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A case of sinusitis with hyperhidrosis treated homoeopathically: A case report

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Abstract

Some Patient visits the physician only for their primary complaints troubling them and gives least importance to their general symptoms where it is most important criteria to be noted for a homoeopathic physician. "The things that are general are the first in importance. Where there are no generals we can expect no cures" says Kent^[1]. Holistic approach to the patient is the speciality of Homoeopathy. The cause effect relationship of the patient is to be established. There is no expression of symptom without a cause. Underlying cause is to be treated^[2].

Keywords: general symptoms (mental, physical), sinusitis, hyperhidrosis, cause and effect relationship

Introduction

A male patient aged 30 years came with the complaints of pain in right side of head since 20 years. Now increased since 1 ½ years.

Presenting complaint

A male patient aged 30 years came with complaints of pain in right side of head since 20 years. Now increased since 1 ½ years. Pricking type of pain²⁺ with heaviness of head. Post nasal dripping present. Sleep disturbed due to complaints. Associated symptoms are Excessive sweating²⁺ on skin palms and soles since birth.

History of presenting complaint

Patient complaints of pain in right side of head since 20 years on & off attack and frequency 2 -3 attacks in a year. Now increased since 1½ years and frequency is daily. Pricking type of pain²⁺. Heaviness of head is present. Sneezing occ. Post nasal dripping is present. Burning sensation of face with nose block is present. Complaints generally worse by taking cold drinks²⁺, dust, change of climate and better by allopathic medication.

Associated complaints

Patient complaints of excessive sweating on palms and soles since birth. Always feels his hand is moist. Complaints worse by getting anxious²⁺ and doing his daily work²⁺. He feels that he is embarrassed to shake his hand to others were actually his profession demands. Always he has a peeling of skin on winter season.

Past history

Medical history: Primary complex in 5 yrs of age.

Treatment history: Taken allopathic treatment for primary complex and presenting complaints.

Family history: Father has similar complaints with DNS

Physical Generals

- Appetite: Good. 3times a day
- Thirst: 2l a day
- Desire: sweet^{s2+}, fruits
- Aversion: Vegetables

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- Bowels: regular. Once daily
- Bladder: 2 times/ day
- Sleep: disturbed due to complaints
- Thermal state: likes summer season, doesn't want fan, likes open air, covers fully while sleeping, and takes bath in tepid water. Chilly patient.
- Perspiration: profuse on hand, feet and soles

Mental generals

- Hard working
- Dyslexia
- Anxious when about to start a work
- Fastidious.
- Easily gets angered when something goes wrong

General physical examination

Moderately built and well nourished. No pallor, cyanosis, clubbing, oedema, jaundice, lymphadenopathy

Vital signs

Temp.: Afebrile RR: 18/min
PR: 69/min BP: 120/100 mm Hg

On examination

- Right side frontal and maxillary sinuses are tender
- Nasal septum deviated to right side

Analysis and Evaluation of symptoms

- Hard working
- Anxious when about to start a work
- Fastidious.
- Easily gets angered when something goes wrong
- Desire: sweets, fruits
- Thermally: chilly patient
- Excessive sweating on palms < anxious
- Pricking pain in right side of face
- Burning sensation in face
- Post nasal dripping

Table 1: Totality of symptoms & Repertorial totality

Hardworking	Mind – work – desire – for mental
Dyslexia	Mind – mistakes – makes - reading
Anxious when about to start a work	Mind – Anxiety – Anticipating - Engagement, an Mind – Anxiety - Anticipating
Fastidious	Mind - Fastidious
Easily gets angered when something goes wrong	Mind – Anger – Irascibility – tendency - easily
Desire: sweets, fruits	Generalities – Food and drinks – Sweets – desire Generalities – Food and drinks – Fruits – desire
Excessive sweating on palms < anxious	Extremities – Perspiration – Hand – Palm Perspiration – Anxiety - During
Burning sensation in face	Face – Pain- Burning
Post nasal dripping	Nose - Dripping nose - Posterior nares

Repertorisation Table																
Patient Name :		Reg_No. :					Rep_Date : 06/04/2021									
Normal																
Repertorisation																
		Ars	Lyc	Nat-m	Calc	Phos	Sulph	Sil	Arg-n	Carb-v	Nux-v	Chin	Sep	Cham	Carc	Med
	Totally	10	17	16	15	14	14	13	13	13	13	12	12	12	11	11
	Symptoms Covered	9	10	12	10	9	11	9	8	8	7	7	6	6	5	5
[C] [Mind]Work:Desire for mental:																
[C] [Mind]Mistakes, makes-Reading:																
[C] [Mind]Anxiety:Anticipating:Engagement, an:																
[C] [Mind]Anxiety:Anticipating:																
[C] [Mind]Fastidious:																
[C] [Mind]Anger, irascibility:Tendency:Easily:																
[C] [Generalities]Food and drinks:Sweets:Desires:																
[C] [Generalities]Food and drinks:Fruit:Desires:																
[C] [Extremities]Perspiration:Hand:Palm:																
[C] [Face]Pain:Burning:																
[C] [Face]Pain:Prickling:																
[C] [Head Pain]Burning:																
[C] [Nose]Dripping nose:Posterior nares:																
[C] [Perspiration]Anxiety:During:																
Symptoms 1 to 14		Total Symptoms : 14					Remedies 1 to 15					Total Remedies : 378				

Fig: Repertorisation Table

Repertorial result

- Arsenicum album – 18/9
- Lycopodium – 17/10
- Natrum mur – 16/12
- Calcarea carb – 15/10

- Phosphorous – 14/8

Prescription

1. Arsenicum album 200 / 1dose HS Weekly
2. Sac lac 4-0-4 For 1 week

Table 2: Follow up

Date	Symptoms	Prescription
04/05/2021	Complaints of excessive sweating of palms and soles are completely absent. Anxiety reduced. Patient has completely forgotten about his sweating of palms. Sleep improved. Complaints of headache and heaviness are still same. Burning sensation of face improved. Nose block present. On examination mild tenderness of sinuses was present.	<ul style="list-style-type: none"> • Arsenicum album 200 one dose • Sac lac 4-0-4 for two weeks
08/06/2021	Complaints of headache and heaviness are still same. Post nasal dripping is present. Nose block is present. Burning sensation of face is better. When enquired patient said the complaints increasing 1 ½ years due to tooth extraction which was due to an improper filling. Right upper molar tooth extracted and which has not closed properly. On examination sinuses were tender.	<ul style="list-style-type: none"> • Kali bichromium 200 • Sac lac 4-0-4 for two weeks
06/07/2021	Complaints of headache and heaviness are better. No post nasal dripping. Nose block absent. Sleep improved. On examination no tenderness on sinuses. Sweating of palms is completely absent.	<ul style="list-style-type: none"> • Sac lac 4-0-4 for two weeks

Conclusion

Patient was completely relieved by Arsenicum album 200 where it was prescribed constitutionally. Hyperhidrosis is the constitutional problem in this patient which should have a holistic approach in treating with Homoeopathy. Whereas the complaints of sinusitis need a cause to be established. Here the cause of sinusitis is tooth extraction which is failed to elicit and later it has been enquired. It is the maintaining cause in the patient. Based on that Kali bichromicum 200 one dose has been prescribed. Maintaining cause plays a more value in treating the patient. Thus the cause effect relationship should be traced and to be treated accordingly [3].

Reference

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