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A clinical study on the effectiveness of homoeopathy in rhinosinusitis among children

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Abstract

Rhinosinusitis can be brought on by an infection, nasal polyps, or enlargement of the sinus lining. Signs and symptoms include pain and inflammation around the eyes, cheeks, nose, or forehead, as well as a stuffy or blocked nostril which makes it difficult to breathe through the nose. A disorder known as sinusitis affects the four pairs of structures that surround the nasal canals and is characterised by inflammation. Sinusitis or rhinosinusitis is an inflammation of the paranasal sinuses and nasal cavities. The maxillary sinus is most frequently affected, followed by the ethmoid, frontal, and sphenoid sinuses in frequency, even though most episodes of sinusitis comprise more than one sinus. For the study, cases will be chosen at random from patients who visited the OPD at Sarada Krishna Homoeopathic Medical College and had symptoms of rhinosinusitis. The purpose of the study is to determine the effectiveness of homoeopathic medications in the management of rhinosinusitis. It also aims to evaluate the changes that homoeopathic treatment has caused in the patient and assess those changes using the SNOT-22 score criteria. **RESULT:** Out of 10 instances, three (30%) demonstrated a significant improvement, six (60%) a moderate improvement, and one (10%) a slight improvement following the medication and routine follow-up. The most often utilised drug is Lycopodium. The potency used most frequently is 200.

Keywords: Children, rhinosinusitis, homoeopathy, lycopodium

Introduction

The inflammation of the air spaces within the nasal passages is known as sinusitis, or sinus infection. Inflammation of the sinuses can be brought on by allergies, infections, and chemical or particle irritation of the sinuses. Most of the time, sinus infections don't transmit to other people. Acute, chronic, and subacute sinusitis, as well as infectious and non-infectious sinusitis, can all be classified. A sinus infection may typically be identified based on the physical examination and patient history. Additional symptoms that point to a sinus infection usually appear 7 to 10 days after the initial cold-like symptoms. There are 4 pairs of cavities or sinuses: Maxillary sinus (behind cheeks), Frontal sinus (in the forehead), and Sphenoid sinus (deep behind the ethmoids)

The most common cause of sinus infection is viral infections. Allergies, the common cold, nasal polyps, a deviated septum, allergic rhinitis, and nasal polyps are risk factors that raise the likelihood of sinus infections. These are the typical risk factors for developing sinus blockage (due to enlarged sinuses and/or phlegm and cell debris blockage, difficulties clearing sinus fluids). Ethmoid sinuses (between the eyes). When the tissue layer of a face cavity is afflicted for at least three months, chronic sinusitis results. Because illness commonly results in nasal airway expansion, chronic sinusitis is also referred to as chronic rhinosinusitis. (Rhinitis). The following are the primary clinical signs of sinus inflammation: Cough, postnasal drip, green nasal discharge, facial discomfort around the eyes or even at the tip of the nose, runny or stuffy nose, Poor breath, toothache, fatigue, and fever are all signs of sinusitis.

Materials and Methods

Selection of Samples

- Sample size – A sample of 10 cases was collected and screening was done, by using SNOT 22-SCORE CRITERIA
- Sample technique – Purposive sampling.

Inclusion Criteria

- Children of both sexes
- 7-18 years of age
- Both Male and Female patients.
- Children having Rhinosinusitis

Exclusion Criteria

- Cases that are presenting with other co-morbid conditions.

