

RHINITIS

Inflammation of nasal mucosa characterized by, burning of the nose, nasal obstruction and sneezing.

Clasification

1. Infected

- Acute i.e. common cold
- Chronic

2. - Non infective

- Non allergic - Allergen not detected, mainly due to stress
- Allergic. - Allergen like pollen is present. Present throughout the year or seasonal. Repeated cold of allergic type develop into edematous mucosa, nasal polyp.

Therapeutics

ALLIUM CEPA

A/f – smell of flowers, strododours, peaches, cold damp and foggy climate

Violent sneezing.

Coryza is profuse, acrid, watery, hot, dripping from nose.

Coryza with lachrymation.

Acrid coryza with bland lachrymation.

<warm

<evening

>Open air

Laryngitis

Dry cough with tearing sensation, grasps the throat, splinter like pain in the throat.

EUPHRASIA

It is opposite of Allium cepa.

Coryza is bland but lachrymation acrid.

<warm

<evening

>Open air

ARSENIC ALBUM

A/f – cold food and drinks, cold climate, fruits, ice cream, canned food.

Sneezing.

Profuse coryza, acrid, dripping from the tip of nose.

Burning and itching of nose.

Thirst for sips of cold water.

Prostration out of proportion to the illness.

Restlessness.

Bodyaches, malaise.

<cold

<open air

>warmth

> covering

Periodicity of complaints

ARSENIC IOD

Infective and allergic rhinitis

A/f – change in climate, cold damp climate

Violent sneezing.

Hot acrid, profuse watery coryza in acute rhinitis

Thick gluey honey like discharge in chronic condition.

Increased thirst.

Increased appetite.

GELSEMIUM

A/ f – fera, fright, grief, anxiety, change in climate.

Profuse sneezing with watery discharge.

Chills up and down the spine.

Dullness.

Drowsiness.

Dropping of eyelids.

No energy.

<thunderstorm

<damp weather.

NUX VOMICA

Violent sneezing especially on waking.

Profuse coryza in the morning and night there is stuffed nose.

Good drug for snuffles of infants. (Lyco, ammon carb, Sambucus, Kali bi)

>Discharge

< waking

SABADILLA

A/F – strong odour like garlic, strong smelling flowers.

Violent sneezing.

Profuse watery coryza.

Seasonal rhinitis.

Periodicity.

Involvement of throat – left sided.

Complaints going from left to right.

>hot

<mental strain

h/o worms.

NATRUM MUR

Intrinsic type.

Related to stress.

Albuminous watery discharge.

ARUNDO

Scratching and itching in nose, ears, soft palate.

ARUM TRIPHYLLUM

Violent coryza.

Itching in nose.

Laryngitis , vocal nodules.

EPISTAXIS

Bleeding from the nose.

Causes

- Trauma – blow, fall, foreign body, surgery
- Infection, inflammation
- Growths
- Iatrogenic
- Idiopathic
- Systemic - bleeding disorders, hypertension, drugs

Supportive Management

Apply direct pressure, pinching of nostril or the littles area, for 10 minutes.

Ice pack

THERAPEUTICS

ARNICA

History of blow, fall, injury, surgery.

Sore bruised feeling.

Painful discolouration of nose.

Swelling, redness, bluish haematoma.

<touch

MILLEFOLIUM

History of injury, over strain.

Profuse bright red painless bleeding.

Persistent bleeding.

HAMAMELIS

Aconite of venous system.

History of trauma, vicarious bleeding, idiopathic bleeding.

Profuse dark red, passive, fluid like, non coagulable blood.

FERRUM PHOS

Post operative bleeding.

Bleeding after fever, injury.

Bright red bleeding.

MERC SOL

Bleeding is dark red in form of strings.

<night

Associated with fever.

Tongue is moist with imprint of teeth.

Nostrils are raw and ulcerated.

Nasal bones are swollen.

<damp weather

CARBO VEG

Dark red passive bleeding, involves the venous system.

Associated with air hunger, icy coldness of the body.

>fanning

CHINA

Bleeding from nose with, marked debility.

