

# Homoeopathic Management of Chronic Sinusitis

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## ABSTRACT

Of all the respiratory tract infections, chronic sinusitis is one of the most common. It interferes with patient's quality of life and loss of work productivity. It may affect (5%) to (13%) of the general population. Chronic sinusitis is most frequent disease seen in the clinical practice in middle age group and children. It is the fifth most common disease for which antibiotics are prescribed. Patients undergoing treatment with repeated courses of antibacterial agents and multiple sinus surgeries, have increased risk of colonization with antibiotic-resistant pathogens and of surgical complications. Homoeopathic therapy is associated with improvement in a range of chronic and recurring pathologies or allergy & also strengthens immune system, thereby preventing recurrent attacks.

**KEYWORDS:** Chronic Sinusitis, Homoeopathy, Effectiveness

## INTRODUCTION

There are various respiratory tract diseases most common are coryza, acute pharyngitis, acute tracheo-bronchitis, rhinitis and sinusitis. WHO declares chronic respiratory diseases as one of the major health problems of mankind. Allergic rhinitis and chronic sinusitis affect more than (30%) of the population worldwide. Chronic sinusitis may affect (5%) to (13%) of the general population. India is greatly afflicted by sinusitis; approximately (15%) population suffers from para nasal sinusitis. In conventional treatment for chronic sinusitis is repeated courses of antibiotics, it for 3-4 weeks or longer at a time; Antibiotics, steroids, antihistamines give relief, but the results are only temporary with plenty of side effects. This is chronic inflammatory process affecting the mucosa of various groups of paranasal sinuses. Duration of symptoms is more than 3 months.

In cases of chronic sinusitis constitutional approach is most suitable. According to Hahnemannian classification of diseases chronic sinusitis will come under chronic disease → disease with few symptoms (one-sided disease) → having internal complaints → disease with only physical symptoms. Thus, in such

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one-sided chronic diseases a through case taking is very essential for the proper treatment. This type of one-sided diseases may be treated according to the following manner.

- Firstly, the most homeopathically indicated medicine is selected on the basis of few symptoms available.
- Sometime this medicine, selected strictly according to the homoeopathic principal may annihilate the present malady, when these few morbid symptoms are very striking, decided, uncommon, and particularly distinctive.
- In most of cases, the first selection of medicine is only partially suitable due to lack of considerable number of symptoms to guide to an accurate selection.

In case of acute exacerbation, we form acute totality of presenting complaints and according to that remedy is given in higher potency. Once patient gets settle down then constitutional remedy is given for prevention of occurrence. This is why the homoeopathic assessment takes into account a person's character, stress levels, lifestyle, level of

exercise, diet, food preferences, family medical history and the effects of general factors, to provide a unique symptom picture.

**MATERIALS AND METHODOLOGY**

**Project site:** Jawaharlal Nehru Homoeopathic Medical College & Hospital, Waghodia, Vadodara

**Type of study:** Experimental, Pre & post interventional study.

**Materials**

- Specially designed case format for study
- Computerized homoeopathic software RADAR

**Duration of study:** 1 year.

**Sample size:** 30 (simple randomization)

**Inclusion Criteria:**

- Cases prediagnosed or with clinical presentation of chronic sinusitis were randomly selected irrespective of age and sex.
- Case with Acute exacerbation of chronic sinusitis

