

# STUDY ON SCOPE OF HOMOEOPATHY IN CASES OF MALTREATED CHILDREN OF SINUSITIS

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## ABSTRACT

**Background:** In medical terminology Sinusitis is a term used for headache which arises due to fluid collection in the sinuses. We have four sets of sinuses frontal, ethmoid, maxillary and sphenoid. They all connect with the nose through narrow channels. The main use of sinus is to prevent echoes while we speak which may reverberate in the skull. It also helps in pronunciation of nasal consonants (M, N and Ng). It is also useful for air-conditioning and lightening the skull. The main complaint of sinusitis is headache, the best way to get rid of a sinus headache is to treat the underlying sinus inflammation and the sinus headache will disappear once the sinuses are cleared. Sinusitis presents different sets of symptoms in every patient. Before prescribing a remedy, Homeopaths usually look into the patient's constitutional type and characteristic symptom for selection of the right remedy. In homeopathic terms, a person's constitution is his/her physical, emotional and intellectual make-up.

**Aims and objective:** Study of maltreated sinusitis and homoeopathic approach through cases following symptoms like cough, headache, nose blocked and shortness of breath, often worse at night.

**Material and methods** 30 patient were taken from O.P.D. and I.P.D. of GDHHMCH on inclusion criteria of patient having sinusitis. Literature review was conducted to get the applied aspect of sinusitis and homoeopathic approach

**Result:** This study revealed the applied aspect of sinusitis by literature review as well as by confirmation through the cases related to maltreated sinusitis.

**Conclusion:** Better understanding of sinusitis indicating during homoeopathic approach is achieved by study of various sign and symptoms through the case study. So there is good scope of homoeopathic medicine in sinusitis. With the limitation of time further study is suggested for this work.

## INTRODUCTION

Nowadays, people often use the term Sinusitis for headache. In medical terminology Sinusitis is a term used for headache which arises due to fluid collection in the sinuses. We have four sets of sinuses frontal, ethmoid, maxillary and sphenoid. They all connect with the nose through narrow channels. The main use of sinus is to prevent echoes while we speak which may reverberate in the skull (as a resonant box just equivalent to sponge or coir in the walls of a theatre or hanging pots in the halls of old houses). It also helps in pronunciation of nasal consonants (M, N and Ng). It is also useful for air-conditioning and lightening the skull.

As the mucous membrane of the nose gets infected in the case of cold or allergy, it becomes swollen and thickened. Initially, there will be thin serous discharges which become purulent rapidly. The infection extends to the sinuses and produce thick mucus within the sinus which drains into the nose through narrow channels.

If mucosa thickening becomes more, it will block the pathway preventing the outflow of mucus which induces growth of bacteria or virus in the sinus. This causes fluid (pus) collection in the sinus, termed as Sinusitis. This may cause a dull, deep or severe headache which may last up to three weeks. The pain may result from stimulation of the sensory nerves due to pressure of the inflamed swollen mucosa or due to fluid in the diseased sinus.

Causative factors of Sinusitis:

- a) Through infection
  - 1) Untreated or maltreated respiratory infection (such as a cold)
  - 2) Dental sepsis
  - 3) Ear infection
  
- b) Through external factors
  - 1) Changes in atmospheric pressure (in high altitudes)
  - 2) Sudden change in the temperature
  - 3) Prolonged exposure to cold
  - 4) Swimming and diving in dirty water

- 5) Injury causing fracture of facial bones or bones in the nose
  - 6) Pollution
- c) Through internal factors
- 1) Allergies (allergic rhinitis)
  - 2) Asthma
  - 3) Foreign substance
  - 4) Deviated nasal septum or a deformity of the nose or tumor
  - 5) Nasal polyp (swellings in the nasal passage)
  - 6) Adenoids
  - 7) Cleft palate

There are 4 types of Sinusitis:

**Maxillary sinusitis** – This is the commonest form of sinusitis since its opening in the nose is in such a position that drain is not so easy. Here pain occurs mostly in the cheek, gums, teeth and upper jaw. There may be heaviness below the eyes. Usually this type of sinusitis occurs in children due to untreated cold and allergy.

**Ethmoidal sinusitis** – Here pain is present between and behind the eyes. This type is seen usually associated with maxillary sinus in children and frontal sinus in adults. Usually it occurs after diving and swimming in dirty water or riding in cold wind. This sinusitis is usually accompanied with nose block and sensitive eye to light.

**Frontal sinusitis** – Pain is seen in the forehead and this is very severe in nature. There may be heaviness, puffiness above the eyes. . This type won't occur in children since this sinus develops somewhat later in life.

**Sphenoidal sinusitis** – Here pain is present all over the head especially over the temples and vertex. This type of sinusitis is usually accompanied by other sinusitis.

The best way to get rid of a sinus headache is to treat the underlying sinus inflammation and the sinus headache will disappear once the sinuses are cleared. Sinusitis presents different sets of symptoms in every patient. Before prescribing a remedy, Homeopaths usually look into the patient's constitutional type and characteristic symptom for selection of the right remedy. In homeopathic terms, a person's constitution is his/her physical, emotional and intellectual make-up.

In my extensive study through cases on sinusitis which are consequence of maltreated respiratory infection such as cold, will help achieving the objective of my research project.

## AIM AND OBJECTIVE

1. TO INVESTIGATE THE MALTREATED OR UNTREATED RESPIRATORY INFECTIONS LEADING TO PARANASAL SINUSITIS.
2. TO FIND OUT HOMOEOPATHIC MEDICINE FOR MANAGEMENT OF SINUSITIS ACCORDING TO CASE.

## HOMOEOPATHIC APPROACH

The treatment of sinusitis in Homoeopathic system of Medicine is not aimed at the disease but aimed at the person who is suffering from sinusitis. In the system the patient is individualized through the proper case taking in which along with his / her present complaints, past history of the patient as well as family history, his / her mental general, physical general and particular general is taken. Through these the deviation of health is noted down with keen observation on the patient's body language and attitude by the physician. After having noted down all the symptoms case is prepared and totality of symptoms is formed for the selection of suitable Homoeopathic remedy.

However, in homoeopathic Materia Medica we have a number of constitutional drugs for sinusitis. These medicines are effective if the totality of symptoms matched accordingly to the medicine. But while practicing we prescribe some drugs therapeutically to combat acute phase to give immediate relief to patient, and to prevent chronicity of disease. A few indicated medicines for sinusitis are – Arsenic album, Sinapsis N, Allium cepa, Nat sulph, Nux vom, pulsatilla, Spongia, Kali bich, Ars Iod, Antim tart, Blatta orientalis, Aralia racemosa, Lobelia, Sambucus nigra, Cuprum met, Causticum, Sulphur, Croton tig, Sterculia, e.t.c.

## HOMOEOPATHIC THERAPEUTICS:

Homeopathic medicines are often effective in treating the acute symptoms of sinusitis, although professional constitutional care is usually necessary to cure chronic sinusitis.

**ARSENICUM:** These children feel throbbing and burning pains in the sinuses. Their pains are aggravated by light, noise, movement, after midnight, and may be triggered by anxiety, exertion, and excitability. They may feel relief by lying quietly in a dark room with the head raised on pillows and exposed to cool air. Their teeth may feel long and painful. They may feel nausea and experience vomiting concurrent with their sinusitis

**BELLADONNA:** Throbbing pains in the front part of the head that come on suddenly and tend to leave suddenly only to return are characteristic of children who need this medicine.

**HEPAR SULPHUR:** Rarely indicated at the beginning of a sinusitis condition, Hepar sulphur children begin sneezing and then develop sinusitis from the least exposure to cold air. Their nasal discharge is thick and yellow. The nostrils become very sore from the acrid discharge, and their nasal passages become sensitive to

cold air. Concurrently, they may have a headache with a sense of a nail or a plug that is thrust into the head along with a boring or bursting pain. Their headache above the nose is worse from shaking the head, motion, riding in a car, stooping, moving the eyes, or simply from the weight of a hat, but is relieved by the firm pressure of a tight bandage. The scalp is so sensitive that simply combing the hair may be painful.