Bright red clotted blood.

Sensory disturbances, ringing in the ears, dizziness, blurring of vision.

TRILLIUM PENDULUM

Profuse bright red bleeding.

Excessive bleeding.

Fainting, giddiness and dizziness with the bleeding.

PHOSPHORUS

A/f - Chronic inflammation, congestion, bleeding disorders, tumours.

Bright red profuse, clotted, persistent bleeding.

ELAPS

Dark stringy blood, hanging from the nose.

Greenish discharge from the nose.

NASAL POLYPS

Oedematous mucous membrane of the nose which projects in the form of pedunculated mass.

Cause

- allergy - chronic allergic rhinitis.
- chronic recurrent infection
- predisposing factor like deviated nasal septum.

Symptoms

- nasal block, difficulty in breathing.
- discharge from nose which can be mucous or mucopurulent
- constant headache due to blockage of drainage of sinuses.
- occasionally bleeding from nose.

Management

Supportive line

- isolate the patient from the allergens.
- steam inhalation, it decreases the congestion and opens the nasal obstruction.

Therapeutics

ALLIUM CEPA

It is a good drug for allergic rhinitis and nasal polyps.

A/f - cucumbers, salads, odour of flowers, peaches, cold wind.

Left sided symptoms.

Symptoms go from left to right.

Coryza which is acrid and excoriates the area around.

Bland lachrymation with acrid discharge from nose.

<warm

<close room

<evening

>open air

EUPHRASIA

It is opposite of Allium cepa.

Coryza is bland but lachrymation acrid.

<warm

<evening

>Open air

ARSENIC ALBUM

A/f – cold food and drinks, cold climate, fruits, ice cream, canned food.

Sneezing.

Profuse coryza, acrid, dripping from the tip of nose.

Burning and itching of nose.

Thirst for sips of cold water.

Prostration out of proportion to the illness.

Restlessness.

Bodyaches, malaise.

<cold

<open air

>warmth

> covering

Periodicity of complaints

ARSENIC IOD

Infective and allergic rhinitis

A/f – change in climate, cold damp climate

Violent sneezing.

Hot acrid, profuse watery coryza in acute rhinitis

Thick gluey honey like discharge in chronic condition.

Increased thirst.

Increased appetite.

SABADILLA

A/F – strong odour like garlic, strong smelling flowers.

Violent sneezing.

Profuse watery coryza.

Seasonal rhinitis.

Periodicity.

Involvement of throat – left sided.

Complaints going from left to right.

>hot

<mental strain

h/o worms.

SANGUINARIA CANADENSIS

Nasal obstruction which is better in open air.

Coryza which is acrid, watery, profuse with streaks of blood.

Headache at root of nose or felt in the occipital region left sided.

Headache radiating forward.

>sleep, vomiting and passing flatus

Phosphorus is complementary to Sanguinaria.

LEMNA MINOR

Nasal polyps and nasal catarrh.

Atrophic rhinitis.

Offensive putrid discharge from the nose.

Asthma from nasal obstruction <wet weather.

Crusts and mucopurulent discharge from the nose.

Post nasal dripping.

Pain like a string from nostrils to ear.

It reduces nasal obstruction when it is an edematous condition.

TEUCRIUM MARUM

It is a very good remedy for nasal polyps .

Mucous polyps.

Suitable especially after too much medicine has been taken.

Chronic nasal catarrh with atrophy, large offensive crusts and clinkers.

Loss of sense of smell.

Crawling sensation in nostrils with lachrymation and sneezing.

ANTIMIASMATIC THUJA OR TUBERCULINUM CAN BE USED.

SINUSITIS

Inflammation of the lining of paranasal sinuses.

Causes

- Upper respiratory tract infection or any infection in the ear, nose or throat.
- Allergy

Classification

- Acute - infective and non infective
- Chronic – due to blockage by deviated nasal septum, polyps, foreign body, chronic rhinitis, chronic inflammation of nose where the cilia are destroyed.

