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Sinusitis

Sinusitis is a swelling or an infection of the sinus cavities, often caused by bacteria or an allergy. The sinuses are the air-filled cavities (spaces) especially in the bones of the skull and also known as 'Paranasal sinuses'.



Types of Sinusitis:

a) Based on Location:

- Frontal - in the forehead and above the eyebrows
- Maxillary - in the cheekbones
- Ethmoid - between the eye sockets
- Sphenoid - deep in the head at the back of the nose

b) Based on Duration:

- Acute- goes on less than 4 weeks
- Chronic-goes on for 12 weeks or more
- Recurrent

Causes of Sinusitis:

- Infections- Viral, bacterial, fungus
- Excessive nose blowing
- Young children sometimes try to put objects in their nostrils
- Allergies: Due to exposure to dust, pollution, pollen etc
- Side effects of certain drugs

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Signs of Sinusitis:

- Nasal congestion
- Thick, purulent nasal discharge usually green in color
- Mucus slowly drips from nose to throat or back of the nose
- Sneezing
- Breathing discomfort due to nasal congestion
- Headache
- Toothache
- Dry cough
- Bad breath
- Fever
- Tiredness/ Weakness
- Reduced sense of taste
- Reduced sense of smell
- Pain associated with para-nasal sinus



Diagnosis if Sinusitis:

Doctor will simply tap nasal passages to determine the pain. Affected sinus openings will be tender to touch and person will experience the pain.

X-ray Test: Swelling can be observed in the X-ray of the para nasal sinuses.

CT scan: It can be used to determine Deviated Nasal Septum

Homeopathic Approach:



Homeopathy is extremely helpful to cure all types of sinusitis especially chronic sinusitis.

When sinusitis is caused due to allergy of food, smell or cold wind then avoiding these allergens is not the permanent solution. Instead of this, developing immune power to fight against these allergens is very important. There are some very useful remedies in homeopathy to treat infections as well as inherent tendency to have infections.

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It is always possible to avoid antibiotics and cure sinusitis with the help of homeopathic treatment.

The correction of extended nasal bone is possible through homeopathic treatment without undergoing surgery.

Homeopathic Medicines:

If listed symptoms are observed; following homeopathic medicines can be used under the proper guidance of homeopathic Doctor.



- **Arsenic Album:**

- Acute cold when exposed to cold wind
- Runny nose
- Constant sneezing, nasal congestion
- Bleeding from nose
- Symptoms get aggravated in wind, also during midnight and due to noise

- **Belladonna:**

- Crawling in nostrils
- Nasal mucus contains blood
- Bleeding inside the nose
- Redness and swelling of nose
- Headache
- Symptoms get aggravated due to noise, day time sleeping
- Sitting posture gives relief

- **Hepar Sulph:**

- Effective to cure chronic sinusitis
- Sneezing in drafts
- Thick offensive discharge from nose
- Discharge smells like old cheese
- Worse: cold wind
- Better: warm atmosphere

- **Kali Bichromium:**

- Nasal congestion
- Aching at root of nose
- Green- yellow mucus with bad odor

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- The excess mucus accumulates in the throat or back of the nose
- Constant sneezing
- Symptoms get aggravated in morning
- Relief in warm conditions

- **Sabadilla**

- Sneezing when exposed to sun
- Green-yellow mucus
- Nose bleeds during night
- Crawling and itching in nostrils
- Symptoms get aggravated in dry air and sunlight

- **Natrum Mur**

- Runny nose
- Breathing discomfort
- Loss of sense of smell and taste
- Symptoms get aggravated in sea (humid) atmosphere

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