**KALI BIC:** The distinguishing feature of children with sinusitis who need this medicine is that they have a thick, stringy nasal discharge. They have extreme pain at the root of the nose that is better by applying pressure there. The bones and scalp feel sore. Dizziness and nausea when rising from sitting and the severe pain may lead to dimmed vision. The pains are worse by cold, light, noise, walking, stooping, and in the morning (especially on waking or at 9 am) or at night. They prefer to lie down in a darkened room and feel better by warmth, warm drinks, or overeating.

**MERCURIUS:** These children feel as though their head was in a vise. The pains are worse in open air, from sleeping, and after eating and drinking. The pains are also aggravated by extremes of hot and cold temperature. The scalp and the nose become very sensitive to the touch. Their teeth feel long and painful, and they may salivate excessively. The nasal discharge is usually green and too thick to run. It is offensive smelling and acrid.

**PULSATILLA:** The head pain is worse when lying down and in a warm room and is better in cool air for children who need this medicine. The sinusitis may begin after being overheated. Stooping, sitting, rising from lying down, and eating can aggravate the head pain, which is often in the front part of the head and accompanied with digestive problems. They get some relief from slow walking in the open air or by wrapping the head tightly in a bandage. This condition is commonly experienced when the child is in school. The nasal discharge is often thick and yellow or green.

**SILICEA:** These children usually have a chronically stuffed nose. They have a sense as though their head would burst. The head pain tends to be worse in one eye, usually the right. It is aggravated by mental exertion (students tend to get sinusitis while studying for an exam). Cold air, moving the head, light or noise can also aggravate the head pain. It is relieved by wrapping the head warmly and tightly or by applying heat.

**SPIGELLIA:** Children who develop sinusitis with a sharp pain that is worse on the left side may need this medicine. They tend to get sinusitis after exposure to cold or cold, wet weather. They feel pain from warmth or when they stoop or bend the head forward, and they feel some relief by cold applications or from washing with cold water.

**SPONGIA TOSTA:** A hard or “barking” cough during an Bronchial asthma attack is a strong indication for this remedy. Breathing can be labored, with a sawing sound, and not much mucus is produced. The person may feel best when sitting up and tilting the head back, or when leaning forward. Warm drinks may be helpful. The problems often start while the person is asleep (typically before midnight). Spongia is often used in croup, as well.

**KALI BICH**; might help patients who experience attacks at about 3 or 4 a.m., with a feeling as if there were no air in the chest. The patient feels compelled to sit up to breathe, and bending forward while sitting brings some relief. The patient coughs up stringy yellow mucus

**NATRUM MUR** treats general symptoms including a worsening of Bronchial asthma when exposed to mold and dampness; attacks occur at about 4 to 5 a.m.; and the patient sits up and holds the chest with the hands while coughing. Wheezing and breathing difficulties are aggravated by exertion. The patient usually also has loose bowels after each attack.

**ANTIMONIUM TARTARICUM** (Ant.t), a remedy used by conventional medicine for Bronchial asthma, can also be used as a homoeopathic treatment for certain symptoms. The keynote for using this option is the presence of fine rattling or crackling sounds in the chest. The chest also seems full of phlegm that the patient cannot cough up. The patient must sit up at about 3 a.m., has great difficulty breathing, and feels suffocated. Antimonium tartaricum is especially suited to young children and the elderly.

**BLATTA ORIENTALIS**: A remedy for Bronchial asthma. Especially when associated with bronchitis. Indicated after arsenic when this is insufficient. Cough with **DYSPNOEA** in bronchitis and phthisis. Acts best in stout and corpulent patients. Much pus-like mucus.

**ARALIA RACEMOSA**: (American Spikenard) This is a remedy for asthmatic conditions, with cough aggravated on lying down. Drenching sweat during sleep. Extreme sensitiveness to draughts. Diarrhea, prolapse of rectum. Aching in rectum extending upwards; worse lying on side lain upon.

**LOBELIA INFLATA**: Bronchial asthma attacks with weakness, felt in the pit of stomach and preceded with prickling all over. Feels as if heart would stop. Sensation of weight or pressure in chest, better by rapid walking.

**Sambucus Nigra**: Paroxysmal suffocative cough coming on about midnight with crying and dyspnoea. Sniffles of infants, nose dry and obstructed. Child awakes nearly suffocating, sits up and turns blue. Cannot expire. Millars Bronchial asthma.

**Cuprum Met**: Cough has a gurgling sound and he is better by drinking cold water. Suffocative attacks worse 3 a.m. Spasm and constriction of chest. Spasmodic Bronchial asthma alternating with spasmodic vomiting. Angina with asthmatic symptoms and cramps.

**Causticum**: Cough with rawness of chest. Expectoration scanty and must be swallowed. Cough with pain in hip, better by drinking cold water. Cannot lie down at night. Voice re-echoes. Own voice roars in ears and distresses. Intensely sympathetic child.

**Sulphur**: Oppression and burning sensation in chest. Difficult respiration, wants windows open. Dyspnoea in the middle of night, better by sitting up. Pulse more rapid in morning than in the evening. Complaints relapse

**Croton Tig**: Coughs as soon as he touches the pillow and must get up. Sensitive to deep breathing. Bronchial asthma with cough; cannot expand the chest. Drawing pain from left of back into chest.

**Stercula**: . It gives power to endure prolonged physical exertion with taking food and without feeling fatigued. It

promotes appetite and digestion.

### **RUBRICS FOR SINUSITIS FROM DIFFERENT REPERTORY:**

expectoration; slimy; expectoration; transparent, clear; expectoration; mucous;  
expectoration; white; albuminous (white, thick); expectoration; white;  
mind; consolation;  
mind; emotions, feelings, attitude, disposition; indifference, apathy, etc.;  
mind; emotions, feelings, attitude, disposition; indifference, apathy, etc.; to pleasure; mind; emotions, feelings,  
attitude, disposition; irritability;  
mind; emotions, feelings, attitude, disposition; irritability; consolation;  
mind; emotions, feelings, attitude, disposition; loathing; life (see desires, death); mind; emotions, feelings,  
attitude, disposition; love; silent grief;  
mind; emotions, feelings, attitude, disposition; mildness;  
mind; emotions, feelings, attitude, disposition; sensitive, oversensitive;  
mind; emotions, feelings, attitude, disposition; unhappy; discontent, displeased, dissatisfied, etc.;  
mind; emotions, feelings, attitude, disposition; unhappy; discontent, displeased, dissatisfied, etc.; with  
everything;  
mind; emotions, feelings, attitude, disposition; anger (see irritability and quarrelsome); mind; mental exertion;  
mind; aversions, dislikes; company; mind; conversation;  
mind; delirium; during chill; ;  
mind; symptoms follow intense emotions; fright;  
mind; symptoms follow intense emotions; ailments from grief;  
mind; symptoms follow intense emotions; ailments from grief; cannot cry; mind; symptoms follow intense  
emotions; disappointed love;  
mind; aversions, dislikes; indolence, aversion to work;  
mind; aversions, dislikes; company; people intolerable during urination; ; mind; excitement;  
mind; sleep-walking;  
mind; emotions, feelings, attitude, disposition; unhappy; dwells on past disagreeable occurrences;  
mind; emotions, feelings, attitude, disposition; unhappy; grief;  
mind; emotions, feelings, attitude, disposition; unhappy; grief; silent;  
mind; insecure, uncertain, scared; anxiety; hypochondriac - worrying about imagined illness; mind; insecure,  
uncertain, scared; frightened easily; starting, startled; easily;  
mind; insecure, uncertain, scared; frightened easily; starting, startled; from fright; ; mind; insecure, uncertain,  
scared; frightened easily; starting, startled; from noise; ; mind; memory; weakness of memory; for mental labour  
(compare daze);  
mind; ailments after death of part of body; ; mind; perception; numbness;  
mind; talking, conversation; slow learning to talk;  
mind; thoughts (see preoccupied); persistent (see delusions);  
mind; thoughts (see preoccupied); persistent (see delusions); haunted by unpleasant subjects; mind; thoughts (see  
preoccupied); tormenting (see anxiety, remorse);