Clinical presentation

- Headache,
- Discharge from nose which is mucopurulent or post nasal discharge.

- Otitis may be associated
- Fever with chilliness.

Supportive line of management

Steam inhalation, as it helps in drainage of the sinuses.

THERAPEUTICS

KALI BI

A/f – cold, cold things and cold damp weather

Pain at the root of the nose.

Discharge – thick, viscid, gluey, yellow green.

Post nasal discharge.

Stuffy cold.

Scab formation in the nose.

Bleeding from nose.

Atrophic rhinitis.

Pain in spots.

When KALI BI fails use ARSENIC ALBUM (in acute) and SULPHUR (in chronic)

KALI MUR

Discharge is thick viscid, whitish, greyish colour.

Second stage of inflammation.

Sub acute inflammatory states.

White or grey coating of base of the tongue.

Asthma with gastric complaints.

KALI SULPH

Third stage of inflammation.

Discharge – thick purulent yellow.

Nose is obstructed.

Loss of smell.

HEPAR SULPH

symptoms are similar to Kali bi.

A/f – cold

Pain at root of nose.

>warm

Thick yellowish discharge from nose which smells like old cheese.

Fever with chilliness.

HYDRASTIS

A/f – cold, malnutrition, poor resistance, cancerous condition.

Discharge is yellow, thick, ropy and purulent.

Apthous condition.

Tongue is yellow with imprints of teeth.

Stomatitis.

History of obstinate constipation.

SANGUINARIA CANADENSIS

Nasal obstruction which is better in open air.

Coryza which is acrid, watery, profuse with streaks of blood.

Headache at root of nose or felt in the occipital region left sided.

Headache radiating forward.

>sleep, vomiting and passing flatus

Phosphorus is complementary to Sanguinaria.

STICTA PULMONARIS

Stuffy cold.

Nasal obstruction.

Dry cold. Scanty discharge.

Tendency to blow the nose.

>discharge

>blowing

History of rheumatism.

LEMNA MINOR

Nasal polyps and nasal catarrh.

Atrophic rhinitis.

Offensive putrid discharge from the nose.

Asthma from nasal obstruction <wet weather.

Crusts and mucopurulent discharge from the nose.

Post nasal dripping.

Pain like a string from nostrils to ear.

It reduces nasal obstruction when it is an edematous condition.

MENTHOL

Left supraorbital pain.

Left sided sinusitis

Pain over frontal sinuses descends to the eyes.coryza with post nasal dripping.

Cold sensation in nose.

PULSATILLA

A/F – cold, cold things, getting wet.

There is pain with weeping tendency.

Sobs with pain

(Chamomilla screams with pain)

>Consolation

>sympathy

Shifting pains with chilliness.

Fever with chilliness yet wants open air.

< covering.

Thirstlessness.

Purulent greenish yellow discharge from ears.

SILICEA

Tendency to catch cold.

Sharp splinter like pains.

Bad effects of vaccination.

Malnutrition.

Pain in the occiput then spreads over the head and settles over eyes.

Nasal bones sensitive.

Wraps the head up warmly.

>warmth

> summer

< cold.

Case of nasal polyps

A female aged 29 years.

She was suffering from asthma.

< wet weather.

She felt as if the nose is obstructed.

She was on allopathic treatment with inhalers.

Her constitutional remedy was Silicea.

Silicea helped her to a large extent, but then her asthma and nasal symptoms were same.

When I examined her I found that she had nasal polyp.

I gave her Lemna minor as a specific remedy.

She responded beautifully to it, her nasal obstruction was almost 80 percent better.

Thus one can get much better results with judicious use of constitutional and specific remedy.

A case of epistaxis.

A 56 year old female had a complain of bleeding from nose since few days.

She had got investigated and all the reports were normal,

She had bright red bleeding which was absolutely painless.

There was no anxiety at all associated with the complaint.

Epistaxis can be a alarming symptom, but here this female was cool about it, in fact almost comfortable with it.

I decided to give her Millefolium 30 three times a day, considering the bright red painless bleeding without anxiety.

She was much better in a few doses.