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## **Sinusitis**

The uncomfortable symptoms of sinusitis bring large numbers of patients to our clinics. Acute sinusitis is a common reason for primary care visits - it is one of the 10 most common diagnoses in general practice. Sinusitis falls within the broad category of respiratory disorders, and is a concern for both health authorities and the general population in terms of personal, social and economic costs.

### **Conventional treatment**

Traditional and allopathic treatment of sinusitis includes antibiotics, steam inhalation, and topical vasoconstrictors. Surgical intervention is often undertaken in unresponsive sinusitis, with the aim to improve ventilation and drainage and to remove debris and hypertrophic mucous membrane<sup>1</sup>.

### **A homotoxicological view**

Chronic sinusitis falls within the Deposition phase, just to the right of the Biological Division, in homotoxicology. In this phase, the homotoxins have been encapsulated and removed from circulation. This process occurs when the body can no longer degrade the homotoxins by the process of inflammation.

In the deposition phase, the condensed homotoxins are deposited without resulting in structural or functional changes to the matrix. With the physiological functions of the matrix intact, the performance of the surrounding parenchyma and tissue are guaranteed. However, once the Biological Division has been crossed, the structure and functioning of the matrix becomes overburdened and homotoxins enter tissue cells to cause changes in cellular structures with resultant consequences such as nasal polyposis<sup>2</sup>.

### **Homotoxicology treatment protocol**

As always, one of the aims of homotoxicological treatment is **detoxification**. We want to detoxify and drain the matrix of the homotoxins to enable regressive vicariation to the left of the disease evolution table.

Remember that regressive vicariation can be an uncomfortable process for the patient as old symptoms return, often with a vengeance. It is therefore essential to explain the process to your patient and provide adequate support and motivation. Suppressive treatment of the symptoms resulting from regressive vicariation is absolutely contraindicated as we need to support the body's healing mechanisms and not restrict them.

### **Main treatment**

**Euphorbium compositum S Nasal Spray** is used for the E.N.T. system covering most pathologies in phases two up to five of the Disease Evolution Table (DET). With strong anti-inflammatory characteristics and a proven inhibition of viral proliferation, it is indicated for acute and chronic rhinitis and sinusitis.

Euphorbium compositum is highly recommended for use in conjunction with Mucosa compositum, especially for patients with a long history of antibiotic and steroid use.

### **For inflammation**

**Traumeel** is a secondary remedy for sinusitis in homotoxicology, and is a natural anti-inflammatory.

### **For immune stimulation**

**Echinacea comp** is another remedy for sinusitis, an immune stimulant useful in acute and chronic inflammatory processes. Its ingredients strengthen the mesenchymal defences, promote regressive vicariation, and are especially useful in catarrhal conditions.

### **To normalise mucosal function**

**Mucosa compositum** is a phase remedy for this condition. It is especially indicated in sinusitis to normalise and aid the function of mucosal linings of the sinuses.

### **To drain the extracellular space**

**Lymphomyosot** may be indicated as an adjunctive treatment in sinusitis<sup>3</sup>.

It assists in detoxification and serves as an immune stimulant, and is an important detoxifying and drainage agent in all impregnation and degeneration phases. In general, the more chronic the condition, the more useful Lymphomyosot will be.

### **For a history of colds/flu**

**Engystol** is an excellent immune stimulant, it may be used as a supportive treatment for any immune challenges, but especially for infections of various origins<sup>4</sup>.

### **References**

1. Berkow, Fletcher & Beers. Merck Manual. 1992: 2347-2348
2. Biotherapeutic index. –Heel. 2006: 18
3. Van Brandt. Inflammation means Healing. 2002: 65-69
4. Herzberger, Weiser. Homoeopathic Treatment of Infections of Various Origins: A Prospective Study. *Biomedical Therapy*, 1997, **15**: Vol 4, Pp 123-127.

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