mind; unconsciousness; during chill; ;  
mind; insanity; mania, madness; from drinking (delirium tremors); mind; intellectual faculties; impaired thinking; mistakes; speaking; mind; intellectual faculties; impaired thinking; dull, sluggish;

mind; emotions, feelings, attitude, disposition; unhappy; sadness, mental depression;  
mind; emotions, feelings, attitude, disposition; unhappy; sadness, mental depression; during chill; ;  
mind; emotions, feelings, attitude, disposition; unhappy; sadness, mental depression; during the heat; ;  
mind; emotions, feelings, attitude, disposition; unhappy; sadness, mental depression; before period; ;  
mind; emotions, feelings, attitude, disposition; unhappy; sadness, mental depression; cannot weep; ;  
mind; emotions, feelings, attitude, disposition; weeping, crying, tearful mood (lamenting); mind; emotions, feelings, attitude, disposition; weeping, crying, tearful mood (lamenting); consolation;  
mind; emotions, feelings, attitude, disposition; weeping, crying, tearful mood (lamenting); involuntary;  
mind; hurry; mind; hysteria;  
mind; intellectual faculties; impaired thinking; absent-minded (see forgetful); mind; intellectual faculties; impaired thinking; confusion;  
mind; unconsciousness; during fever; ;  
mind; insecure, uncertain, scared; frightened easily; starting, startled; Depressed, particularly in chronic diseases  
Consolation aggravates

Irritable; gets into a passion about trifles Awkward, hasty

Wants to be alone to cry Tears with laughter.

Psychic causes of disease; ill effects of grief, fright, anger, etc vertigo, dizziness; while walking; ;

vertigo, dizziness; from looking at...; looking steadily; ; vertigo, dizziness; on rising; from bed; ;

vertigo, dizziness;

vertigo, dizziness; morning; on rising; ;

vertigo, dizziness; after drinking; alcohol; liquor; vertigo, dizziness; after drinking; coffee;

vertigo, dizziness; after drinking; tea; vertigo, dizziness; on rising

;

vertigo, dizziness; periodical, recurring, seasonal; regularly;

vertigo, dizziness; perception of objects distorted; seem to turn in a circle; vertigo, dizziness; with nausea;

periodic; ;

vertigo, dizziness; mental exertion; ;

vertigo, dizziness; in women; during pregnancy; ;

vertigo, dizziness; from looking at...; looking out of a window; ; vertigo, dizziness; from smoking; ;

Violent sneezing coryza

Violent, fluent coryza, lasting from one to three days, then changing into stoppage of nose, making breathing difficult

Discharge thin and watery, Like raw white of egg Infallible for stopping a cold commencing with sneezing Use thirtieth potency

Loss of smell and taste Internal soreness of nose

Dryness.



nose; running or blocked nose (coryza); annual (hay fever); nose; running or blocked nose (coryza); running, wet; nose; scraping behind nostrils;  
nose; smell; diminished;  
nose; smell; lost sense of smell; nose; dryness; inside; ;  
nose; discharge from nose; white; like white of eggs; nose; discharge from nose; white;  
nose; discharge from nose; behind nostrils (see catarrh); nose; running or blocked nose (coryza); blocked;  
nose; catarrh;  
nose; catarrh; post nasal (see discharge); ;  
nose; discharge from nose; albuminous (white, thick); nose; discharge from nose; copious;  
Oily, shiny, as if greased Earthy complexion Fever-blisters.  
face; expression; old looking;  
face; skin; out-breaks on skin; chin; ; face; skin; out-breaks on skin; forehead; ;  
face; skin; out-breaks on skin; cold sores, herpes;  
face; skin; out-breaks on skin; cold sores, herpes; around mouth; ; face; skin; out-breaks on skin; pimples;  
face; skin; out-breaks on skin; blisters;  
face; skin; out-breaks on skin; blisters; around mouth; ; face; skin; out-breaks on skin; blisters; on chin;  
face; skin; out-breaks on skin; blisters; lips; ;  
face; skin; out-breaks on skin; blisters; nose; wings; ;  
face; swelling;  
face; swelling; lips; ;  
face; swelling; lips; lower; ; face; skin; out-breaks on skin; face; skin; discoloration; sallow; face; skin; discoloration; pale; face; lips; chapped;  
face; lips; cracked lips;  
face; lips; discoloration; bluish; during chill; ; face; pain; after poisoning by quinine; ;  
face; lips; out-breaks on lips;  
face; lips; out-breaks on lips; cold sores, herpes; around lips; ; face; pain; with paralysis;  
face; pain;  
face; pain; periodical;  
face; pain; after suppressed shivering fit; ;  
face; skin; discoloration; iron deficiency anaemia (greenish-yellow discoloration); face; skin; discoloration; bluish; from oxygen starvation;  
face; swelling; lips; upper; ;  
vertigo, dizziness; on exertion of vision

## MATERIAL & METHODS

1. **Study design:** Single blind random control study.
2. **Study Population:**
  - 2.1. **Study site:** G.D. Memorial Homoeopathic Medical College & Hospital, Patna – 27.
  - 2.2. **Study Setting:**

●  
Patna.

#### 2.4 Inclusion criteria:

- Cases of Para-nasal Sinusitis as a consequence of untreated or maltreated respiratory infection (or cold).
- Patients of age group 12-16 years.
- ESR raised.

#### 2.5 Exclusion criteria:

- Patients associated with other complications along with Sinusitis will not be included.

#### 2.6 Sample size Calculation- A total number of 30 patients (minimum)

### 3. Procedure:

STEP I:

Extensive studies of different books and journals with special reference to topic Sinusitis.

STEP II:

Gather exhaustive information from the Internet according to requirement and availability

STEP III:

Selection of (numbers of patient) patient (minimum) suffering from Sinusitis.

STEP IV:

Proper case taking will be done according to the standard case-taking performance.

STEP V:

Relevant investigation will be done as per need.

STEP VI:

Inclusion and Exclusion Criteria will be fulfilled.

STEP VII:

Analysis, Evaluation and Repertorisation of the Totality of Symptoms using Synthesis Repertory will be done taking help of Computer-aided (Digital) Repertory (RADAR).

- Indoor Patient Department (I.P.D.)
- Outdoor Patient Department (O.P.D.)

**3.2. Ethical clearance requirement-** From the ethical Committee,  
G. D. Memorial Homoeopathic Medical College & Hospital,

**STEP VIII:**

Medicine will be selected on the basis of nearest similimum and consultation of Materia Medica and senior teachers.

**STEP IX:**

Potency, dose and repetition will be strictly arranged following strict Homoeopathic Principle

**STEP X:**

Follow up of the case at regular interval.

**STEP XI:**

Statistical analysis of the result by using different standard Statistical methods.

