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## Homeopathic management of a case of eardrum perforation

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### Abstract

The tympanic membrane also called the eardrum separates the outer ear from the middle ear. Sound waves reach the tympanic membrane and cause it to vibrate. The vibrations are then transferred to the tiny bones, malleus, incus, and stapes in the middle ear which transfer the vibrating signals to the inner ear. The tympanic membrane is made up of a thin connective tissue membrane covered by the skin on the outside and mucosa on the internal surface.

The Case below demonstrates the Homoeopathic Management of eardrum perforation in a 36-year-old patient, with a history of taking allopathic medicines, without much improvement in her condition, and was advised surgery. Integrated knowledge of ENT and the scope of Homeopathy paves the way for Individualistic Homoeopathic Remedy Selection and its application through Clinical Training.

**Keywords:** Middle ear perforation, eardrum perforation, ENT, homeopathic constitutional remedy, python regia

### Introduction

A ruptured eardrum is an opening or hole in the eardrum. The eardrum is a thin piece of tissue that separates the outer and middle ear. Damage to the eardrum may harm hearing.

### Causation

Ruptured Eardrum may be caused due to infections, pressure changes as experienced in scuba diving, driving at high altitudes, or injury.

### Presentation

Signs of a perforated eardrum, or an ear infection caused by a perforated eardrum, include: sudden hearing loss or hearing may be slightly muffled, earache, itching, fluid leaking from the ear, high temperature, ringing or buzzing (Tinnitus)

### Clinical Case Presentation

A 36-year-old female comes with the chief complaint of perforation in the middle ear, itching, and dryness in the ear. There is discharge leaking from the ear and she cannot hear sounds with low decibels. The discharge is watery and smelly. She has perforation in both ears but is prominent in the left one. During the Corona lockdown, she had a severe infection, the ear was swollen from the inside and she had to take antibiotics which reduced the pain and discharge, but it never completely resolved. She was not willing for the surgery as was suggested by her ENT specialist.

Every time she has a cold there is no nasal discharge or sore throat, there is a lot of discharge from the ears. She will have more discharge from the ears especially after taking a head shower. She also suffers from sinusitis, which is aggravated by extremely cold conditions. She also complained of lethargy, lack of energy, feeling low, weak digestion, and backache issues.

### Physical Generals

Not Marked

### Sleep

Tired, sleepy, but unable to fall asleep

## Dreams

“I often dream about snakes; I feel snakes in and under my bed. I feel surrounded by them, being bitten”

This was pretty peculiar. We wanted to probe in a little more & asked her to continue. The conversation was fluid, she was expressive and continued as follows

“The snakes are crawling in my bed; I open my cupboard and I see them. I see them everywhere. I feel scared and suddenly I am not dreaming properly, my chest is congested. I can't see them anywhere, not on the TV, not in my daughter's books, just nowhere. It can bite me, smother me; like I feel this is going to kill me!

“We asked her even more; this cannot be missed! We asked her about the sensations she experienced with the fear.”

My legs go cold, and my hands are sweaty like no one can save me now. Even the sound of the hiss scares me. *We asked her about the smothering she felt.* “Like somebody would sit on my chest, like it would crack my ribs and I can't breathe.

This was so typical, and we almost zeroed in on a snake remedy, but which? There are many! We were slowly tapping into her subconscious and that was good. She talked about her childhood vividly, describing a snake in a cupboard that was there at her ancestor's place. This was really taking a dramatic turn.

## Mental History

She spoke about how she was so protected as a child, and when her parents opened up with her as she grew, they spoke about their struggles, which made our patient tense. She said she was losing control. “I am a person who wants to exercise control as I was made to think that education can help you be in control.” She had a very bad relationship when she was in the UK, and things went spirally out of control.

Moving on, she came back to her conscious level, and she spoke about her nature. She can never let go of fights; she needs resolution. When there is a problem, and she is not able to resolve it, she feels tight & closed, smothered. She was bossy, she cannot stand someone not listening to her, she would hammer it out of a person. She cannot tolerate inefficiencies; she is strict. No one can tell her she is wrong; she makes the best decisions.

She was very short-tempered and had mood swings. She says, “when I am angry, I feel this knot of anger inside my throat. I feel like saying the nastiest thing to that person. My hands become shaky, and my legs become cold.

This confirmed the qualities of being territorial, and one-upmanship found in snakes.

