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REVIEW ARTICLE

ROLE OF HOMEOPATHIC MEDICINE IN TREATMENT OF SINUSITIS

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Abstract

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The term "sinusitis" refers to an infection or inflammation of the air-filled sinuses, which are located inside the facial bones. There are numerous signs, including facial pain, blocked nose and heavy nasal mucus secretion. A Homeopathy plays a vital role in managing sinusitis in a very gentle and rapid mode. The natural method which is followed in homoeopathic treatment seeks to target the root cause of sinusitis in order to offer long-lasting relief (such as persistent cold, nasal allergies). These medications treat the underlying cause of sinusitis in addition to its immediate symptoms as every case demand unique homoeopathic medicine based on Totality of Symptoms. The homoeopathic approach to treatment can completely cure even if it might take some time as many obstacles come on the road of recovery especially in chronic cases.

INTRODUCTION

Sinusitis is a common condition¹. Every year, between 10 and 30 percent of people in the United States and Europe are affected by it². 12.5% of persons experience chronic sinusitis³. More than US\$11 billion is spent on sinusitis treatment annually in the US¹. It is routine practise to provide antibiotics to treat viral sinusitis ineffectively and unnecessarily. Sinusitis, also called rhinosinusitis, is an inflammation of the mucous membranes that line the sinuses and can cause a blocked nose, facial pain, and thick nasal mucus^{1,4}. Fever, headaches, a bad smell, a sore throat, the need to often clean the throat⁵, frequent coughing fits, and frequent attacks of coughing are some other signs and symptoms that may be present^{5,6}. In most cases, sinusitis begins as a typical viral infection like the common cold⁷. Usually, this virus clears up in 5 to 7 days. As a result of the fluid in the sinuses stagnating during this time, acute sinusitis, which lasts from the sixth day of the infection, may develop⁷.

Epidemiology

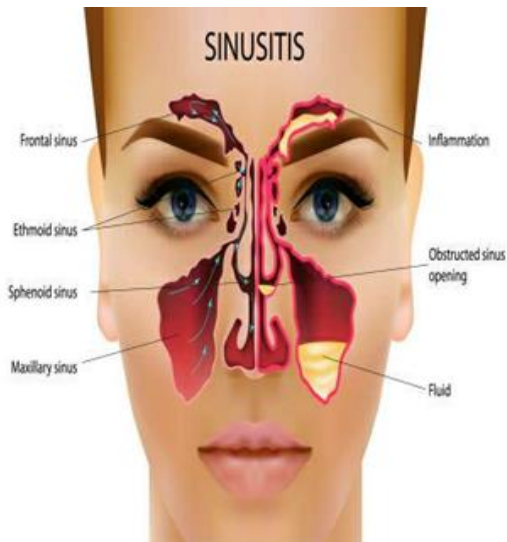
The South, the Midwest, and women all have greater incidence of sinusitis. The most impacted group include adults between the age group of 25 and 64 and children under the age of 15⁸.

Definition-Earlier the term sinusitis was used to describe inflammation of the

mucosa of sinuses. However as this condition is invariably associated with inflammation of the nasal mucosa, hence the term rhinosinusitis has been preferred⁹.

By location - The frontal, ethmoidal, maxillary, and sphenoidal sinuses are the four pairs of paranasal sinuses. The basal lamella of the middle nasal concha serves as the boundary between the anterior and posterior ethmoidal sinuses, which are further separated into two groups. In addition to the disease's severity, which is covered below, sinusitis can also be categorised according to which sinus cavity it affects:

- Maxillary – can cause pain or pressure in the maxillary (cheek) area (e.g., toothache,¹⁰ or headache).
- Frontal – can cause pain or pressure in the frontal sinus cavity (located above the eyes), headache, particularly in the forehead.
- Ethmoidal – can cause pain or pressure pain between/behind the eyes, the sides of the upper part of the nose (the medial canthi), and headaches.
- Sphenoidal – can cause pain or pressure behind the eyes, but is often felt in the top of the head, over the mastoid processes, or the back of the head.¹¹



CLASSIFICATION

A sinus infection, often known as a rhino infection, is characterised as an inflammation of the mucous membrane lining the paranasal sinuses¹².