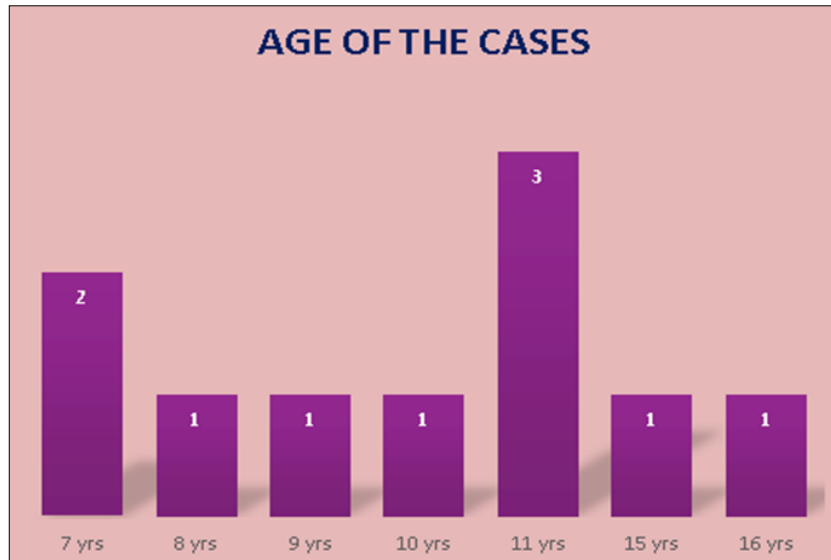


Fig 1: Age of the cases

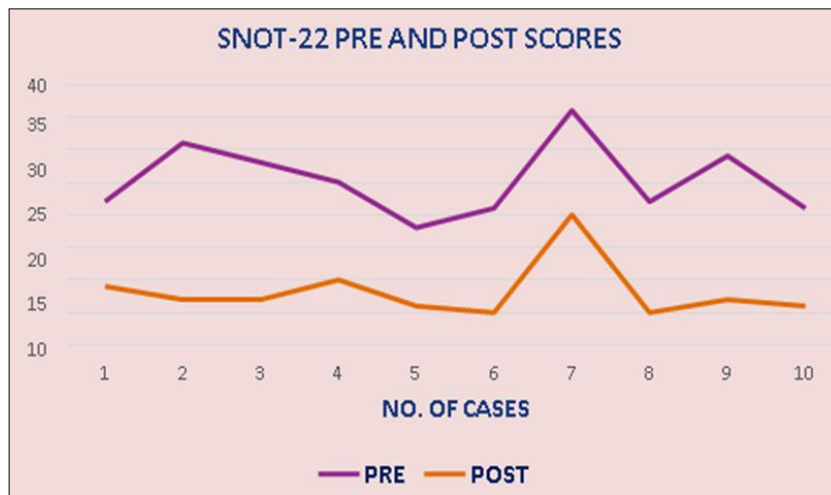


Fig 2: Snot-22 pre- and post-scores.

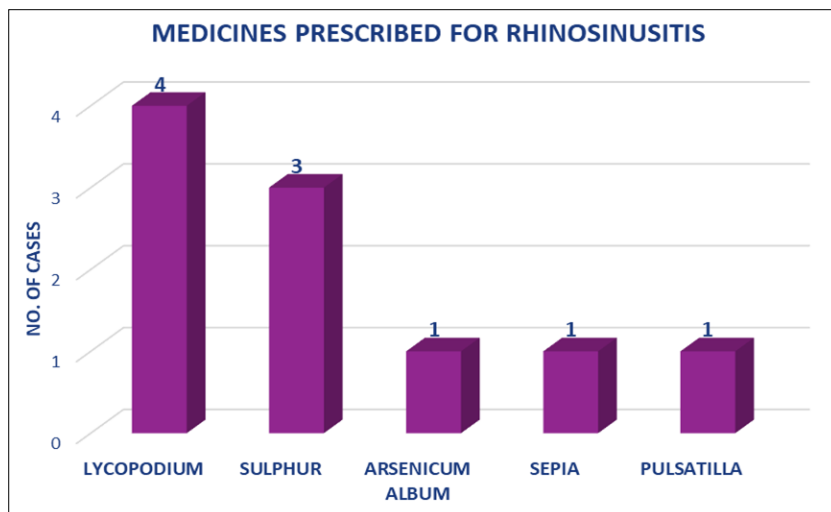


Fig 3: Medicines prescribed for rhinosinusitis

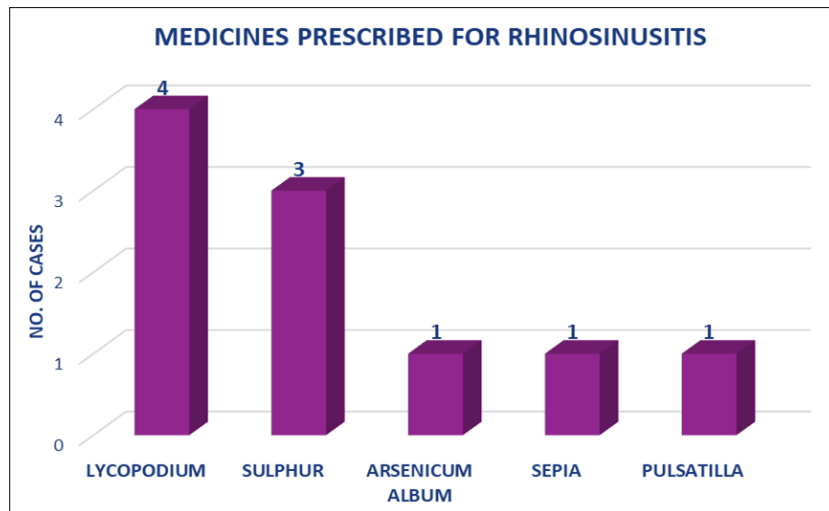


Fig 4: Improvement status

Conclusion

The study included 10 cases of Rhinosinusitis collected from Sarada Krishna homoeopathic medical college's OPD. Patients' and parents'/guardians' information was collected. Pre- and post-assessment of Rhino Sinusitis were made using the SNOT-22 SCORE CRITERIA. The paired t-test was used to compare pre-and post-SNOT-22 scores. After analysing the data following points were summarized.