On the polar opposite, she could be a happy positive person that jokes and laughs, a party person, and then suddenly she would go on in a shell and be negative.

Her intuitions are very strong which was reflected in the many incidents she narrated to us. Like getting married to his friend, her labor and birth of the child, and her daughter's therapy. This was all the more confirming our group of remedies.

She spoke about her relationship with her daughter. She was born premature, at 24 weeks. When she was in labor, she was alone. Her husband and in-laws were out of the station. (She was supposed to go too, but her intuition stopped her). Doctors advised to abandon it, as it was too early, and had

too many complications. She said, “This is the baby I am having, this one or no one.” She was very protective of this child. For 4 months post-delivery, she cut off herself from society. She just spoke to the doctors and her family only. She took the utmost care of her child.

This mother-child bond, the motherly care, the control was peculiar of one of the snake remedies

**Clinical Diagnosis:** Eardrum perforation

**Homeopathic Classification of Disease**

Dynamic Chronic Miasmatic disease with fully developed symptoms.

Predominant Miasm – Syco-Syphilitic

## Prognosis & Complications

A ruptured eardrum can result in hearing loss. It can also make the middle ear vulnerable to infections. A ruptured eardrum if does not heal within a few weeks of treatment, may need surgery.

## Treatment Strategy

**1. Conventional Line of Treatment: Antibiotics** are usually used to treat middle ear infections. If the hole does not heal, myringoplasty is done and a patch is used over the tear in the membrane. In a surgical method, tympanoplasty is done to repair the eardrum.

## 2. Homeopathic Line of Treatment

**As per Aphorism 5:** “The ascertainable physical constitution of the patient (especially when the disease is chronic), his moral and intellectual character, his occupation, mode of living, and habits, his social and domestic relations, his age, sexual function, etc., are to be taken into consideration”

**As per Aphorism 190:** “All true medical treatment of a disease on the external parts of the body that has occurred from little or no injury from without, must, therefore, be directed against the whole, must effect the annihilation and cure of the general malady by means of internal remedies, if it is wished that the treatment should be judicious, sure, efficacious and radical.

## Homeopathic approach in cases of eardrum perforation:

Holistic approach. A person's constitution i.e. his Mind, Physical general and Physical particular symptoms are taken into consideration according to Aphorism 5.

## Susceptibility

High Susceptibility due to the following reasons.

1. Symptom similarity
2. Many characteristics at the level of mental and general symptoms.
3. Young age female patient
4. Good nutritional status
5. High Sensitivity

## Totality of Symptoms

- Loquacious
- Intuition
- Clairvoyance
- Need for control
- Territorial, one-upmanship
- Striking by her nastiness, attacking
- Strong maternal care

- Feeling of shame and embarrassment
- Marked connection to snakes in Dreams
- Slither out, Biting, Hissing, Spiraling, Smothering

Unfortunately, though, the remedy is not very well represented in the Repertory yet but you can see some well-represented reptile remedies like Lachesis coming up strongly in the reportorial chart.

We observed that case-taking was flowing, she was loquacious and expressive, something we see in animals. There was intuition and clairvoyance, seen in snakes. The dreams and fears were all about snakes, the smothering, chest tightness, cold legs, and sweaty palms.

The other thing was about the bossiness, of being nasty, of striking when things went out of control. She didn't get along with her mother-in-law, she felt there was no support.

Another prominent thing we saw was the motherly care, the protection for the daughter, like coiling herself around her little baby and cutting herself from the world.

What snake remedy could it be? A snake that coils around her eggs, shivering herself, to keep her babies warm!

**Selection of Similimum:** Python Regia 1M 4 Doses

**Prescription** based on Holistic Approach, i.e. Constitutional remedy.

#### Follow up

Only 15 days after the remedy, the ear pain stopped. Discharge was there but less as compared to earlier. Sleep was so much better, and so was digestion.

3 months later, her energy was good, no lethargy, sleep better. No acidity, or constipation, ear discharge stopped completely with the exception when she would take head shower. No episodes of cold/cough/sinusitis in these 3 months.

**6 months:** No pain, or itching in the ears, and the hearing was better.

And a year later, she was absolutely fine, with no pain, no discharge, and all her health issues were sorted.

**Case Learning:** This case helps us to understand that a well-selected Constitutional homeopathic remedy can resolve pathological cases at times even avoiding a surgical intervention.

#### Conflict of Interest

Not available

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