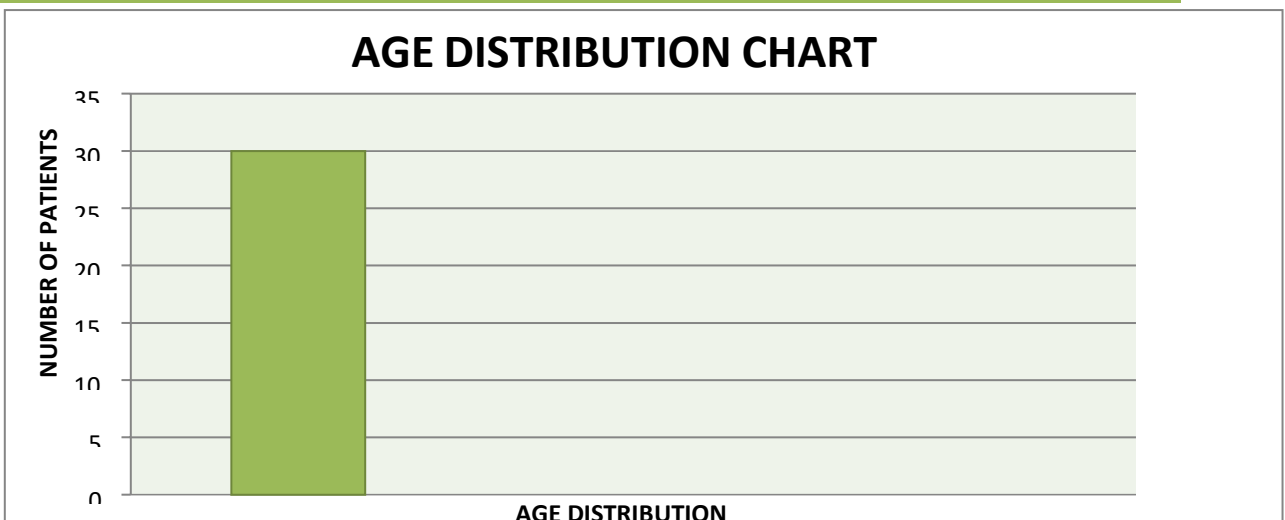
**OBSERVATION**

Total number of patients included during study of “**STUDY OF FERRUM GROUP OF MEDICINE IN CASES OF IRON DEFICIENCY ANEMIA IN ADOLESCENCE**” was

30. Some of the subjects did not continue the treatment and stopped abruptly during the study. They discontinued the treatment after first visit or after first follow-up are only considered for the base line analysis. Following are the observation noted during the study.

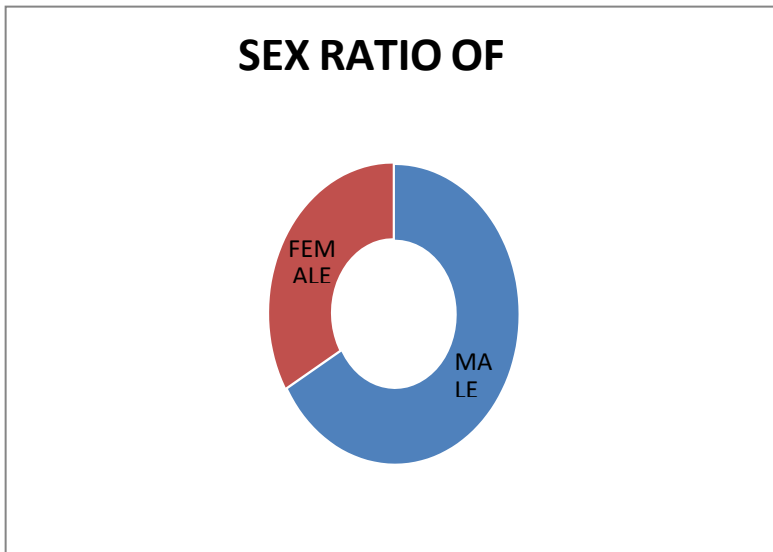
**OBSERVATION – 01**

| Age group (in years) | No. of Patients |
|----------------------|-----------------|
| 01-05                | 16              |
| 05-17                | 14              |
| Total                | 30              |



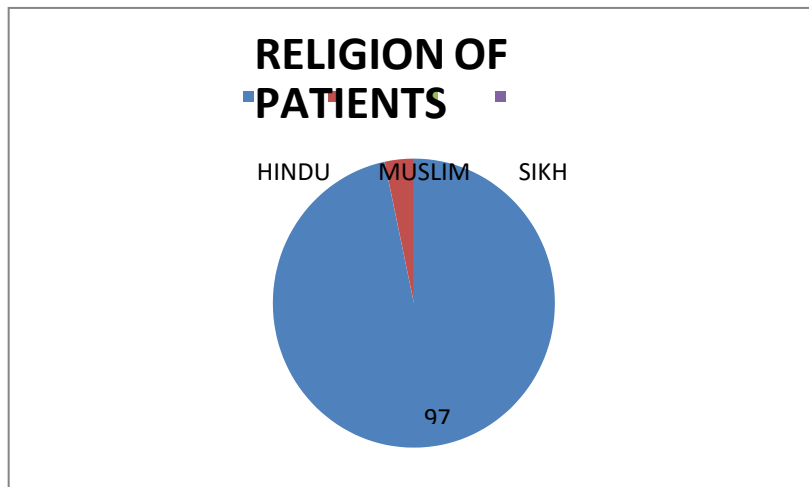
**OBSERVATION – 02**

| <b>SEX</b>    | <b>No. of Patients</b> |
|---------------|------------------------|
| <b>Male</b>   | 20                     |
| <b>Female</b> | 10                     |
| <b>Total</b>  | 30                     |



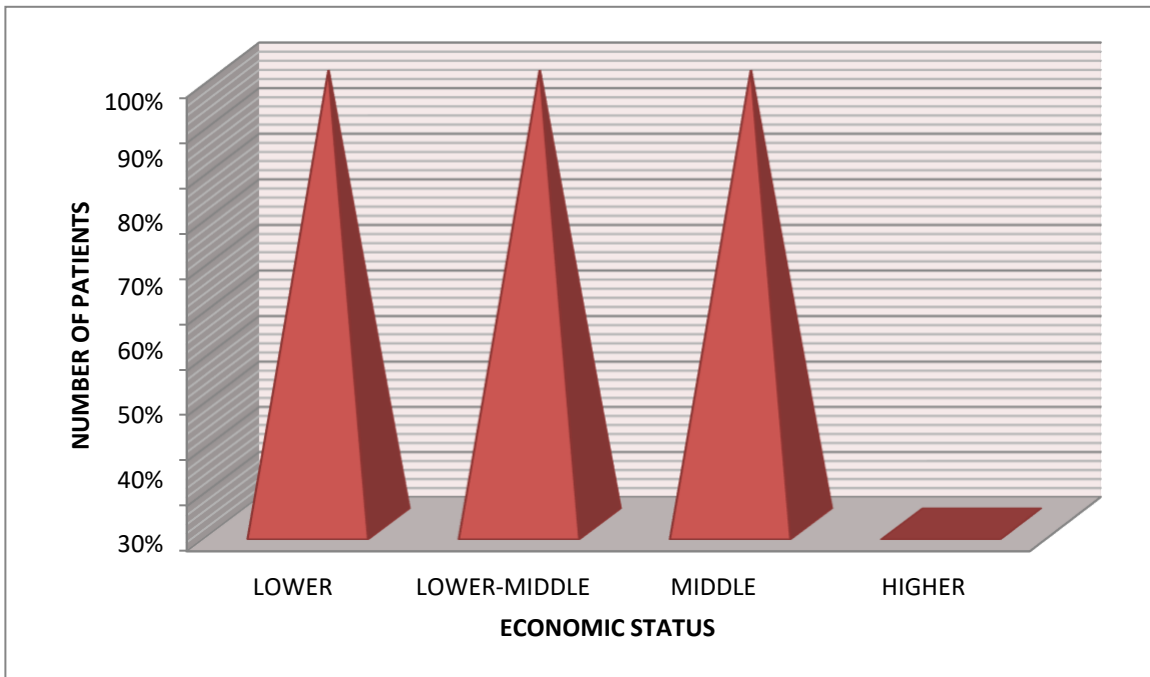
**OBSERVATION – 03**

| Religion  | No. of Patients |
|-----------|-----------------|
| Hindu     | 29              |
| Muslim    | 1               |
| Sikh      | 0               |
| Christian | 0               |
| Total     | 30              |



