

sinusitis



Often developing from a cold or flu, acute sinusitis is the build up of mucous within the sinus linings. When the mucous fails to clear, the resulting congestion and warm, moist environment becomes the perfect site for bacteria to grow. Acting promptly with the indicated homoeopathic remedies can help to prevent this from occurring.

Other causes of sinusitis include irritants such as dust, smoke, and pollution, allergens, hormonal changes and medical conditions. However, as per the homoeopathic principles the indicated remedy is best determined by matching the person's unique and relevant symptoms with the most similar remedy picture. Initially the remedy may need repeating frequently to stimulate a response.

Belladonna a feeling of fullness and throbbing pain as if the head could burst, much worse from jarring. The symptoms come on suddenly and there may be fever with flushed face and dizziness on stooping.

Ferrum phos for the first stage with fever, inflammation and sinus pain. The face may be flushed and the pulse rapid. On its own or in conjunction with one of the other remedies listed.

Hepar sulph is indicated when the nose is blocked, especially when out in the cold air. The discharge can be offensive and is thick and yellow. Headache symptoms can be like a nail being forced into the head. The person is irritable, chilly and hates draughts, symptoms are usually better from warm, humid air. Very sensitive to touch, even a hat or combing the hair; however a firm bandage can give relief.

Kali bic is useful for sticky, ropy, stringy yellow-green discharge or so congested that there is no discharge. The discharge may drip into the back of the throat and can cause ulceration. There is pain and pressure at the root of the nose, and the bones of the scalp can feel sore. Symptoms are usually better for heat and movement, and worse from cold and damp.

Kali mur pain in the sinuses with a dull, stuffy sensation and thick, white discharge and white coated tongue. Hearing is affected and there may be crackling on swallowing.

Mercurius benefits head pain that feels as if their head was in a vise. The pains are worse in open air, extremes of temperature, from sleeping, and after eating and drinking. The teeth feel long and painful, there may be excessive saliva, and thick green nasal discharge that burns and is too thick to run.



Nat mur suits the early stages of a cold when there is sneezing, loss of smell and a blocked sensation with watery discharge. The head pain feels like tiny hammers.

Pulsatilla has changeable discharge that is worse indoors in stuffy rooms, and better in open air. Yellow-green mucous, and pain above the eyes. The sinus congestion is often associated with digestive problems or hormonal cycles and congestion.

Silica is indicated for chronic sinusitis, thick offensive discharge, acrid discharge and ulceration in the nose. The sinus headache often settles above the right eye.

What else can I do: Steam inhalations can help ease symptoms of sinusitis, and adding essential oils such as Tea Tree, Eucalyptus and Peppermint may further encourage mucous drainage. Adding these oils to your child's bath or shower may be a safer and easier option than having them breathe over a basin or bowl of hot water. Consider the possibility that strong smelling oils or rubs may antidote your homoeopathic remedy, so care needs to be taken.

A vaporiser or humidifier in the bedroom can also be useful or applying a warm compress to the face. Other suggestions include increasing your water intake, avoiding mucus-forming foods such as dairy, and including more fresh fruits and vegetables in your diet, especially onions and garlic as these can help to clear the excess mucous.