

Homeopathic Healthcare
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Sinusitis

Sinusitis (infection of the sinuses) can be a very painful and debilitating condition, both acutely and chronically. If left untreated or if especially severe, sinusitis can rarely cause serious complications; such as, brain abscess, meningitis, or a condition called cavernous sinus thrombosis. These are uncommon however. Based on my experience, the bulk of sinus infections can be successfully managed early in their course by homeopathic medicine, precluding the need for antibiotics. Additionally, several natural healthcare treatments can be of benefit. If the illness is not rapidly responsive to the measures below, please seek medical attention.

Natural Medical Strategies

The goals of nutritional/botanical medicine are to establish drainage and rid the sinuses of infection. This is accomplished through basic nutritional support to optimize functioning of the immune system and herbs which both stimulate immune functioning and possess antibacterial properties. A thorough protocol includes:

Rest

Fluids (dilute vegetable juice, soups, herbal teas).

Decrease sugar intake.

Avoid common food allergens (milk, wheat, eggs, citrus, corn, peanut butter, etc.).

Vitamin C - 500 mg every two hours; reduce this dosage if stomach upset or diarrhea intervenes.

Bioflavonoids - 1 gram per day.

Vitamin A (or Beta carotene) - 25,000 Units per day.

Zinc lozenges - 1 every 2 hours for one week (prolonged ingestion can cause immune suppression).

Thymus extract - 500 mg twice a day.

Colloidal Silver - 1 teaspoon three times a day; may be used as nose spray, gargle, etc.

Golden seal: This herb is especially important during acute infection. It works best if taken with bromelain (250-500 mg). Take every two hours until improvement is definite in following dosages; then reduce dosage to four times a day. Dosage varies with the form of the herb taken.

Echinacea: an impressive immune system stimulant. Suggested dosage is one teaspoon of fluid extract every 2-3 hours initially, decreasing as improvement sets in.

Hydrotherapy: In early stages, nasal rinse with salt water and/or steam inhalations to loosen secretions. Also consider a nasal rinse of 1 teaspoon powdered goldenseal in 1 cup warm water.

Another hydrotherapy technique consists of applying a hot compress over the affected sinus for 3 minutes, then a cold compress for 30 minutes. Repeat three times, ending always with cold.

HOMEOPATHIC TREATMENT OF SINUSITIS

Method of administration: I suggest beginning with a 30C potency (or 30X) when utilizing homeopathic remedies for sinusitis. Take one dose of the indicated remedy every 3-4 hours until a definite effect is obtained, then reduce the frequency sharply. A basic rule in homeopathy is that as long as definite improvement is occurring refrain from repeating the remedy. If there is a relapse after having earlier noted improvement, resume the remedy until benefit is again obtained. The principle remedies and their indications follow.

Kali bichromicum (potassium bichromate): The nasal discharge of this remedy is most distinctive; it is profuse and sticky, and at times it can be drawn out into long strings. There is pain, fullness and pressure in the sinuses and at the root of the nose. The nose is obstructed. The patient is worse from cold, damp weather conditions, and better from a warm bed and warm applications. There may be sharp, pressing pain over the sinuses. At times the pain may be noted to occur in small spots.

Silica (flint): Silica ailments are also worse from cold, damp weather. There is fullness and pressure in the sinuses. Unlike Kali bichromicum, there is usually little or no discharge. Steadily increasing tension in the affected sinuses is noted. There may be dry, hard crusts in the nose (which bleed easily). There is nasal obstruction with loss of smell. Typically the patient is chilly.

Pulsatilla (wind flower): The nasal obstruction in this remedy is often worse when waking in the morning and in the evening; it is invariably worse in a warm room and better from open air. The nasal discharge is bland and yellow-green. The patient may complain of smelling an unpleasant odor.

Mercurius (mercury): The symptoms of Mercurius consist of fullness of the sinuses and violent pains (which can radiate to the teeth) which are worse from radiant heat (such as a stove or fireplace) and worse from drafts. The patient in general is alternately hot and cold, covering and uncovering as his/her temperature sensitivity fluctuates. The tongue may display a flabby, indented appearance (as from compression by the teeth). There may be excessive salivation. If there is copious drooling in sleep, Mercurius is even more indicated. If the sinusitis is not completely cured by Mercurius and the patient continues worse from drafts, either Silica or Hepar sulphuris will likely be needed to complete the cure.

Hepar sulphuris calcareum (calcium sulphide): The Hepar patient - and his sinus pain - is very much worse from cold; the sinuses are also very sensitive to touch. The patient is usually irritable and always extremely chilly. The nostrils are liable to be sore and ulcerated. The nasal discharge is thick and offensive.

Kali iodatum (potassium iodide): Symptoms of Kali iodatum are worse from heat. Sinus tightness and stabbing pains are aggravated in a warm room. The pains are burning in quality. Symptoms are made better by walking in the open air.

Hydrastis (golden seal): Hydrastis nasal and sinus ailments produce a golden yellow discharge. Often, a postnasal discharge appears as streaks of yellow mucus and pus in the throat. The back of the nose feels raw and irritated. There may be coughing, which is worse from talking and smoke, and at night.

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