- **Acute sinusitis** – A new infection that may last up to four weeks and can be subdivided symptomatically into severe and non severe. Some use definitions up to 12 weeks¹.
- **Recurrent acute sinusitis** – Four or more full episodes of acute sinusitis that occur within one year.
- **Subacute sinusitis** – An infection that lasts between four and 12 weeks, and represents a transition between acute and chronic infection.
- **Chronic sinusitis** – When the signs and symptoms last for more than 12 weeks¹.
- **Acute exacerbation of chronic sinusitis** – When the signs and symptoms of chronic sinusitis

exacerbate, but return to baseline after treatment symptoms of sinusitis.

SYMPTOMS

- Nasal discharge, which may be green or yellow
- A postnasal drip, where mucus runs down the back of the throat
- Facial pain or pressure
- Blocked or runny nose
- Sore throat
- Cough
- Bad breath
- Fever
- Headaches
- A reduced sense of smell and taste
- Tenderness and swelling around the eyes, nose, cheeks, and forehead
- Toothache⁹.

CAUSES

- Sinusitis can stem from various factors, but it always results from fluid becoming trapped in the sinuses, allowing germs to grow.
- The most common cause is a virus, but a bacterial infection can also lead to sinusitis. Triggers can include allergies and asthma, as well as pollutants in the air, such as chemicals or other irritants.
- Fungal infections and mold can cause fungal sinusitis⁹.

RISK FACTOR

- Anatomic defects such as septal deviations, polyps, conchae bullosa, other trauma and fractures involving the sinuses or the facial area surrounding them
- Impaired mucous transport from diseases such as cystic fibrosis, ciliary dyskinesia
- Immunodeficiency from chemotherapy, HIV, diabetes mellitus, etc.
- Body positioning, intensive care unit (ICU) patients due to prolonged supine positioning that compromises mucociliary clearance.
- Rhinitis medicamentosa, toxic rhinitis, nasal cocaine abuse, barotrauma, foreign bodies
- Prolonged oxygen use due to drying of mucosal lining
- Patients with nasogastric or nasotracheal tubes¹³.

ACUTE SINUSITIS-

Etiology: Acute viral and bacterial sinusitis- caused by respiratory viruses usually the common cold viruses such as rhinoviruses, influenza and parainfluenza and bacteria such as streptococcus pneumonia and haemophilus⁹.

Clinical features:

- Nasal congestion (blockage)

- Rhinorrhea /purulent rhinorrhea
- Sneezing
- Low grade fever
- Facial pain pressure⁹.

Treatment: Treatment is symptomatic with use of topical nasal decongestant and antihistamine analgesis, antibiotics etc⁹.

Diagnosis: Of acute bacterial sinusitis is made when symptoms of acute sinusitis persist or worsen beyond 10 days.

CHRONIC SINUSITIS

It is a chronic inflammatory diseases of nasal and paranasal sinus mucosa where symptomatology has continued beyond 12 weeks⁹.

Etiology - It is a multifactorial diseases caused by infection bacterial or inflammatory processes (allergy, eosinophilia, vasculitis or sarcoidosis) for clinical purposes. It is divided into two categories:

- Chronic sinusitis without polyps
- Chronic sinusitis with polyps⁹

Predisposing factors:

- Structural deformities.
- Impairment of mucocilliary clearance.
- Cystic fibrosis and young syndrome
- Dental infection
- Allergy
- Osteitis⁹.

Symptoms-

- Nasal obstruction
- Nasal or postnasal purulent discharge
- Facial pain and pressure
- Anosmia

Signs-

- oedema of nasal mucosa
- purulent discharge⁹

Diagnosis-

- At least two the a four mention symptoms and one of the signs should be present to make the diagnosis.
- X-ray (PNS)
- Nasal swab⁹

Treatment:

- Antibiotic
- Anti allergy treatment
- Medical systemic steroids
- Steroid nasal spray⁹

COMPLICATION**Stage Description**

- Preseptal cellulitis
- Orbital cellulitis
- Subperiosteal abscess
- Orbital abscess
- Cavernous sinus septic thrombosis¹⁴

DEFFERENTIAL DIAGNOSIS

- Mucocele of the sphenoid sinus or its neoplasm.
- Nasal polyps.
- Non allergic rhinitis⁹.