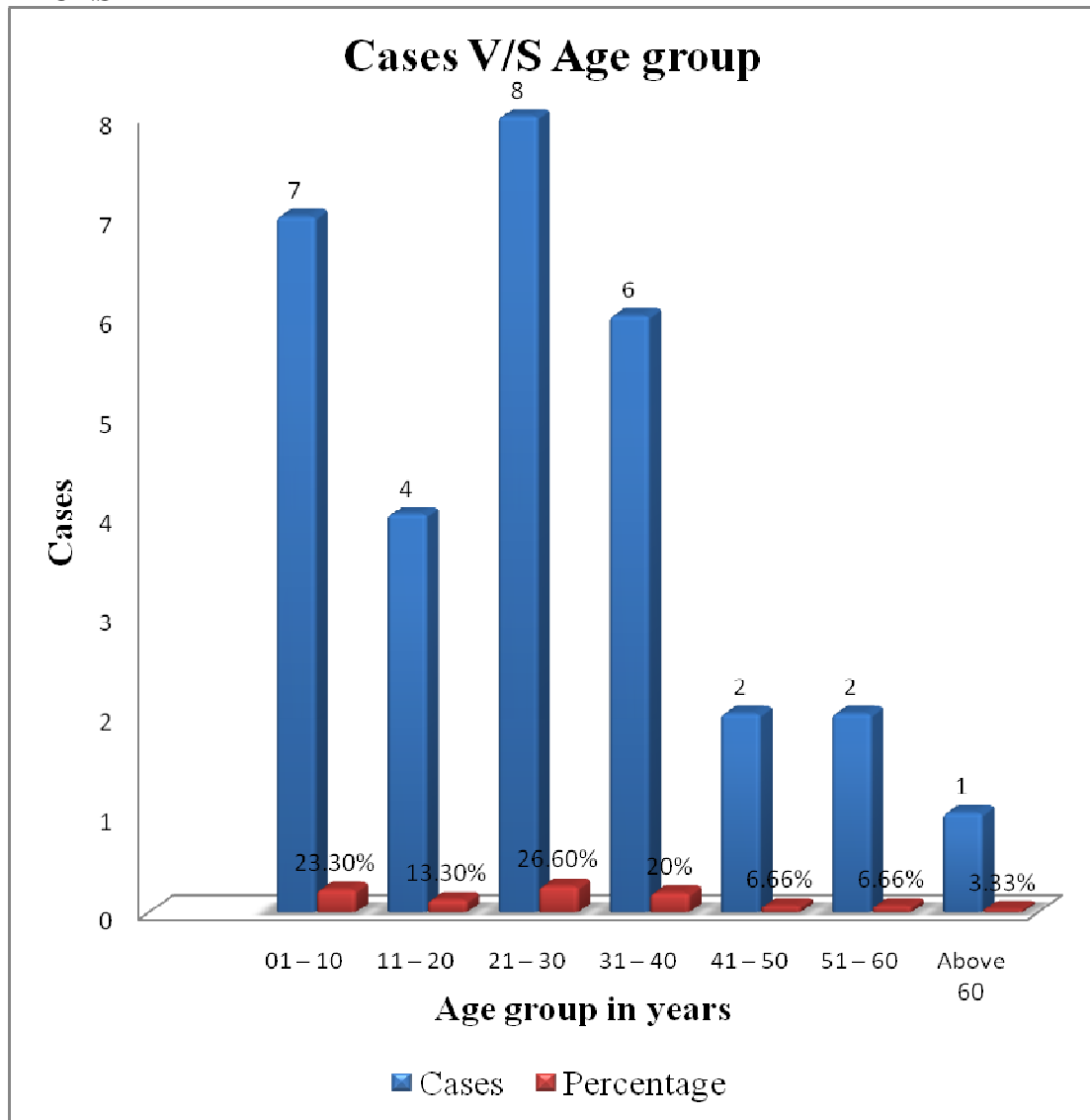
**Exclusion criteria:**

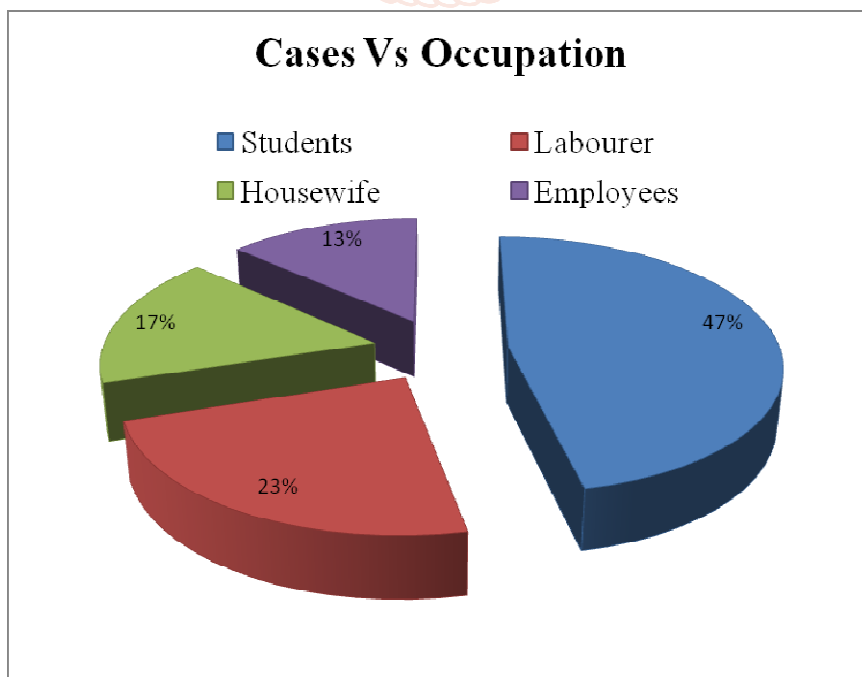
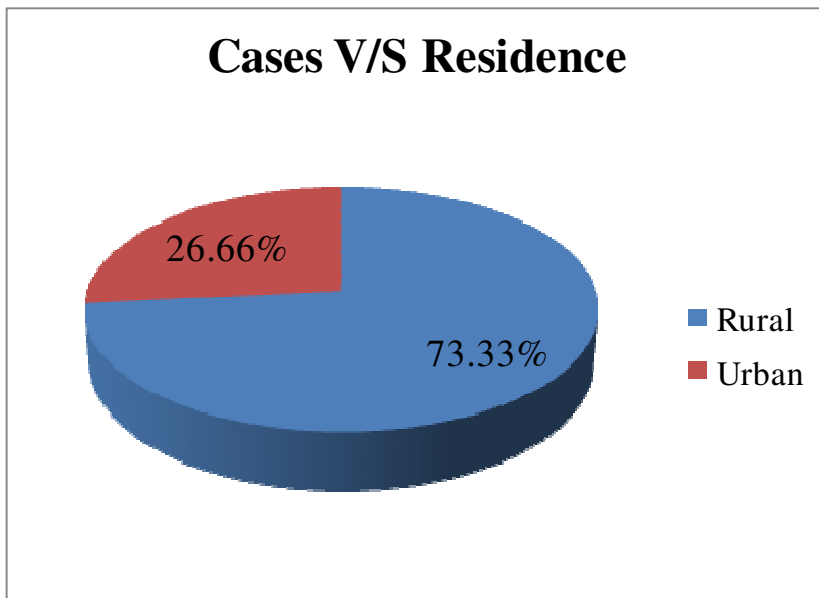
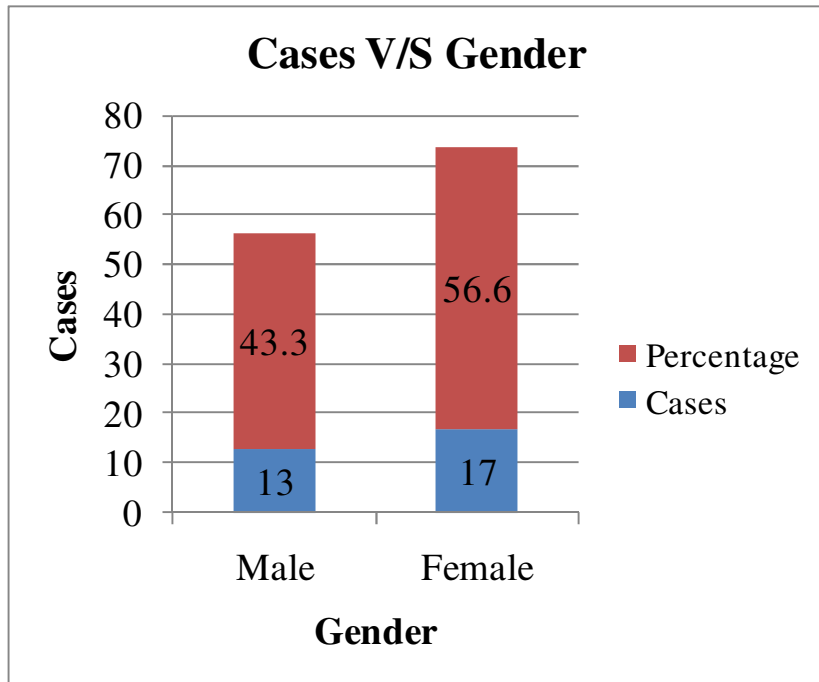
- Cases of acute sinusitis.
- Cases with advance pathology which required hospitalization.
- Cases with other systemic diseases.
- Cases with irregular follow up.

