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Homoeopathic approach to rhinosinusitis: A case study

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Abstract

New normal” is nothing but the “silver lining” in the dark times! Sinusitis or rhinosinusitis is very common now days among individuals. It causes nasal congestion, nose blockage or fluent nasal discharge with associated face pain or loss of smell etc. Symptoms of acute attack are often controlled with allopathic medications. However, recurrent or long term use of allopathic medicines for sinusitis may be harmful and also does not help in avoiding further attacks. Homoeopathy has been proven to work well in long standing history of sinus infection as in homoeopathy we treat the patient on the basis on individualization.

Keywords: Sinusitis, rhinosinusitis, homoeopathy, case study

Introduction

Sinusitis or Rhinosinusitis means inflammation of nasal mucosa. One out of 8 is affected by sinusitis in India and in US one out of 7 are affected by it. It is more common in adults because in children the sinuses are not fully developed. Approximately 15% of world population suffers from sinusitis. So this is very common among individuals. If not treated properly then may lead to serious health problems. There are mainly 3 types:

Acute rhinosinusitis: Symptoms lasting for less than 4 weeks with complete resolution is Acute sinusitis. It is very infectious and of two types:

- Acute viral rhinosinusitis: caused by rhinovirus, influenza, and para influenza. It causes sneezing rhinorrhoea, nasal congestion, low grade fever.
- Acute bacterial rhinosinusitis: caused by streptococcus pneumonia, haemophilus influenzae, staph aureus etc. it causes nasal obstruction, purulent rhinorrhoea, facial pain, anosmia, cough fever headache, dental pain, halitosis, etc.

Subacute rhinosinusitis: duration is 4-12 weeks.

Chronic rhinosinusitis: duration is more than 12 weeks and may be caused by an infection or growths. Sometimes there are acute exacerbations superimposed on chronic rhinosinusitis in which symptoms worsen but returns to normal after medicines.

Causes

Patient factors	Environmental factors
<ol style="list-style-type: none"> 1. Anatomic structural deformities 2. Smoking 3. Snuff dipping 4. Prolonged intranasal medications 5. Primary immune deficiency 6. Acquired immune deficiency 7. HIV, STEROIDS, chemotherapy, leukemia, immune suppressant drugs 8. Primary ciliary dyskinesia 9. Cystic fibrosis 	<ol style="list-style-type: none"> 1. Aeroallergens 2. Toxins and chemicals <ul style="list-style-type: none"> ▪ Pollution ▪ Occupational 3. Pathogens <ul style="list-style-type: none"> ▪ Bacteria ▪ Fungi ▪ Mycobacteria

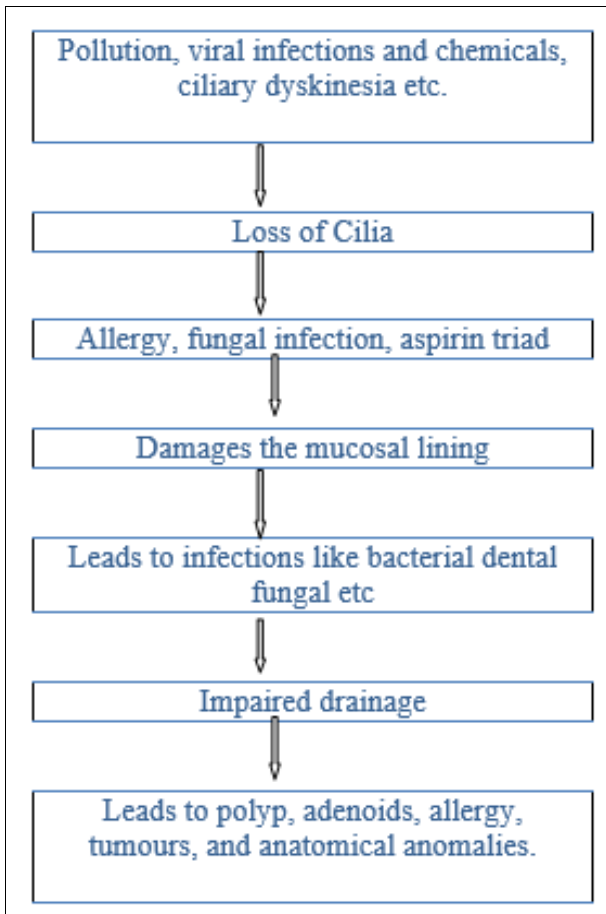
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Mode of transmission

The virus spread through droplets via sneezing or coughing. As the air quality is

deteriorating, the pollutants in the air are increasing leading to more and more exposure of the susceptible individuals. Now in Covid 19 era proper use of face masks helps in preventing the spread of infection and also prevents from pollution.