PREVENTION OF SINUSITIS

- Moisten the air at home.
- Avoid pollution.
- Eliminate smoking habits.
- Maintain good hygiene.
- Reduce stress⁹.

THERAPEUTIC

1. *Allium cepa*-one of the best remedy for sinusitis when there is Sneezing, especially when entering a warm room. Copious, watery and extremely acrid discharge. Feeling of a lump at root of nose. Hay-fever. [Sabad.;Sil.; Psor.] Fluent coryza with headache, cough, and hoarseness. Polypus.
2. *Ammonium carbonium*-It is one of the most important medicines for sinusitis when there is discharge of sharp, burning water. Stoppage at night, with long-continued coryza. Cannot breathe through nose. Snuffles of children. Epistaxis after washing and after eating. Ozaena, blows bloody mucus from nose. Tip of nose congested.
3. *Apocynum*-The most common homeopathic medicine for chronic sinusitis. In Apocynum Long-continued sneezing. Snuffles of children [Sambucus]. Chronic nasal catarrh with tendency to acute stuffiness with dull, sluggish memory. Dull headache. Takes cold easily,

- nostrils become congested and blocked up easily
4. **Arsenic**-It is an excellent homeopathic medicine to stop the sinusitis of the patient. Thin, watery, excoriating discharge .Nose feels stopped up.Sneezing without relief. Hay-fever and coryza; worse in open air; better indoors. Burning and bleeding.
 5. **Asafoetida**-This remedy is effective for people whose Syphilitic ozaena , with very offensive purulent discharge. Caries of nasal bones.[Aurum.]
 6. **Arum triphylum**-for individual who have soreness of nostrils. Acrid, excoriating discharge, producing raw sores .Nose obstructed; must breathe through mouth. Boring in the nose. Coryza; discharge blood-streaked, watery. Nose completely stopped, with fluent, acrid discharge. Hay-fever, with pain over root of nose. Large scabs high up on right side of nose. Face feels chapped, as if from cold wind; feels hot. Constant picking at nose until it bleeds.
 7. **Aurum matallicum**- Ulcerated, painful, swollen, obstructed. Inflammation of nose; caries; fetid discharge, purulent, bloody .Boring pains in nose; worse at night.Putrid smell from nose. Sensitive smell.[Carbol.Ac.]. Horrible odor from nose and mouth. Knobby tip of nose. Mouth. Foul breath in girls at puberty.
 8. **Belladonna**:-In the early stage of sinusitis belladonna medicine very effective .In this medicine imaginary odors. Tingling in tip of the nose and swollen. Epistaxis, with a red face. Coryza mucus mixed with blood symptom is found.
 9. **Baryta carbonium**-for individual with Dry; sneezing; coryza, with swelling of upper lip and nose. Sensation of smoke in nose. Discharge of thick, yellow mucus. Frequent bleeding. Scabs around wings of nose.
 10. **Cadmium sulphur**-for individual with ozaena. Tightness at root. Nose obstructed; polypus. Caries of nasal bones. Boils on nose. Nostrils ulcerated.
 11. **Calcarea carbonium**-One of the best remedy for sinusitis when there is dry, nostrils sore, ulcerated. Stoppage of nose, also with fetid, yellow discharge. Offensive odor in nose .Polypi; swelling at root of nose. Epistaxis. Coryza.Takes cold at every change of weather. Catarrhal symptoms with hunger; coryza alternates with colic.
 12. **Calcarea sulphur**- for individual with cold in the head, with thick, yellowish, purulent secretion, frequently tinged with blood. One-sided discharge from