**Outcome assessment:**

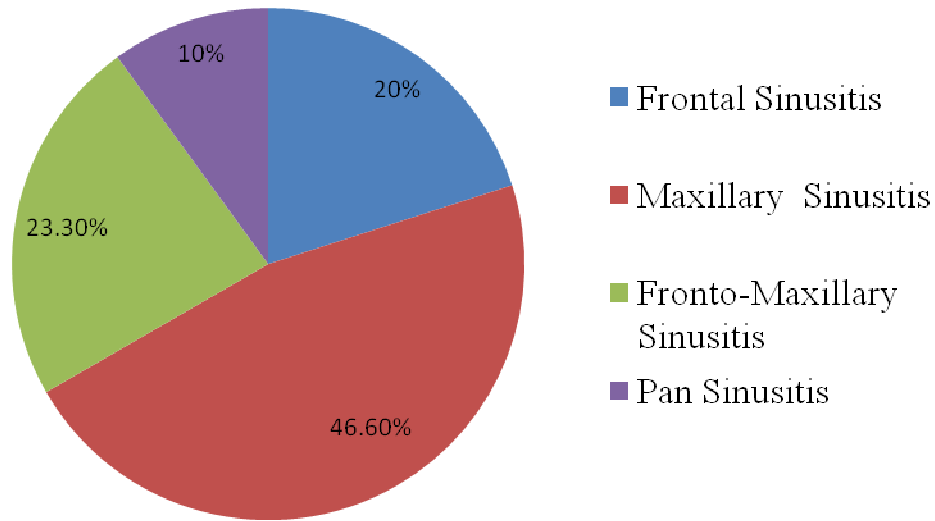
- Data were analysed on basis of symptoms score before treatment and after treatment by using sino nasal outcome 22 score (SNOT 22).
- Sino nasal outcome test-22 (SNOT 22) was used to assess the severity of the cases.

