A thorough history and examination usually lead to correct diagnosis. An X-ray or a CT scan of P.N.S may help to determine how child's sinuses are formed but it can't be differentiated between viral, fungal, allergic or bacterial causes of inflammation.

Complications

- :-Osteomyelitis of frontal bone.
- :-Meningitis.
- :-Subdural empyema.
- :-Brain abscess.
- :-Orbital or periorbital cellulitis.

Prevention

- :-Don't have close contact with people who have cold
- :-Malnutrition should be corrected

:-Physical exercise regularly by playing and yoga.

:-Eating plenty of fruits and vegetables.

:-Proper Health education in school and community.

:-Child away from cigarette and cigar smoke.

:-Washing hands frequently.

:-Drink plenty of fluids .

Homoeopathic point of view

With relation to sinusitis in children ,Sycotic background is predominant.Syphillis miasm is predominant in particular type of cases .Where the sinusitis is complicated with abscess ,subdural empyema ,and osteomyelitis.

As per homoeopathy ,(Sec 72) the disease to which man is liable are rapid morbid processes of abnormally deranged vital force ,which have a tendency to finish their course more less quickly but always in moderate time and without medication which one either terminate into death or recovery.Miasm is nothing but dynamic principle which pollutes the living human organism in such a way that a permanent dyscrasia of itself unless completely eradicated by suitable antimiasmatic treatment with relation to sinusitis in children.

Homoeopathic Therapeutics for sinusitis

Arsenic album

Burning and throbbing pain in the sinuse<by light,noise,movement,>head raised on pillow warmth application.Great thirst,drinks in sips frequently,sinusitis with nausea and vomiting.

Belladonna

Pain appears strongly and rapidly and disappears for a while,only to repeat the same again.throbbing frontal headache <by jarring ,bending forwards ,touch,motion of eyes ,>by pressure.Eyes are sensitive to light and the face flushed.

Hepar sulphuricum

The scalp is so sensitive that simple combing of hairs may be painful.Nasal discharge is thick and yellow.Acrid discharge makes the nose sore,passage becomes sensitive to cold. patient is very sensitive to cold.Headache above nose <from shaking the head,motion,stooping >by pressure, tight bandage .

Hydrastis Canadensis

Dull pressive frontal pain, along with constipation.In chronic sinusitis with thick ,tenacious yellow discharge from posterior nares to throat.

Kali bichromicum

Discharge of plugs and clinkers,thick stringy nasal discharge .Extreme pressive pain at the root of nose > by pressure.pain in small spot,can be covered with tip of fingers may shift from one part to other.cough violent with gagging from viscid mucus in throat<undressing.

Lycopodium clavatum

Feeling of dryness in posterior part of nose ,headache <4-8pm.Snuffles of children.Stooping of nose at night.child starts from sleep rubbing nose.Frequent fan like motion of alae nasai.

Mercurious solubilis

Sensation as if head is in a wise. Headache aggravated in open air, from sleeping,after eating and drinking .Headache aggravated by extremes of heat and cold.

Pulsatilla nigricans

It useful in all sinuses.Headache aggravated in warm room and amelioration in open air,pressure ,cold application.Pain rapidly shifing from one part to another. Nasal discharge is thick,bland.Child is mild and gentle.

Spigelia

Headache,left sided aggravated from exposure to cold, damp rainy weather, turning the eyes ,ameliorated lying on right side,with the head high.Copious offensive mucus from posterior nares,drops into throat,causing choking at night.

Nux vomica

Sinusitis with running of nose and sneezing is frequent by the day,but nose stopped at night.child wakes up at around 3-4 am,aggravated in warm room, ameliorated in cold air. Very chilly patient .Child is very impatient and anger easily.

Silicea

In chronic sinusitis,with chronic congestion along with headache that tends to be worse in right eye;Pain is aggravated by cold movement,light,noise,studying,uncovering the head but ameliorated by wrapping warmly and pressure. Obs.tinate children,cry when spoken kindly.

Sabadilla

Sinusitis with worm affection of children.Spasmodic sneezing,with running nose.Severe frontal headache ,redness of eyes and lacrimation.Eyelids red and burning ,sore throat ameliorated by waqrm food and drinks.

Tuberculinum

Child very irritable and easily catch cold. History of tuberculosis in family. Sinusitis with frontal headache. Secretion of mucus from thick, yellow, often yellowish green. worse in close room, dampness, early morning and after sleep better from open air.

Thuja occidentalis

Child suffers from chronic catarrh, thick, green mucus. dryness of nasal cavities. Painful pressure at the root. chilly patient. fixed ideas. child may suffer from asthma aggravated at night cold, damp air, vaccination. better from left side.

Conclusion

Section.3 of Organon of Medicine Master Hahnemann says that – If the physician clearly perceives what is to be cured in disease, that is to say, in every individual case of disease. Sinusitis in childhood disease treatment is not difficult to cure, if the selection the simillinum depends upon the proper case taking, including objective symptoms, subjective symptoms, family history, past history, desire aversion to food, thermal reaction of patient and individualization according to Homoeopathic principles.

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