- nose. Yellowish discharge from posterior nares. Edges of nostrils sore.
13. ***Campho rofficialis***.-This remedy is effective for people whose fluent coryza on sudden change of weather. Stopped; sneezing are present in this medicine.
14. ***Hydrastis canadensis***-The most common homeopathic medicine for chronic sinusitis. it is most appropriate for individual who have thick tenacious secretion from posterior nares to throat. Watery, excoriating discharge. Ozaena, with ulceration of septum. Tends to blow nose all the time.
15. ***Hepar sulphur***-for the later stage of sinus inflammation when the nose is sore, ulcerated. Soreness of nostrils, with catarrhal troubles. Sneezes every time he goes into a cold, dry wind, with running from nose, later, thick, Offensive discharge. Stopped up every time he goes out into cold air. Smell like old cheese. Hay-fever. (Hepar 1x will often start secretions and profuse drainage in stuffy colds).
16. ***Iodum***-A person needing this homeopathic remedy often experience much sneezing Sudden violent influenza. Dry coryza becomes fluent in open air, also a fluent hot coryza with general heat of skin. Pain at root of nose and frontal sinus. Nose stopped up. Tendency to ulceration. Loss of smell. Acute nasal engorgement associated with high blood pressure.
17. ***Kali carbonicum***-For individual with nose stuffs up in warm room. Thick, fluent, yellow discharge. Post-nasal dropping.[Spigel.]Sore, scurfy nostrils; bloody nasal mucus. Crusty nasal openings. Nosebleed on washing face in morning.
18. ***Kali bichromium***-This remedy is considered the first choice homeopathic treatment for sinusitis, it is most appropriate for individuals who have snuffles of children, especially fat, chubby babies. Pressure and pain at root of nose, and Sticking pain in nose. Septum ulcerated; round ulcer. Fetid smell. Discharge thick, ropy, greenish-yellow. Tough, elastic plugs from nose; leave a raw surface. Inflammation extends to frontal sinuses, with distress and fullness at root of nose. Dropping from posterior nares. [Hydr.]Loss of smell. Much hawking. Inability to breathe through nose. Dryness, Coryza, with obstruction of nose. Violent sneezing. Profuse, watery nasal discharge. Chronic inflammation of frontal sinus with stopped-up sensation.
19. ***Kali iodum***-for individual who have a red, swollen. Tip of nose red; profuse, acrid, hot, watery, thin discharge.

Ozaena, with perforated Septum. Sneezing. catarrh, involving frontal sinus. Stuffiness and dryness of nose, without discharge. Profuse, cool, greenish, unirritating discharges.

20. *Lac caninum*-someone needing this homeopathic remedy often complain's of having a coryza; one nostril stuffed up, the other free; alternate. Alaenasi and corners of mouth cracked. Bones of nose sore to pressure. Bloody pus discharged.

21. *Lycopodium*-It is one of the most important medicines for sinusitis. it is most appropriate for individuals who have sense of smell very acute. Feeling of dryness posteriorly. Scanty excoriating, discharge anteriorly. Ulcerated nostrils. Crusts and elastic plugs. [Kal.b. ; Teuc.] Fluent coryza. Nose stopped up. Snuffles; child starts from sleep rubbing nose. Fanlike motion of alae nasi. [Kali. Brom.; Phos.]

22. *Mercurius solubilis*-It is an excellent homeopathic medicine to stop much sneezing. Sneezing in sunshine. Nostrils raw, ulcerated; nasal bones swollen. Yellow-green, fetid, puslike discharge .Coryza; acrid discharge, but too thick to run down the lip; worse, warm room. Pain and swelling of nasal bones, and caries, with greenish fetid ulceration. Nosebleed at night.

Copious discharge of corroding mucus. , with sneezing; sore, raw , smarting sensation; worse, damp weather; profuse, Fluent.

23. *Natrum carbonium*-for individual with All troubles of external nose which may attain a morbid size-pimples and puffiness. Constant coryza; obstruction of nose. Catarrh; bad smell of nasal secretion. Many troubles of external nose.[Caust.]Posterior nasal catarrh. Hawking much mucus from throat; worse, slightest draught.

