

Exploring Role Of Homoeopathy In Chronic Rhinosinusitis

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ABSTRACT:

Chronic Rhinosinusitis is increasing in India & other countries. Worldwide prevalence for CRS ranging from 1.0 % to 12.1%. Sinusitis is an inflammation of the paranasal sinuses. The full medical term for sinusitis is "rhinosinusitis" ("rhino-" meaning "nose"), because it affects the mucous membranes lining both the nose and the sinuses. Sinusitis can be acute or chronic: The acute form may appear several times a year, but it always goes away within several weeks at the latest. In chronic sinusitis, the mucous membranes lining the paranasal sinuses are inflamed for a longer period of time. Sinusitis is commonly considered to be chronic if the symptoms continue for more than three months ¹. Homeopathy is one of the most effective way of treatment for Sinusitis since it use satwo-Step procedure to treat Sinusitis. Homoeopathic medications are used to treat the acute symptoms of sinusitis in the first step. In the second phase it is used to treat chronic sinusitis and acute exacerbations ofchronicsinusitis.²

KEY-WORD: Rhinosinusitis, Homoeopathy, inflammation, paranasal sinus

INTRODUCTION:

Rhinosinusitis is defined as inflammation of the sinuses and nasal cavity. The term, "rhinosinusitis" is preferred over "sinusitis" because inflammation of the sinus cavities is almost always accompanied by inflammation of the nasal cavities.

Rhinosinusitis can be classified on the basis of duration as acute rhinosinusitis (ARS) if less than 4 weeks duration or as chronic rhinosinusitis (CRS) if lasting more than 12 weeks, with or without acute exacerbations. Chronic rhinosinusitis (CRS) in adults is defined as inflammation of the nose and the paranasal sinuses producing ≥ 12 weeks of symptoms without complete resolution. It is characterized by two or more symptoms, one of which should be either nasal blockage/obstruction/congestion or nasal discharge (anterior/posterior nasal drip), \pm facial pain/pressure, \pm reduction or loss of smell. In children CSR is defined as for adults except that cough replaces reduced or loss of sense of smell. Maxillary sinus is commonly involve in almost all the cases. Nasal discharge and PND (post nasal drip) was also common as a presenting complaint.³ Utmost people suffer quietly until the multitudinous symptoms begin to affect their productivity. Most frequently, cases who begin with a minor sinus infection do not realize that symptoms, which last beyond 12 weeks, might be a sign that they suffer from chronic rhinosinusitis. Besides pollution and traffic, rhinosinusitis can be started by viral infections, if left without treatment can lead to bacterial infections, allergies, and fungal infection due to humidity accumulation. Allopathic treatment options depend on the nature of the sinusitis which include antibiotics and steroid sprays or drops.⁴ Still, inordinate use and indecorous selection of antibiotic medicines are associated with increased medicine resistance for respiratory pathogens leading to habitual complaint and increased treatment costs.⁵ Because of the diversity under its pathology, no treatment authority exists for its operation.⁶ Complicated cases with clogged sinuses need surgical intervention.

DIAGNOSIS⁷:

- a) Plain X-ray PNS (water's view):- It has been used to evaluate the presence of air-fluid levels or mucosal thickening in the paranasal sinuses which is highly indicative of chronic rhinosinusitis.
- b) Computed tomography (CT): - The scans provide an excellent assessment for mucosal thickening but little insight into the nature of the histopathological correlation.
- c) Sinus and brain MRI is more helpful in determining the extent and the nature of extra nasal complications when disease spreads from the sinuses to the brain.
- d) Nasal endoscopy– Mucosal oedema, polyps, discharge and crusting form the cardinal endoscopic features of CRS.

HOMOEOPATHIC THERAPEUTICS^{8, 9, 10}

Arsenicum Album

Distressing stoppage at the bridge of the nose. Nasal blockage alternating with fluent coryza. The nose appears to be blocked, but it continues to run during coryza. Fluent coryza with frequent sneezing, hoarseness, and insomnia, as well as a swollen nose. The burning and smarting at the nostrils caused by the watery discharge. Nasal discharge that is thick, yellow, and throbbing.

Allium Cepa

Nose stopped with nasal tone in voice. A tightening sensation at the root of the nose. Violent sneezing as soon as one gets out of bed in the morning. Frequent sneezing, lachrymation, pain in forehead, acrid discharge from nostril < evenings and in-doors, > in open air. Coryza in the spring. Colds as a result of the wet northeasterly breezes. Fluent coryza, with headache, tears from eyes, feel shot and thirsty, with want of appetite. Cough with trembling of hands.