**OBSERVATIONS**

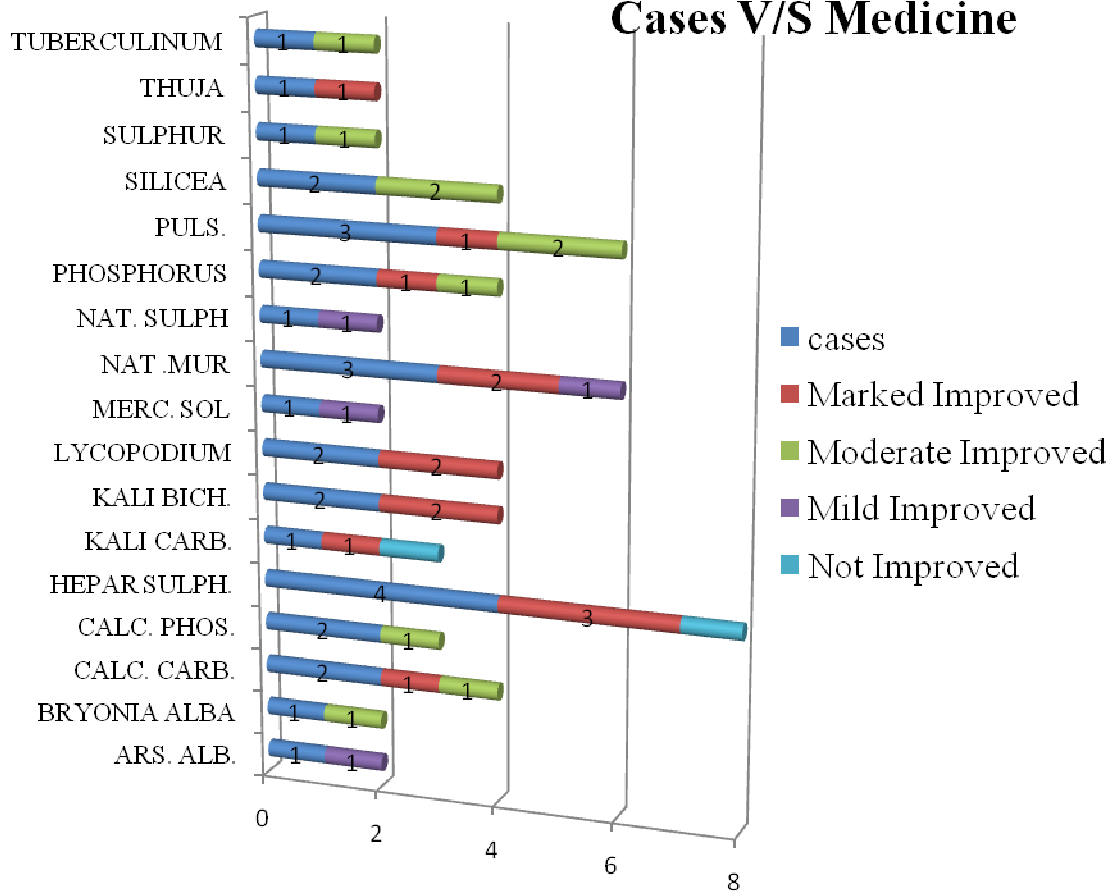


