

Homoeopathic Therapeutics on Sinusitis

1) AMMONIUM CARBONICUM

The diseased conditions met by this remedy are such as we find often in rather stout women who are always tired and weary, take cold easily. Mucous membranes of the respiratory organs are especially affected. Fat patients with weak heart, wheezing, feel suffocated. Very sensitive to cold air. Great aversion to water; cannot bear to touch it. Acid secretions.

Head.--Pulsating forehead; better, pressure and in warm room. Shocks through head.

Eyes.--Burning of eyes with aversion to light. Eye-strain (Nat mur). Asthenopia. Sore canthi.

Nose.--Discharge of sharp, burning water. Stoppage at night, with long-continued coryza. Cannot breathe through nose. Snuffles of children. Epistaxis after washing and after eating. Ozaena, blows bloody mucus from nose. Tip of nose congested.

Modalities.--Worse, evenings, from cold, wet weather, wet applications, washing, and during 3 to 4 am, during menses. Better, lying on painful side and on stomach; in dry weather.

2) DULCAMARA

Hot days and cold nights towards the close of summer are especially favorable to the action of Dulcamara, and is one of the remedies that correspond in their symptoms to the conditions found as effects of damp weather, colds after exposure to wet.

Nose.--Dry coryza. Complete stoppage of nose. Stuffs up when there is a cold rain. Thick, yellow mucus, bloody crusts. Profuse coryza. Wants nose kept warm, least cold air stops thenose. Coryza of the new born.

Face.--Tearing in cheek extending to ear, orbit, and jaw, preceded by coldness of parts, and attended by canine hunger. Humid eruption on cheeks and face generally.

Modalities.--Worse, at night; from cold in general, damp, rainy weather. Better, from moving about, external warmth.

3) EUCALYPTUS GLOBULUS

A remedy with marked effects on catarrhal processes, malaria, and intestinal disturbance.

Nose.--Stuffed-up sensation; thin, watery coryza; nose does not stop running; tightness across bridge. Chronic catarrhal, purulent and fetid discharge. Ethmoid and frontal sinus involved.

4) FLUORICUM ACIDUM

Especially adapted to chronic diseases with syphilitic and mercurial history.

Nose.--Chronic nasal catarrh with ulceration of the septum; nose obstructed and dull heavy pain in forehead.

Modalities.--Worse, warmth, morning, warm drinks. Better, cold while walking.

5) HEPAR SULPHUR

Suits especially scrofulous and lymphatic constitutions who are inclined to have eruptions and glandular swellings. It has special affinity to the respiratory mucous membrane, producing croupous catarrhal inflammation, profuse secretion; also easy perspiration. After abuse of Mercury. Infected sinus with pus forming. The tendency to suppuration is most marked, and has been a strong guiding symptom in practice.

Nose.--Sore, ulcerated. Soreness of nostrils, with catarrhal troubles. Sneezes every time he goes into a cold, dry wind, with running from nose, later, thick, offensive discharge. Stopped up every time he goes out into cold air. Smell like old cheese. Hay-fever (Hepar 1x will often start secretions and profuse drainage in stuffy colds).

Mouth.--Ptyalism. Gums and mouth painful to touch and bleed readily.

Modalities.--Worse, from dry cold winds; cool air; slightest draught, from Mercury, touch; lying on painful side. Better, in damp weather, from wrapping head up, from warmth, after eating.

6) HYDRASTIS CANADENSIS

Acts especially on mucous membranes, relaxing them and producing a thick, yellowish, ropy secretion. The catarrh may be anywhere, is always characterized by this peculiar mucous discharge. Hydrastis is especially active in old, easily-tired people, cachectic individuals, with great debility.

Head.--Dull, pressing frontal pain, especially connected with constipation. Myalgic pain in scalp and muscles of neck (Cimicif). Eczema on forehead along line of hair. Sinusitis, after coryza.

Nose.--Thick, tenacious secretion from posterior nares to throat. Watery, excoriating discharge. Ozaena, with ulceration of septum. Tends to blow nose all the time.