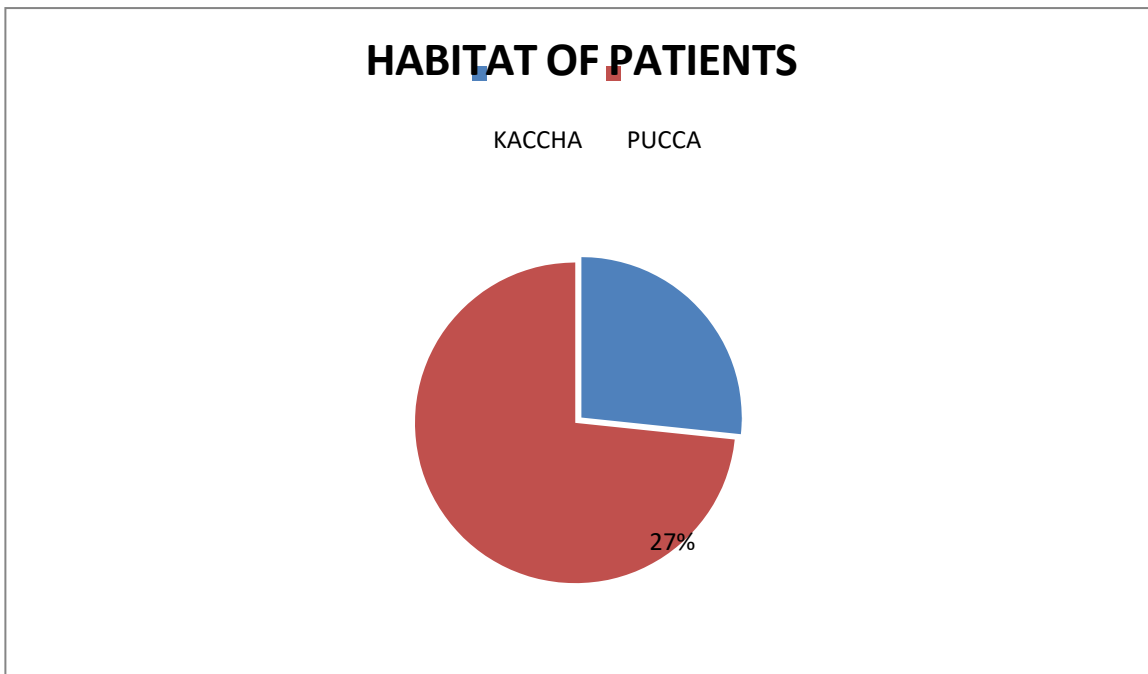
**OBSERVATION – 04**

| Economic Status | No. of Patients |
|-----------------|-----------------|
| Lower           | 5               |
| Lower-middle    | 7               |
| Middle          | 18              |
| Higher          | 0               |
| Total           | 30              |



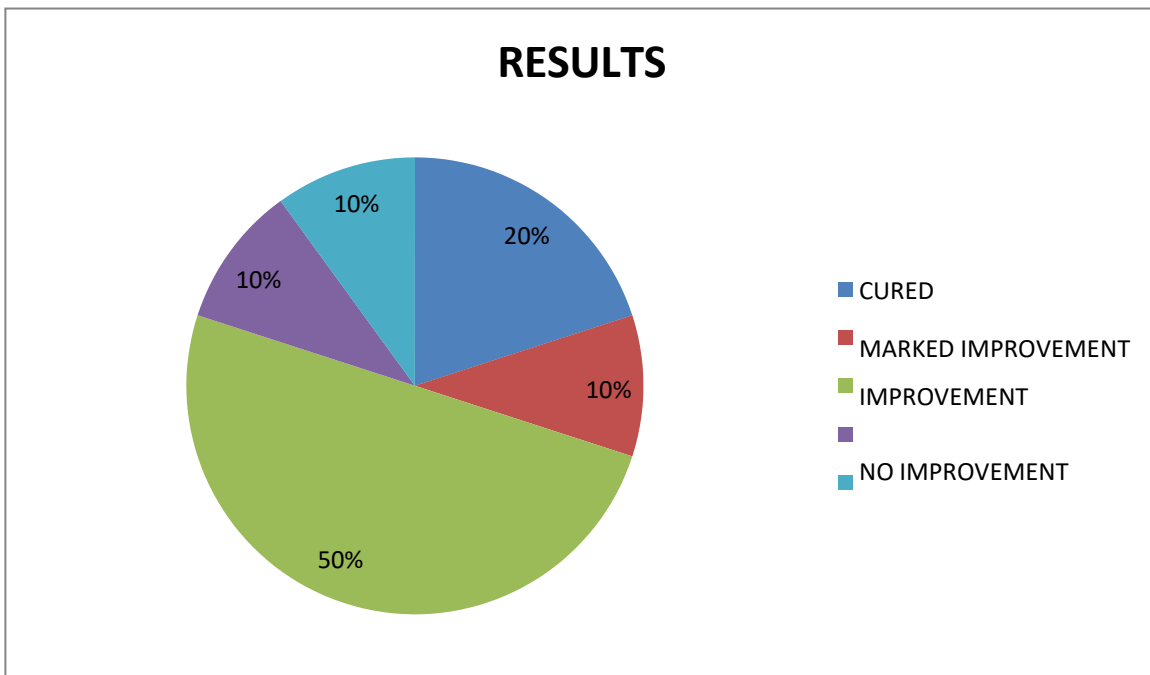
## OBSERVATION – 05

| Habitat | No. of Patients |
|---------|-----------------|
| Kaccha  | 8               |
| Pucca   | 22              |
| Total   | 30              |



**OBSERVATION – 06**

| Results            | No. of Patients |
|--------------------|-----------------|
| Cured              | 6               |
| Marked Improvement | 3               |
| Improvement        | 15              |
| No improvement     | 3               |
| Dropped            | 3               |
| Total              | 30              |