- From this work out of 10 cases, 3 patients belonged to age 11 years, 2 were of age 7 years and 1 patient each belonged to ages 8, 9, 10, 15, and 16 years.
- Gender variation- out of 10 cases, 6 patients were male and 4 patients were female.
- Medicines were given based on the repertorial totality, out of 10 cases 4 cases were treated by using LYCOPODIUM CLAVATUM, and 3 cases were treated by SULPHUR. The rest of the medicines prescribed were SEPIA, PULSATILLA, and ARSENICUM ALBUM (1 each).
- The potencies of homoeopathic medicines prescribed were 200 (90%), and 0/3 (10%).
- After the drug and regular follow-up, three patients (30%) exhibited notable improvement, six cases (60%) showed moderately improvement, and one case (10%) showed slight improvement.

- Those who received regular follow-ups and medications improved more quickly.

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Annexure
Sample case report based on snot-22 score criteria
First visit: score 28

①
 V-1

8/9/21

ANNEXURE

SNOT-22 SCORE CRITERIA QUESTIONNAIRE

	NO PROBLEM	VERY MILD PROBLEM	MILD /SLIGHT PROBLEM	MOERATE PROBLEM	SEVERE PROBLEM	PROBLEM AS BAD AS IT CAN BE
Need to blow nose.	0	1	2 ✓	3	4	5
Nasal blockage.	0	1	2	3 ✓	4	5
Sneezing.	0	1	2	3 ✓	4	5
Runny Nose.	0	1	2 ✓	3	4	5
Cough.	0	1	2	3 ✓	4	5
Post nasal discharge.	0	1 ✓	2	3	4	5
Thick nasal discharge.	0	1	2	3 ✓	4	5
Ear fullness.	0 ✓	1	2	3	4	5
Dizziness.	0	1 ✓	2	3	4	5
Ear Pain.	0 ✓	1	2	3	4	5
Facial pain/Pressure.	0 ✓	1	2	3	4	5
Decreased sense of smell or (taste)	0	1	2 ✓	3	4	5
Difficulty falling asleep.	0 ✓	1	2	3	4	5
Wake up at night.	0 ✓	1	2	3	4	5
Lack of a good night's sleep.	0 ✓	1	2	3	4	5
Wake up tired.	0	1	2 ✓	3	4	5
Fatigue.	0	1	2 ✓	3	4	5
Reduced productivity.	0	1	2	3	4	5
Reduced concentration.	0 ✓	1	2	3	4	5
Frustrated or restless or irritable.	0	1	2	3	4 ✓	5
Sad.	0	1	2	3	4	5
Embarrassed.	0	1	2	3	4	5

Need to score maximum 5 marks.

20

Second Visit: Score 7

V-2

ANNEXURE

SNOT-22 SCORE CRITERIA QUESTIONNAIRE

17/1/22

	NO PROBLEM	VERY MILD PROBLEM	MILD /SLIGHT PROBLEM	MOERATE PROBLEM	SEVERE PROBLEM	PROBLEM AS BAD AS IT CAN BE
Need to blow nose.	0	1 ✓	2	3	4	5
Nasal blockage.	0	1 ✓	2	3	4	5
Sneezing.	0	1 ✓	2	3	4	5
Runny Nose.	0 ✓	1	2	3	4	5
Cough.	0 ✓	1	2	3	4	5
Post nasal discharge.	0	1 ✓	2	3	4	5
Thick nasal discharge.	0	1 ✓	2	3	4	5
Ear fullness.	0 ✓	1	2	3	4	5
Dizziness.	0 ✓	1	2	3	4	5
Ear Pain.	0 ✓	1	2	3	4	5
Facial pain/Pressure.	0 ✓	1	2	3	4	5
Decreased sense of smell or taste.	0 ✓	1	2	3	4	5
Difficulty falling asleep.	0	1 ✓	2	3	4	5
Wake up at night.	0 ✓	1	2	3	4	5
Lack of a good night's sleep.	0	1 ✓	2	3	4	5
Wake up tired.	0 ✓	1	2	3	4	5
Fatigue.	0 ✓	1	2	3	4	5
Reduced productivity.	0 ✓	1	2	3	4	5
Reduced concentration.	0 ✓	1	2	3	4	5
Frustrated or restless or irritable.	0 ✓	1	2	3	4	5
Sad.	0 ✓	1	2	3	4	5
Embarrassed.	0 ✓	1	2	3	4	5

Need to score maximum 5 marks.