24. *Natrum muriaticum*-This remedy is considered the first choice homeopathic treatment for sinusitis, it is most appropriate for individuals who have violent, fluent coryza, lasting from one to three days, then changing into stoppage of nose, Making breathing difficult. Discharge thin and watery, like raw white of egg. Violent sneezing coryza. Infallible for stopping a cold commencing with sneezing. Use thirtieth potency. Loss of smell and taste. Internal soreness of nose. Dryness.

25. *Nux vomica* -one of the best remedy for sinusitis when there is stuffed up, at night especially. Stuffy colds, snuffles, after exposure to dry, cold atmosphere; worse, in warm room. Odors tend to produce fainting. Coryza : fluent in

- daytime; stuffed up at night and outdoors; or alternates between nostrils. Bleeding in morning. [Bry.]Acrid discharge, but with stuffed up feeling.
26. **Phosphorus** Fan-like motion of nostrils. [Lyc.]Bleeding; epistaxis instead of menses. Over-sensitive smell, [Carbol.Ac.; Nux.] Periostitis of nasal bones. Foul imaginary odors. [Aur.]Chronic catarrh, with small haemorrhages; handkerchief is always bloody. Polypi; bleeding easily. [Calc.; Sang.]
27. **Pulsatilla**-for the later stage of sinus inflammation when the coryza; stoppage of right nostril, pressing pain at root of nose. Loss of smell. Large green fetid scales in nose. Stoppage in evening. Yellow mucus; abundant in morning. Bad smells, as of old catarrh.
28. **Sanguinaria**-for individuals who have Hay -fever. Ozaena, with profuse, offensive yellowish discharges .Nasal polypi. Coryza, followed by diarrhoea. Chronic rhinitis; membrane dry and congested.
29. **Silicea**-It is one of the most important medicines for sinusitis. during both acute and chronic infection of sinus. silicea is the most indicated medicine . Itching at point of nose.Dry, hard crusts form, bleeding when loosened. Nasal bones sensitive. Sneezing in morning. Obstructed and loss of smell. Perforation of septum.
30. **Spigelia**– Spigilia is best remedy for Forepart of nose always dry; discharge through posterior nares. Chronic catarrh, with postnasal dropping of bland mucus.
31. **Sticta pulmonale**-for individual with Feeling of fullness at the root of the nose.[Nux.]Atrophic rhinitis.[Calc. fluor.]Dryness of nasal membrane. Constant need to blow the nose, but no discharge. Dry scabs, especially in evening and night. Hay-fever; incessant sneezing.[Sabad.]
32. **Sepia officinalis**–sepia is best homeopathic medicine for sinusitis when patient compliance of thick greenish discharge; thick plugs and crusts. Yellowish saddle across nose. Atrophic catarrh with greenish crusts from anterior nose and pain at root of nose. Chronic nasal catarrh, especially post-nasal, dropping of heavy, lumpy discharges; must be Hawked through the mouth.
33. **Sabadilla**-The most common homeopathic medicine for both acute and chronic sinusitis. In this medicine patient complaints of. Spasmodic sneezing, with running nose. Coryza, with severe frontal pains and redness of Eyes and lachrymation. Copious, watery, nasal discharge.

CONCLUSION

Sinusitis worsens the quality of life as it affects the daily routine of patient. If this is left untreated it increases day by day. To treat patient with antibiotics, is quite not acceptable by patients. So, they look for other alternative mode of treatment. It can be treated by many mode of treatment. But treatment according to natural mode is the safest in all prospective. So mostly patient looking towards the homoeopathy. Homoeopathy aims to treat the underlying condition to provide long term relief, such as chronic cold, and allergic to nose. Homoeopathic mode of treatment based on individualization, homoeopathy has lots of deep acting drugs, helping physician to treat in better way. It not only alleviates the immediate symptoms but also treat the underlying cause. It reduces the intensity of symptoms of sinusitis. Natural substance make up the homoeopathic remedies for sinus infection, and there are no side effects.

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