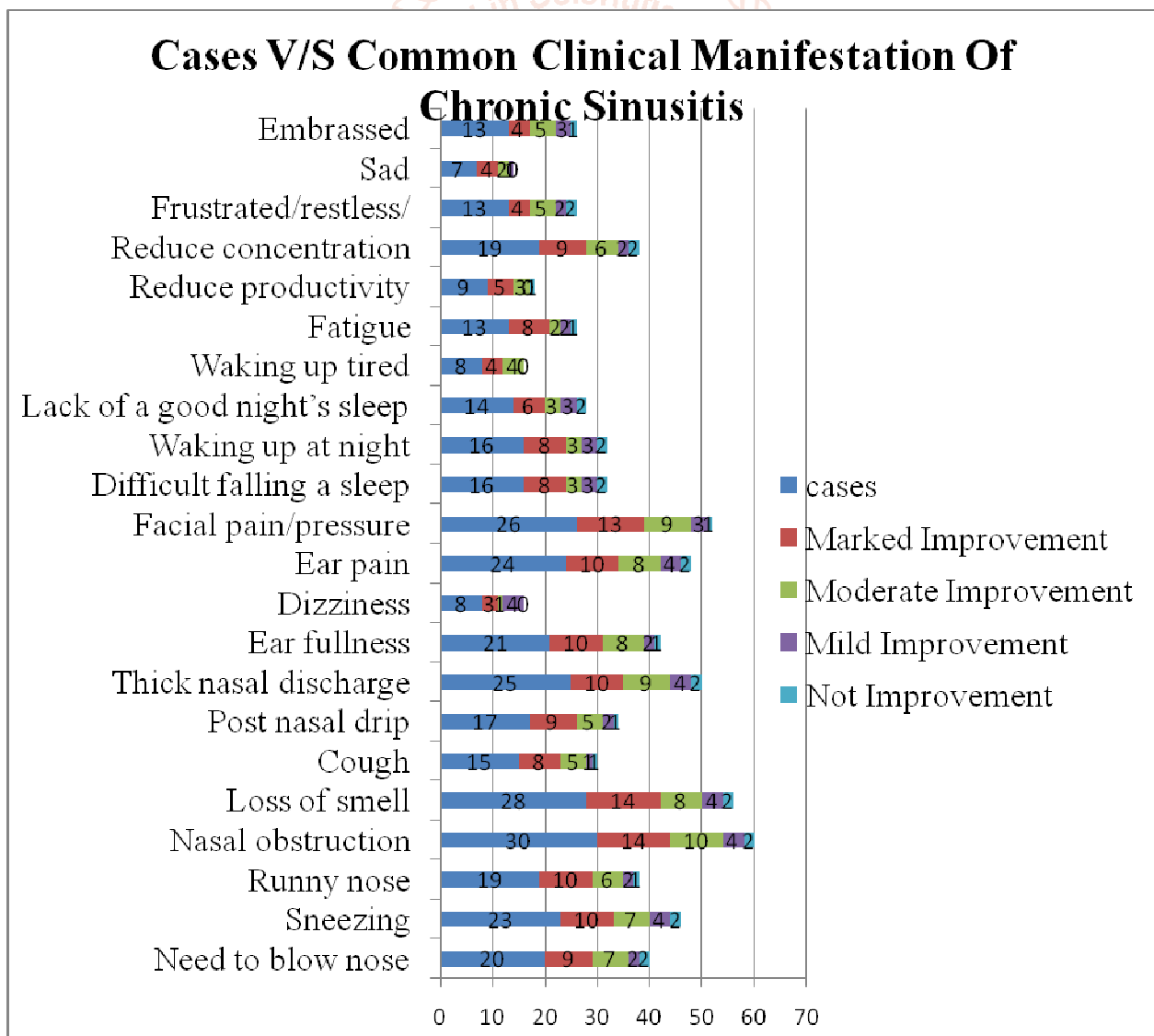
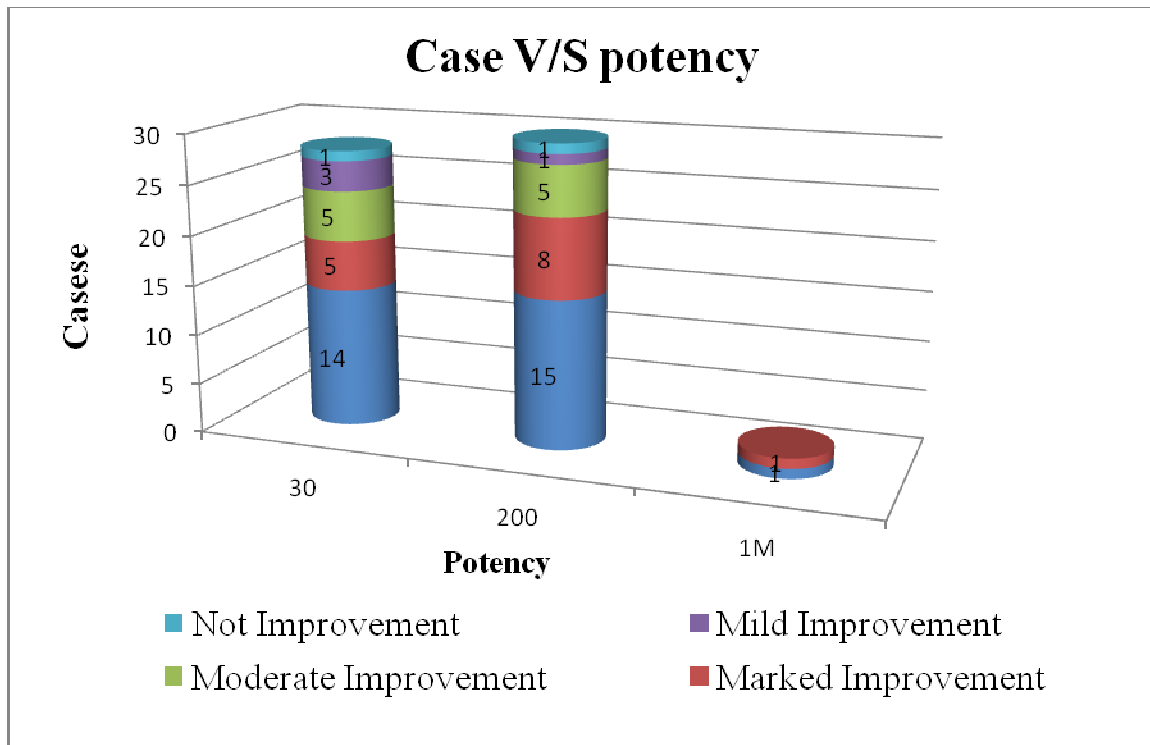