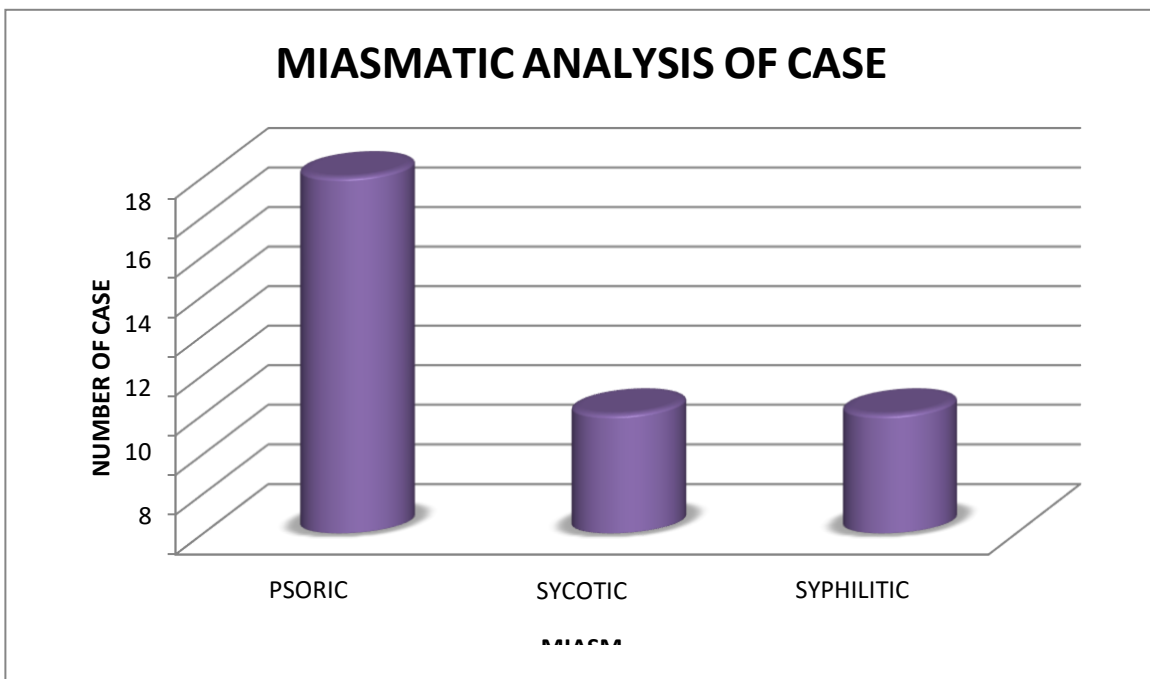




**OBSERVATION – 07**

**Miasmatic analysis of cases**

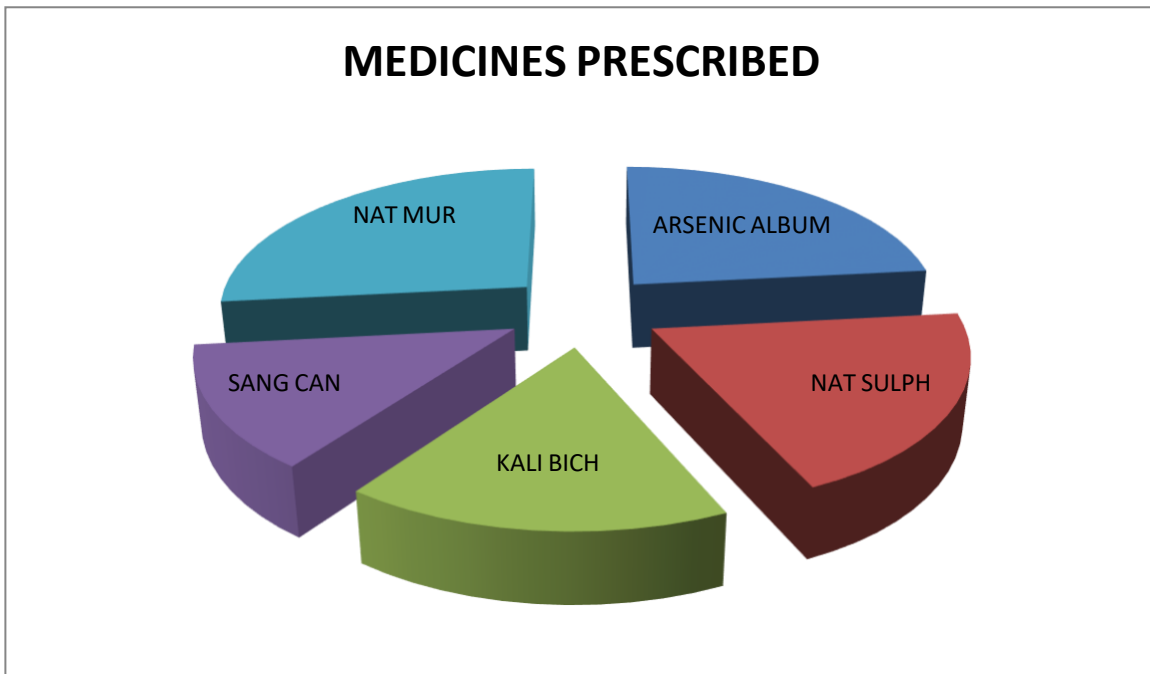
| Number of cases | Cases covered by the miasm |
|-----------------|----------------------------|
| 18              | Psoric                     |
| 6               | Sycotic                    |
| 6               | Syphilitic                 |



### OBSERVATION – 08

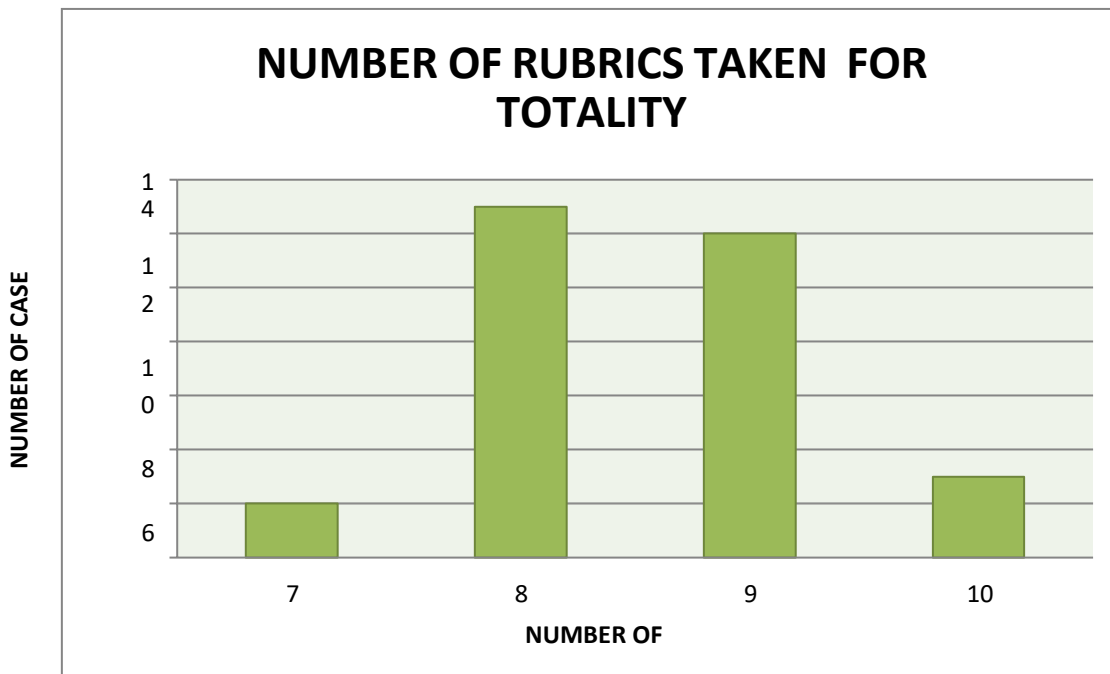
#### Medicine prescribed in the cases

| Medicine                 | Number of cases |
|--------------------------|-----------------|
| Arsenic AlbumNat sulph   | 7               |
| Kali bichSang.canNat mur | 6               |
|                          | 5               |
|                          | 4               |
|                          | 8               |
| Total                    | 30              |