Pathophysiology



Types of sinuses are: 1.Frontal sinus 2. Maxillary sinus 3.Sphenoid sinus 4. Ethmoid sinus

Signs and symptoms

<ul style="list-style-type: none"> ▪ Rhinorrhoea ▪ Nasal obstruction or congestion ▪ Hyposmia or anosmia ▪ Fever or bodyache ▪ Tooth pain ▪ Headache ▪ Sneezing, coryza 	<ul style="list-style-type: none"> ▪ Inflammation in the ear ▪ Mouth breathing ▪ Sleeping difficulties ▪ Post nasal drip ▪ Phlegm ▪ Pain areas: face, back of the eye, ear or forehead.
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Why Homoeopathy?

As per § 14 organon of medicine 5th & 6th edition, Dr.Hahnemann says that “There is, in the interior of man, nothing morbid that is curable and no invisible morbid alteration that is curable which does not make itself known to the accurately observing physicians by

means of morbid signs and symptoms an arrangement in conformity with the infinite goodness of the all wise preserver of human life”

- Hence from above we can derive the following conclusion. The disease is said to be curative when it can produce all the perceptible sign and symptom. And the disease is said to be incurable when it is failed to produce such sign and symptom except common symptoms of disease including pathological symptoms. In Homeopathy, after proper case taking we treat the patient on the basis of individualization.

Case Study

- A male patient abc of age 28 yrs came to me on 7/09/2021 in OPD with complain of sinusitis since 5-6 years, he had sneezing with fluent coryza and lachrymation which aggravated from dust, from change of weather, in the morning and at night. Coryza was thick, yellowish green and he feels better in open air.
- H\O P\C- started gradually, no treatment taken
- F/H:

<ul style="list-style-type: none"> ▪ Father: HTN ▪ Paternal Grandmother: asthmatic ▪ Paternal Grandfather: heart attack 	<ul style="list-style-type: none"> ▪ Mother: HTN, Thyroid ▪ Sister: sinusitis ▪ Maternal Grandmother: dm ▪ Gateral Grandfather: dm
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- Personal history- hobbies- playing football and singing

Physical Generals

- Appetite: 3meal/day
- Thirst: 1 L/day.
- Stool: satisfactory
- Urine: normal
- Sweat: profuse sweat on the face, chest, back
- Sleep: 7-8 hr/day
- Dreams: nothing specific
- Thermals: hot

Mental Generals

- Anxiety about his future.
- Angry when someone interrupts him and starts ignoring things or walk away from that situation.
- Broods about his past job and regrets for the things he hasn't done.
- Doesn't like to be blamed by anyone.
- General Examinations- NAD
- Systemic examinations- NAD

Prescribing totality

- Anxious about future.
- Mind- brooding.
- Sweat profuse, on face.
- Desire sweets.
- Thirst- less.
- Sinusitis <change of weather, night.
- Coryza fluent with lachrymation, better in open air.
- Coryza: thick, yellowish green.

Repertorial Analysis

Symptoms: 10 Remedies: 194 Applied Filter						
Remedy Name	Puls	Sulph	Sep	Nux-v	Calc	
Totality / Symptom Covered	17 / 7	13 / 7	13 / 5	12 / 7	12 / 6	
[Kent] [Eye]Lachrymation (see tears):Coryza,during: (31)	2			3		
[Kent] [Nose]Sneezing:Morning: (36)	2	3	2	2	1	
[Phatak] [Phatak A-Z]Dust:Agg.: (17)	1	1			3	
[Kent] [Mind]Anxiety:Future,about: (68)	2	1		2	3	
[Kent] [Mind]Brooding (see anxiety,sadness): (26)		1		1		

Symptoms: 10 Remedies: 194 Applied Filter						
Remedy Name	Puls	Sulph	Sep	Nux-v	Calc	
Totality / Symptom Covered	17 / 7	13 / 7	13 / 5	12 / 7	12 / 6	
[Kent] [Mind]Brooding (see anxiety,sadness): (26)		1		1		
[Kent] [Stomach]Desires:Sweets: (36)		3	2	1	2	
[Boenning] [Thirst]Thirstlessness: (84)	4	2	4	2	1	
[Kent] [Nose]Discharge:Thick: (106)	3	2	2	1	2	
[Kent] [Nose]Discharge:Yellowish-green: (31)	3		3			

Prescription

Pulsatilla 200 - 3 doses/OD for 3 days, followed by placebo for 7 days.

Follow up

16/9/2021	Sneezing reduced	Pl X10days
27/9/2021	Coryza better	Pl X10days
11/10/2021	Occasional sneezing	Puls200x3doses Pl x10 days
25/10/2021	Much better	Pl x30 days

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