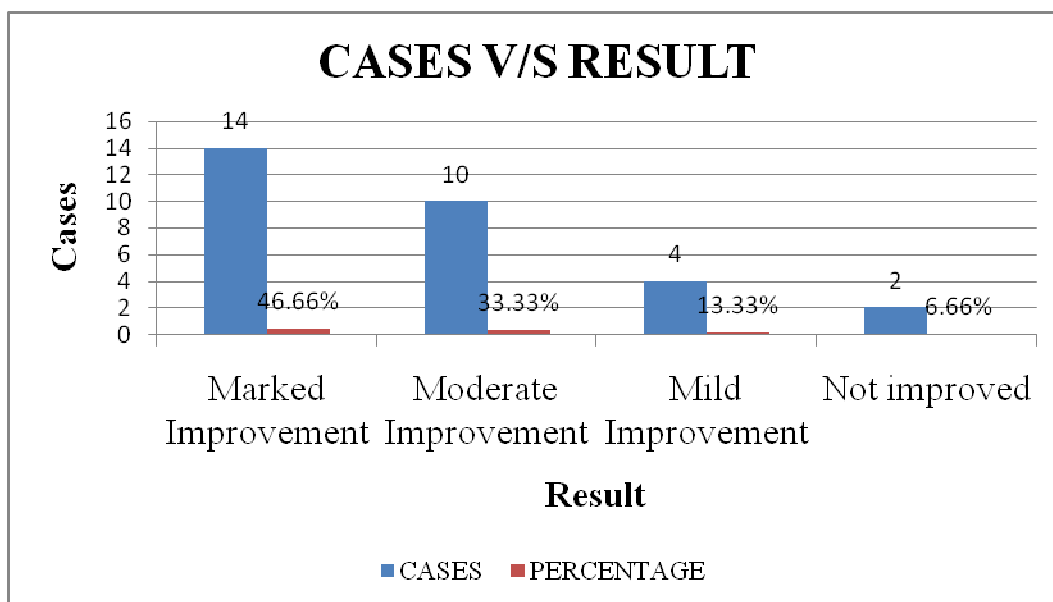
## CASES V/S AFFECTED LOCATION



## Cases V/S Medicine







### RESULT AND CONCLUSION

The result of this study showed that 14 cases had marked improvement, 10 cases had moderate improvement, 04 cases had mild improvement and 02 cases did not improvement. The results are based on the statistical analysis of before and after treatment score of SNOT 22.

The study resulted that homoeopathy is very effective in management of chronic sinusitis. Homoeopathy treats the patient as a whole and thus it also improves the quality of life.

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