**OBSERVATION – 09**

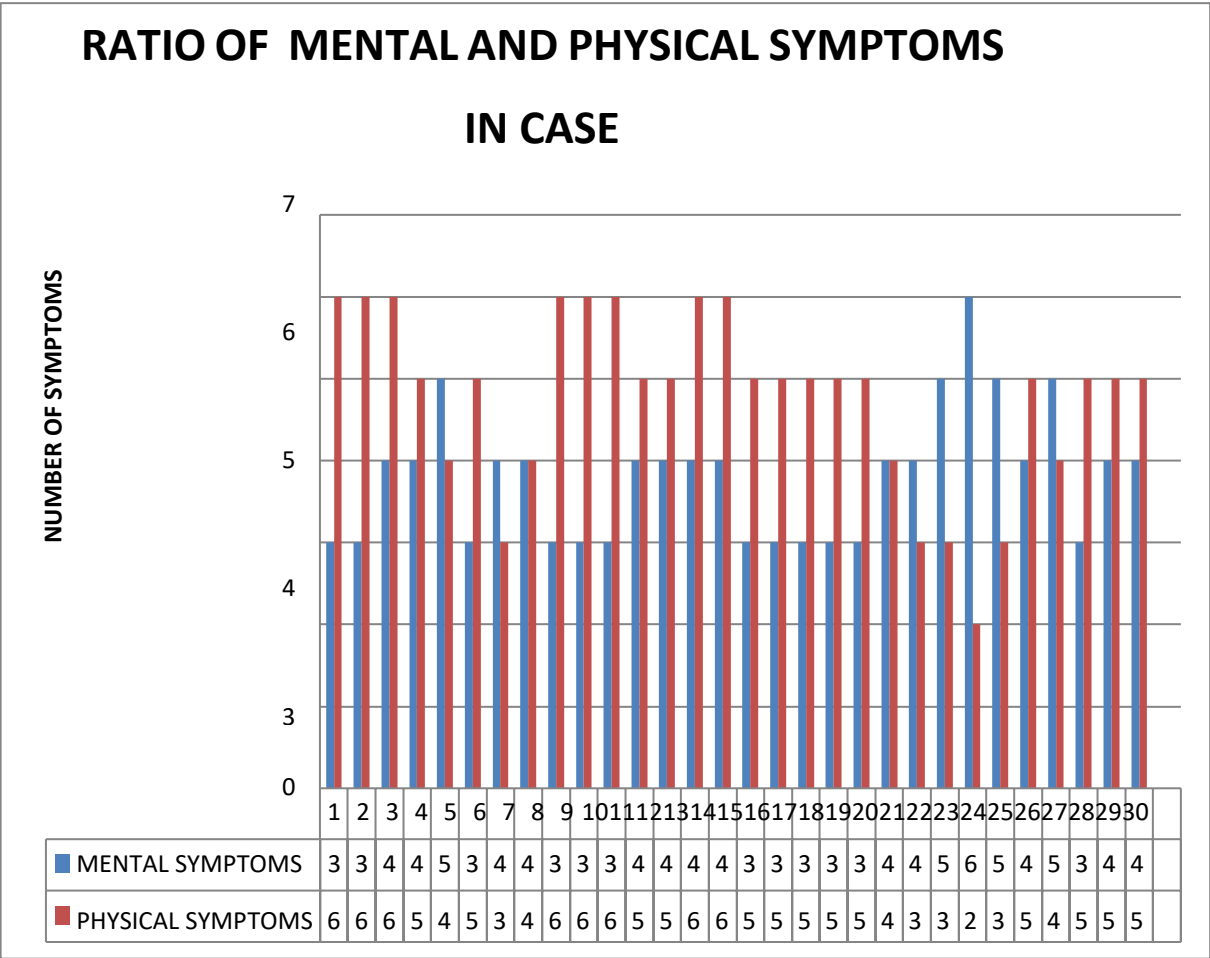
| Number of Rubric | Number of Case |
|------------------|----------------|
| 7                | 2              |
| 8                | 13             |
| 9                | 12             |
| 10               | 3              |
| <b>TOTAL</b>     | <b>30</b>      |



**OBSERVATION – 10**

**Ratio of mental and physical symptoms in cases**

| <b>Case no.</b> | <b>Number of Mental symptoms</b> | <b>Number of Physical symptoms</b> |
|-----------------|----------------------------------|------------------------------------|
| 1               | 3                                | 6                                  |
| 2               | 3                                | 6                                  |
| 3               | 4                                | 6                                  |
| 4               | 4                                | 5                                  |
| 5               | 5                                | 4                                  |
| 6               | 3                                | 5                                  |
| 7               | 4                                | 3                                  |
| 8               | 4                                | 3                                  |
| 9               | 3                                | 4                                  |
| 10              | 3                                | 6                                  |
| 11              | 3                                | 6                                  |
| 12              | 4                                | 6                                  |
| 13              | 4                                | 5                                  |
| 14              | 4                                | 5                                  |
| 15              | 4                                | 6                                  |
| 16              | 3                                | 6                                  |
| 17              | 3                                | 5                                  |
| 18              | 3                                | 5                                  |
| 19              | 3                                | 5                                  |
| 20              | 3                                | 5                                  |
| 21              | 4                                | 5                                  |
| 22              | 4                                | 4                                  |
| 23              | 5                                | 3                                  |
| 24              | 6                                | 2                                  |
| 25              | 5                                | 3                                  |
| 26              | 4                                | 5                                  |
| 27              | 5                                | 4                                  |
| 28              | 3                                | 5                                  |
| 29              | 4                                | 5                                  |
| 30              | 4                                | 5                                  |



## DISCUSSION

The first and a very important step in homoeopathic practice is the taking of the case and much of the success of the practitioner depends upon the accuracy and thoroughness with which the case is taken. It is said that a well taken case is half cured and this statement is indeed very true. In clinical practice, it requires all the alertness, intelligence, care and circumspection on the part of the physician while taking the case.

These cases which were taken for study in this work were taken thoroughly. The main object of this is to emerge the totality of symptoms in each and every case. The totality in homoeopathy is possible by a logical relationship between uncommon, peculiar and characteristic symptoms.

For making a homoeopathic totality of symptoms the observation of all symptoms are very important. In emergency the totality depends upon observation, finding and causation.

All cases were repertorised with Synthesis repertory.

Careful observation and past history were carefully recorded for knowing the miasmatic influence and for the selection of complementary remedy.

The concept and methods discussed above were practiced in all the 30 cases where ever necessary.

In the first case of Prem Kumar, the patient was suffering from sinusitis with cough and breathlessness. Also there was past history of suppressed eczema. Arsenic Album was beautifully depicted in the reportorial analysis and it stood clearly on the basis of bronchial asthma and also he was irritable and cross on mental ground. The physical particulars have supported the medicine well and the result of the case fortifies the view that the medicine chosen on the basis of totality of symptoms was a correct medicine.

In the second case of Miss Ranjani Devi, the patient complained of difficult breathing. Along eruption on scalp. There was desire for sweets. Arsenic Album was beautifully depicted in the reportorial analysis and it stood clearly on the basis of difficult breathing, along desire for sweets. Nine rubrics were taken into consideration and surprisingly Arsenic Album covered all these rubrics. The mentals supported the physical generals and particulars very well and the medicine indicated was the similimum, as we can see from the result.

Similarly the study on the other patients also reveal that the medicine has many aspects on the mental sphere also which stand as clear pointer to the medicine. Supported by the physical particulars, they stand out very significant and this is the approach which needs to be realized in order to prescribe in a scientific manner.

## LIMITATION OF THE STUDY:

1. The number of the patients dealt with in this study was only 30, which is too few to draw a conclusion in such a multi dimensional disease condition.
2. The sample was not representative of the population. For that sampling should be done from different areas, socio-economic groups, all religions. A multicentre study can provide better understanding of the problem and are useful to validate the results of other studies.
3. Investigations could be done repeatedly considering the socio-economic status of the patients.
4. Duration of study was limited, so the study was focused on the predefined aims and objectives.
5. The rural population coming from far flung areas formed a major chunk of the sample. These cases need a lot of motivation to take the medication regularly and come for the regular follow ups.
6. The criteria for selection of potency and repetition of doses in homoeopathy are not beyond question.

So through the existing guideline was followed in this study, the conclusion cannot be regarded as final. Within the constraints human error, time, financial and institutional resources, the results of the study are encouraging. But large scale trials with proper planning in a proper set up need to be conducted. They will have wider implications and can help to draw definitive conclusions.

