

RHINOSINUSITIS AND NASAL POLYPS

Dr. M.P Sharma

MD, (Hom) MUHS, Professor and HOD, Dept. of Physiology & Biochemistry

Faculty of Homeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur

ABSTRACT

Rhino sinusitis and Nasal Polyps is the update of similar evidence based position. The document contains chapters on definitions and classification, we are now a proposed definitions for difficult to treat rhino sinusitis, control of disease and better definitions for rhino sinusitis in children. More emphasis is placed on the diagnosis and treatment of acute rhino sinusitis. Throughout the document the terms chronic rhino sinusitis without nasal polyps and chronic rhino sinusitis with nasal polyps are used to further point out differences into physiology and treatment of these two entities.

INTRODUCTION

CHRONIC RHINOSINUSITIS OVERVIEW

The sinuses are hollow air pockets in the bones of the face and head that probably exist to cushion the brain during trauma. The sinuses are lined with a thin layer of tissue that normally makes a small amount of mucus to keep the sinuses healthy and lubricated and flush away germs.

Rhino sinusitis occurs when the lining of the sinuses gets infected or irritated, become swollen, and create extra mucus. The swollen lining may also interfere with drainage of mucus.

Chronic rhino sinusitis refers to a condition that lasts at least 12 weeks, despite being treated, and causes at least TWO of the following symptoms:

- Nasal congestion
- Mucus discharge from the nose or mucus that drips down the back of the throat
- Facial pain, pressure, or "fullness"
- A decreased sense of smell

Chronic rhinosinusitis is different from the more common form of rhinosinusitis (called acute rhinosinusitis), which is a temporary infection of the sinuses that often occurs following colds.

Chronic rhinosinusitis is a more persistent problem, which requires a specific treatment approach. It is sometimes overlooked by both patients and health care providers because the symptoms are more low-grade and chronic.

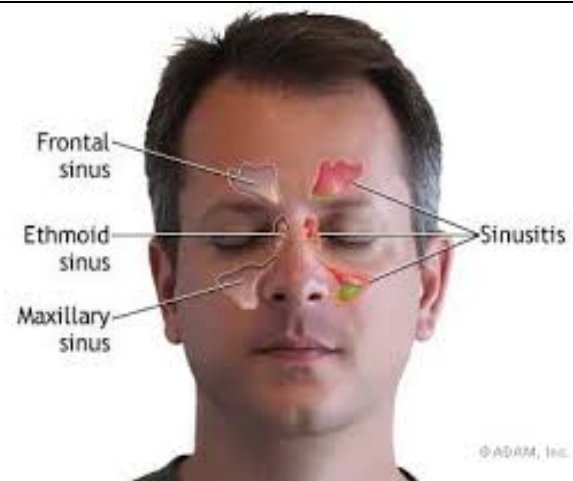


Figure 1:



Figure 2:



Figure 3:



Figure 6:

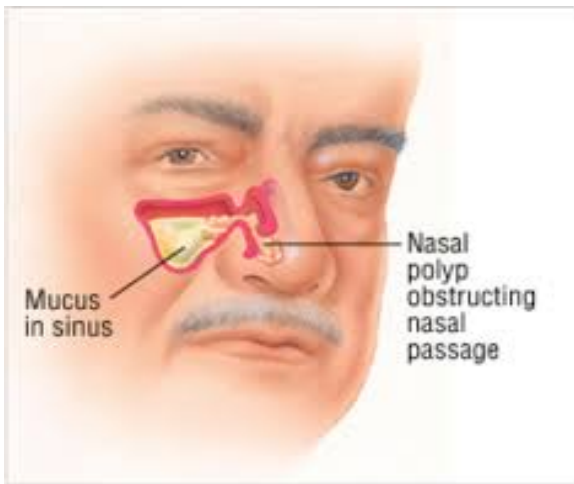


Figure 4:

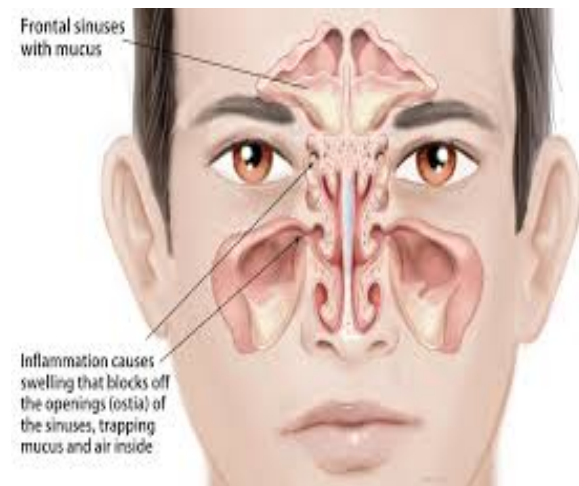


Figure 7:

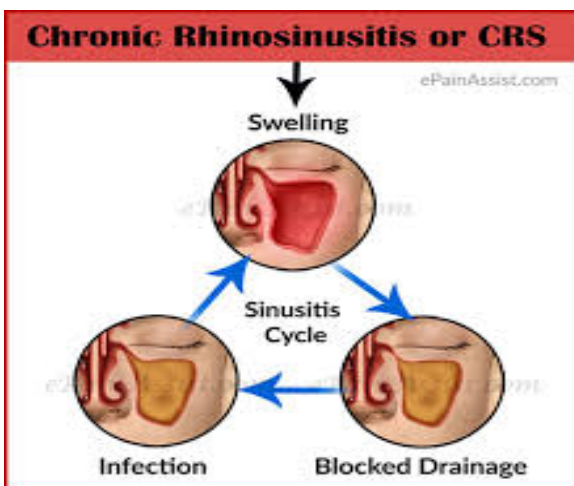


Figure 5:

CHRONIC RHINOSINUSITIS CAUSES

Unlike acute rhinosinusitis, which is usually caused by infection, chronic rhinosinusitis often has more complicated and elusive causes. Infections can certainly contribute to or worsen chronic rhinosinusitis, but people with the chronic condition usually have long-standing inflammation that cannot be explained by infection alone. (See "Chronic rhinosinusitis: Clinical manifestations, pathophysiology, and diagnosis".)

Health care providers divide chronic rhinosinusitis into three different categories, depending upon the features that are present.

CHRONIC RHINOSINUSITIS RISK FACTORS

Several factors can increase your risk of chronic rhinosinusitis or worsen your symptoms once you have the disorder. These include:

Lifestyle modifications — People with chronic rhinosinusitis who smoke cigarettes should stop.

(See "Patient information: Quitting smoking (Beyond the Basics)".)

People who have environmental allergies as a contributing factor to their sinus problems may be able to change things in their home or work conditions to reduce exposure to the specific allergens that bother them. (See "Patient information: Trigger avoidance in allergic rhinitis (Beyond the Basics)".)

SUMMARY

Chronic rhino sinusitis can be cured in most of cases, although Homoeopathic medicine can significantly reduce symptoms and improve quality of life. The best approach to treatment involves identifying the factors that contribute to chronic rhinosinusitis in each specific person and correcting these factors to the degree possible.

Your health care provider is the best source of information for questions and concerns related to your medical problem.

This article will be updated as needed on our website (www.uptodate.com/patients). Related topics for patients, as well as selected articles written for health care professionals, are also available. Some of the most relevant are listed below.

Patient level information

Up-to-date offers two types of patient education materials.

The Basics — The Basics patient education pieces answer the four or five key questions a patient might have about a given condition. These articles are best for patients who want a general overview and who prefer short, easy-to-read materials.

Patient information: Acute sinusitis (sinus infection) (Beyond the Basics)

Patient information: Allergic rhinitis (seasonal allergies) (Beyond the Basics)

Chronic rhinosinusitis: Clinical manifestations, pathophysiology, and diagnosis

Chronic rhinosinusitis: Management

Microbiology and antibiotic management of chronic rhinosinusitis

Orbital cellulitis

Septic dural sinus thrombosis

Aspirin-exacerbated respiratory disease

Allergic fungal rhinosinusitis

The following organizations also provide reliable health information.

- National Library of Medicine

- National Institute of Allergy and Infectious Diseases (NIAID)

- Allergy, Asthma, and Immunology Online

- American Academy of Allergy, Asthma, and Immunology

Homeopathic medicines for Sinus Infection

Homeopathic medicines can be of great help in the treatment of Sinusitis. The natural Homeopathic mode of treatment aims at rebuilding the body's immunity to Sinusitis. The *Homeopathic treatment for sinusitis* can completely cure the chronicity and recurrence of Sinusitis, though it may take some time.