Ammonium Carbonicum

Persistent nasal dryness due to obstinate coryza. Dry coryza and nasal blockage, especially at night, with the risk of asphyxia. He can only breathe via his mouth due to long-term coryza. Sneezing and mucus discharge from the nose. Nose dry on waking.

Calcarea Carbonicum

This remedy is especially well-suited to people who have a Leucophlegmatic constitution. Fluent coryza with a clear, watery discharge and a salty taste. Polyps in the nose with a loss of smell. Color and consistency of discharge varies, and it comes from the posterior nares. The effort of blowing nose gives the sensation of ear being closed.

Kali Bichromicum

In the beginning of catarrh, the nose is dry with a pressive sensation at the root. The pressure ache spread to head. Sneezing frequently aggravates in the morning and when going outside. Nose filled up, particularly in the upper half, with difficulties detaching viscous mucus that goes more easily through the posterior nares. Strong headache if enormous volumes of thick, clear mucus are not discharged from his nose.

Lycopodium Clavatum

Oversensitiveness of smell. Stopped catarrh with inability to breath at night. Catarrh of the nose and frontal sinuses, with yellow and thick mucus discharge and a frontal headache. Coryza with a swollen nose, acrid discharge, excoriating itch, and dry posterior nares.

Mercurius Solubilis

Coryza accompanied by a lot of sneezing and a corrosive discharge. Hawking and catarrhal irritation are caused by mucus trickling down via the posterior nares into the throat. Frontal sinus and Highmorian cavity catarrhal affection with pressive, tensive and tearing pains in the forehead, cheeks, upper teeth, and ears Swollen nasal bones with greenish, foetid pus from nose. The odour of stale cheese from acrid nasal discharge. The symptoms are mainly aggravated by touch or pressure, at night, on blowing nose, from cold air.

Natrium Muriaticum

With catarrh, there is a loss of smell and taste. Coryza fluent, alternately with stoppage. In the morning, the posterior nares are dry, with hawking. Sneezing fits every morning, or ineffective attempts. In the morning, the posterior nares are dry, with hawking. Sneezing fits every morning, or ineffective attempts. Catarrh with secretion of clear mucus, transparent like white of egg.

Nux Vomica

Hypersensitive to strong smell. Sneezing frequently aggravates in the morning, in bed, and after rising. Nasal mucus

without coryza, discharge often acrid fluid from the nose. As a result of coryza, there is a lot of mucus coming out of one nostril that is blocked. During the day, coryza is fluent, and at night, coryza is filled. Coryza with a fever, a red cheek, and mucus streaming from the nostril. During nasal discharge, itching in the stopped nose. Coryza is more common in the morning and after a meal.

Phosphorous

Headaches are caused by an intense sense of smell. Stoppage of nose with frequent sneezing > in open air with dullness of head, as if coryza was on the way. Fullness in the nose, particularly high up in the left nostril, with loose mucus. Nasal discharge is abundant in the morning, with greenish/yellow/blood-streaked mucus.

Pulsatilla Pratensis

Catarrh causes a loss of smell. In the base of the nose, there is a pressing sensation. A tickling sensation in the nose is followed by a forceful sneeze. Sneezing in the evening, while sleeping, and in the morning in bed. In the evening before going to bed, a thick, yellow, opaque mucus, similar to that of old catarrh, is blown from the nose, and in the morning, a thick, yellow, opaque mucus, similar to that of old catarrh, is blown from the nose.

Silicea Terra

Nasal bones aching, as though beaten. The right malar bone and the root of the nose drawn in. Dry, uncomfortable, excoriated, crusted nose on the inside. Anosmia. Sneezing that is frequent, violent, unsuccessful, and interrupts. Stuffed nose, or alternately dry and fluent nose, clogged in the morning, fluent during the day. The frontal sinuses are inflamed, and the pain in the forehead is pounding and throbbing. When the affection is in the sub-mucous connective tissue or the periosteum, Ozena will have a foetid, unpleasant discharge. Every morning, an offensive-smelling nasal catarrh with dry masses of mucus, followed by a foul-smelling pus.

CONCLUSION:

In recent years it is noticed that chronic Rhinosinusitis are increasing continuously. Treatment of chronic Rhinosinusitis according to the modern medicine has many side effects. Therefore it is the need of the hour to look for the other options. In such condition, Homoeopathy provides the best treatment with best medicine for curing chronic Rhinosinusitis.

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