Ears.--Roaring. Muco-purulent discharge. Deafness. Estachian catarrh, with high-pitched voice.

7) KALI BICHROMICUM

The special affinities of this drug are the mucous membrane of stomach, bowels, and air-passages; bones and fibrous tissues. It is especially indicated for fleshy, fat, light complexioned persons subject to catarrhs or with syphilitic or scrofulous history. Catarrh of pharynx, larynx, bronchi and nose, and a tough, stringy, viscid secretion is produced, which condition is a very strong guiding symptom for this drug. Perforation of the septum. Chronic atonic catarrh.

Polypus.

Nose.--Snuffles of children, especially fat, chubby babies. Pressure and pain at root of nose, and sticking pain in nose. Septum ulcerated; round ulcer. Fetid smell. Discharge thick, ropy, greenish-yellow. Tough, elastic plugs from nose; leave a raw surface. Inflammation extends to frontal sinuses, with distress and fullness at root of

nose. Dropping from posterior nares (Hydr). Loss of smell. Much hawking. Inability to breathe through nose. Dryness. Coryza, with obstruction of nose. Violent sneezing. Profuse, watery nasal discharge. Chronic inflammation of frontal sinus with stopped-up sensation.

Face.--Florid complexion. Blotchy, red appearance. Acne (Juglans; Kal ars). Bones sensitive, especially beneath orbits.

Modalities.--Better, from heat. Worse, beer, morning, hot weather, undressing.

8) MERCURIUS SOLUBILIS

Head.--Vertigo, when lying on back. Band-feeling about head. One-sided, tearing pains. Tension about scalp, as if bandaged. Catarrhal headaches; much heat in head. Stinging, burning, fetid eruptions on scalp. Loss of hair. Exostosis, with feeling of soreness. Scalp tense; oily sweat on head.

Nose.--Much sneezing. Sneezing in sunshine. Nostrils raw, ulcerated; nasal bones swollen. Yellow-green, fetid, pus-like discharge. Coryza; acrid discharge, but too thick to run down the lip; worse, warm room. Pain and swelling of nasal bones, and caries, with greenish fetid ulceration. Nosebleed at night. Copious discharge of corroding mucus. Coryza, with sneezing; sore, raw, smarting sensation; worse, damp weather; profuse, fluent.

Modalities.--Worse, at night, wet, damp weather, lying on right side, perspiring; warm room and warm bed.

9) PULSATILLA PRATENSIS

The disposition and mental state are the chief guiding symptoms to the selection of Pulsatilla. It is pre-eminently a female remedy, especially for mild, gentle, yielding disposition. Sad, crying readily; weeps when talking; changeable, contradictory. Mucous membranes are all affected.

Discharges thick, bland, and yellowish-green. Symptoms ever changing. Thirstless, peevish, and chilly.

Head.--Wandering stitches about head; pains extend to face and teeth; vertigo; better in open air. Frontal and supra-orbital pains. Neuralgic pains, commencing in right temporal region, with scalding lachrymation of affected side. Headache from overwork. Pressure on vertex.

Nose.--Coryza; stoppage of right nostril, pressing pain at root of nose. Loss of smell. Large green fetid scales in nose. Stoppage in evening. Yellow mucus; abundant in morning. Bad smells, as of old catarrh. Nasal bones sore.

Modalities.--Worse, from heat, towards evening, warm room, lying on left or on painless side when allowing feet to hang down. Better, open air, motion, cold applications, cold food and drinks, though not thirsty.

10) SPIGELIA ANTHELMIA

Head.--Pain beneath frontal eminence and temples, extending to eyes (Onos). Semi-lateral, involving left eye; pain violent, throbbing; worse, making a false step. Pain as if a band around head (Carbol ac; Cact; Gels). Vertigo, hearing exalted.

Nose.--Forepart of nose always dry; discharge through posterior nares chronic catarrh, with post-nasal dropping of bland mucus.

Modalities.--Worse, from touch, motion, noise, turning, washing, concussion. Better, lying on right side with head high; inspiring.

Reference:-

- 1) Boericke's Materia Medica by William Boericke**