Silicea: One of the Best Homeopathic remedies for Sinus Infections with headache

Silicea is one of the best homeopathic remedies for sinus infection. The sinus headache mainly on the right side is best treated with Silicea. The patient requiring Silicea feels chilly and is very sensitive to cold air. Covering up warmly provides relief. One prominent indication for using Homeopathic medicine Silicea in sinus cases is nasal stuffiness. The nasal discharges get clogged in hard crusts. On attempting to loosen these crusts, there is bleeding. Silicea is the top Homeopathic remedy for treating symptoms of serious sinus infection, where all sinuses are infected simultaneously,

Belladonna: Top Homeopathic remedy for sinus headache with suppressed discharge

Natural Homeopathic medicine Belladonna is one of the ideal homeopathic remedies for sinus infections when sinus headache is due to suppressed discharge. Belladonna is very beneficial when a Sinusitis patient complains of a violent headache. The patient may get relief from the headache by binding the head tightly or applying pressure. The face may also appear swollen with a heated sensation. Another symptom for using Belladonna is throat pain and cough when the sinus infection travels down the throat.

Kali Bichrome: Best Homeopathic remedy for Sinusitis with discharge dropping back into throat

Kali Bichrome is the top natural Homeopathic medicine for Sinusitis where the discharge drops back into the throat despite coming out of the nose. The discharge is very thick and mostly yellow. It can be ropy too and the patient experiences pain and heaviness in the nose. The nose can smell and is blocked with an inability to breathe through it. Kali Bichrome is also the best Homeopathic remedy

for headache above the eyes due to sinus infection. The eyes may also get swollen up.

Merc Sol: Homeopathic medicine for Sinusitis with yellow-green nasal discharge

Natural Homeopathic medicine Merc Sol is of great help in treating Sinusitis when the nasal discharge is yellowish-green with a burning feeling. The nasal membrane gets corroded and ulcerated due to the offensive and thick acrid discharge. The patient has a headache with heat in head along with nasal discharge. An increased saliva in mouth is a prominent feature to look for in patients requiring Homeopathic medicine Merc Sol. It is also very beneficial if the mouth lets out an offensive smell.

Pulsatilla: Homeopathic medicine for green nasal discharge without any burning feeling

Pulsatilla is another top natural Homeopathic medicine for Sinusitis. The main symptom for its selection is green-coloured nasal discharge that is bland (without burning) and if the patient gets general relief in open air. The discharge is horribly offensive and the patient has headache above the eyes. There's an absolute absence of thirst in patients.

Top Homeopathic medicines for Sinus headache

The sinus headache is usually present above the eyes in the forehead region. It can be on the right or left side depending on the involvement of right or left frontal sinus.

Silicea and Belladonna: Best Homeopathic remedies for right-side sinus headache

Silicea is a very beneficial natural Homeopathic medicine when the sinus headache is located over the right eye. It brings prompt relief from the headache. The patient requiring Homeopathic medicine Silicea gets relief from headache by wrapping up warmly. Homeopathic medicine Belladonna is the ideal remedy when the pain is of a violently throbbing nature with a hot sensation in head. The patient may get relief from tightly binding the head or by applying pressure. Noise seems to worsen the headache for selecting Belladonna.

Spigelia and Bryonia Alba: Best Homeopathic medicines for left-side sinus headache

Spigelia is the ideal natural Homeopathic medicine for headache when the left-side frontal sinus is infected. Spigelia is of great help when the patient has a severe throbbing pain over the left eye. This is most of the times accompanied by discharge dropping back into the throat from the nose. The symptoms to watch out for when selecting Homeopathic medicine Bryonia Alba for left-side sinus headache are a bursting type of pain in forehead over left eye, worsening of headache by motion and relief by taking rest.

Spigelia and Belladonna: Homeopathic remedies for Sinus Infections with pain in face

The pain is felt mainly in cheeks, upper jaws and may get referred to teeth in sinus. This is mainly a feature of Maxillary Sinusitis. Spigelia is the top natural Homeopathic remedy for pain in the face due to sinus infection. It can be given when a severe pain is felt in the cheeks and upper jaw. The face is very tender and the teeth too may ache. Touching the face worsens the pain. Homeopathic medicine Belladonna is the best choice when the facial pain is accompanied by heat and redness on the face.

Sticta and Ammonium Carb: Homeopathic Remedies for Sinus Infections with Nasal Blockage

Sticta is a natural Homeopathic medicine of great help to treat nasal blockage in a person with inflamed sinus. Sticta is the ideal remedy for patients who have no nasal discharge despite making quite an effort. There's a constant pressure on the nose. Homeopathic medicine Ammonium Carb is the top remedy when the complete blockage of nose makes breathing difficult and the patient has to breathe through the mouth. The worse time for the patient is night

References

1. Fokkens W, Lund V, Bachert C, et al. EAACI position paper on rhinosinusitis and nasal polyps executive summary. Allergy 2005; 60:583.
2. Scadding GK, Durham SR, Mirakian R, et al. BSACI guidelines for the management of rhinosinusitis and nasal polyposis. Clin Exp Allergy 2008; 38:260.