## SUMMARY

In this research an effort was made to show the detailed study of sinusitis . Through this research it has been evident that we can master if we take a disease and study their common characteristics along with particular remedy. By studying the sinusitis we get an exact idea of differentiation among the remedies which in turn help in prescribing. While studying the Maltreated sinusitis along with the common features of the disease is interesting to note its distinct features which assist us in differentiating while studying

With the knowledge of medicine we can quickly arrive at that particular remedy after case taking. With the further knowledge of each medicine we can differentiate and prescribe the indicated remedy.

The detailed information of all causes of sinusitis with history of suppressed asthma with correlation of miasmatic background, these information contain well known verified characteristic symptoms besides other

less important symptoms aiding the selection of the Medicine.

While studying medicine in Maltreated sinusitis in detail with miasmatic approach we have noted that the drugs have been extensively proved and again and again verified as regards to its clinical efficacy.

In this work 30 cases of Sinusitis were studied and the following inference was drawn.

1. It is the deeper aspect of totality of symptoms which indicate correct similimum instead of the apparent pathology.
2. Conventional treatment based on the totality of symptoms proved to be the best for the treatment of acute emergency.
3. In each definite case of the remedy one facet of the remedy is apparent indicating it and the remedy does wonderful job even if a few so called characteristic symptoms present.
4. In few cases the employment of acute remedy or Anti-miasmatic remedy unfolds the clear picture indicating the deep acting remedy.
5. In some cases without any perceptible aggravation there occurs continuous, steady amelioration in the sufferings on administration of the very first dose of the constitutional remedy & this again is the most favorable response to the remedy.

### **RECOMONDATION:**

This study reveals the efficacy of Homoeopathic medicine in cases of Maltreated sinusitis Treatment of these cases on the basis of Homoeopathic philosophy provides a durable nature of effect with no recurrence.

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#### **APPENDIX "E" KEY TO MASTER CHART RELIGION**

H : HINDU M : MUSLIM

C : CHRISTIANS : SIKH

#### **SEX**

M : MALE

F : FEMALE

#### **MEDICINE**

Phos – Phosphorus

Nux vom – Nux vomica Verat – Veratrum album Puls – Pulsatilla

Sulph – Sulphur

Calc – Calcarea carbonica Ars – Arsenicum album Bell – Belladonna

Bry – Bryonia

Lyc – Lycopodium Lach – Lachesis Dulc – Dulcamara Carc – Carcininum Med – Medorrhinum

Calc- p – Calcarea phosphorica Carbo veg – Carbo vegetabilis Caust – Causticum

Arn – Arnica Montana Puls – Pulsatilla

Nat mur – Natrum muriaticum Ign – Ignatia amara

Chin – Cinchona officinalis Kali-s – Kali sulphurica Thuj – Thuja occidentalis

Rhus-tox – Rhus toxicodendron Zinc – Zincum metallicum Merc – Mercurius solubilis

**APPENDIX “D” MASTER CHART**

| SI | NAME           | Regd No | Age | Sex | Religion | Economic Status | Habitat | No of symptoms considered | Prescription  | Result             |
|----|----------------|---------|-----|-----|----------|-----------------|---------|---------------------------|---------------|--------------------|
| 1. | Prem kumar     | 48786   | 16  | M   | H        | Middle          | Pucca   | 9                         | Kali bich 0/1 | Cured              |
| 2. | Kaushal kumar  | 48791   | 15  | M   | H        | Middle          | Pucca   | 9                         | Nat Mur 0/1   | Marked Improvement |
| 3. | Kiran Singh    | 49477   | 10  | F   | H        | Lower-Middle    | Pucca   | 10                        | Kali bich0/1  | Improvement        |
| 4. | Sumant kumar   | 62234   | 15  | M   | H        | Lower           | Kuccha  | 8                         | Sang 0/1      | Marked Improvement |
| 5. | Priti kumara   | 62657   | 07  | F   | H        | Middle          | Pucca   | 9                         | Sang 0/1      | Improvement        |
| 6. | Hina khatun    | 51563   | 8   | F   | M        | Middle          | Pucca   | 7                         | Kali bi 0/1   | Improvement        |
| 7. | Mukesh kumar   | 61217   | 12  | M   | H        | Lower           | Kuccha  | 9                         | Nat.sulph 0/1 | Improved           |
| 8. | Rumi Kumari    | 47005   | 12  | F   | H        | Lower           | Pucca   | 8                         | Nat sulph 0/1 | Cured              |
| 9. | Prem kumar     | 46693   | 11  | M   | H        | Middle          | Pucca   | 10                        | Nat mur 0/1   | Cured              |
| 10 | Sachin kumar   | 37019   | 08  | M   | H        | Middle          | Pucca   | 10                        | Ars. alb 0/1  | Cured              |
| 11 | Budhan         | 38062   | 11  | M   | H        | Lower           | Kuccha  | 9                         | Sang. 0/1     | Improvement        |
| 12 | Abhishek kumar | 48451   | 14  | M   | H        | Lower-Middle    | Kuccha  | 8                         | Nat sulph 0/1 | Improvement        |
| 13 | Sati devi      | 40208   | 12  | F   | H        | Lower-Middle    | Kuccha  | 8                         | Ars. alb0/1   | Improvement        |
| 14 | Malti devi     | 43798   | 13  | F   | H        | Middle          | Pucca   | 8                         | Ars. alb0/1   | Improvement        |
| 15 | Geeta kumara   | 41905   | 10  | F   | H        | Middle          | Pucca   | 9                         | Ars. alb 0/1  | No Improveent      |
| 16 | Manoj Kumar    | 43082   | 12  | M   | H        | Lower-Middle    | Pucca   | 7                         | Ars. alb 0/1  | Dropped            |

|    |                  |       |    |   |   |              |        |   |               |                    |
|----|------------------|-------|----|---|---|--------------|--------|---|---------------|--------------------|
| 17 | Ramlal           | 43341 | 10 | M | H | Lower-Middle | Kuccha | 9 | Ars. alb 0/1  | Improvement        |
| 18 | Rita Kumari      | 44091 | 06 | F | H | Middle       | Pucca  | 9 | Ars. alb 0/1  | Dropped            |
| 19 | Ranjeet singh    | 47025 | 05 | M | H | Middle       | Pucca  | 8 | Nat mur 0/1   | Improvement        |
| 20 | Kamla Devi       | 47486 | 15 | F | H | Lower-Middle | Kuccha | 9 | Kali Bich 0/1 | Improvement        |
| 21 | Chathi Devi      | 47776 | 15 | F | H | Lower-Middle | Pucca  | 8 | Nat Mur 0/1   | No improvement     |
| 22 | Jaiprakash yadav | 44251 | 14 | M | H | Middle       | Pucca  | 8 | Sang 0/1      | Improvement        |
| 23 | Santosh          | 40541 | 15 | M | H | Middle       | Pucca  | 8 | Nat mur 0/1   | No Improvement     |
| 24 | Suraj            | 46257 | 10 | M | H | Middle       | Pucca  | 9 | Ars Alb 0/1   | Improvement        |
| 25 | Ram dayal        | 45156 | 13 | M | H | Middle       | Pucca  | 8 | Sang 0/1      | Marked Improvement |
| 26 | Aditya kumar     | 45781 | 12 | M | H | Middle       | Pucca  | 8 | Kali Bich 0/1 | Improvement        |
| 27 | Santosh kumar    | 47282 | 16 | M | H | Lower        | Kuccha | 8 | Kali Bich 0/1 | Improvement        |
| 28 | Anita devi       | 44538 | 12 | F | H | Middle       | Pucca  | 8 | Ars Alb 0/1   | Improvement        |
| 29 | Dinesh kumar     | 48057 | 16 | M | H | Middle       | Pucca  | 9 | Nat Mur 0/1   | Dropped            |
| 30 | Kunal kumar      | 48575 | 14 | M | H | Middle       | Pucca  | 9 | Sang 0/1      | Improvement        |