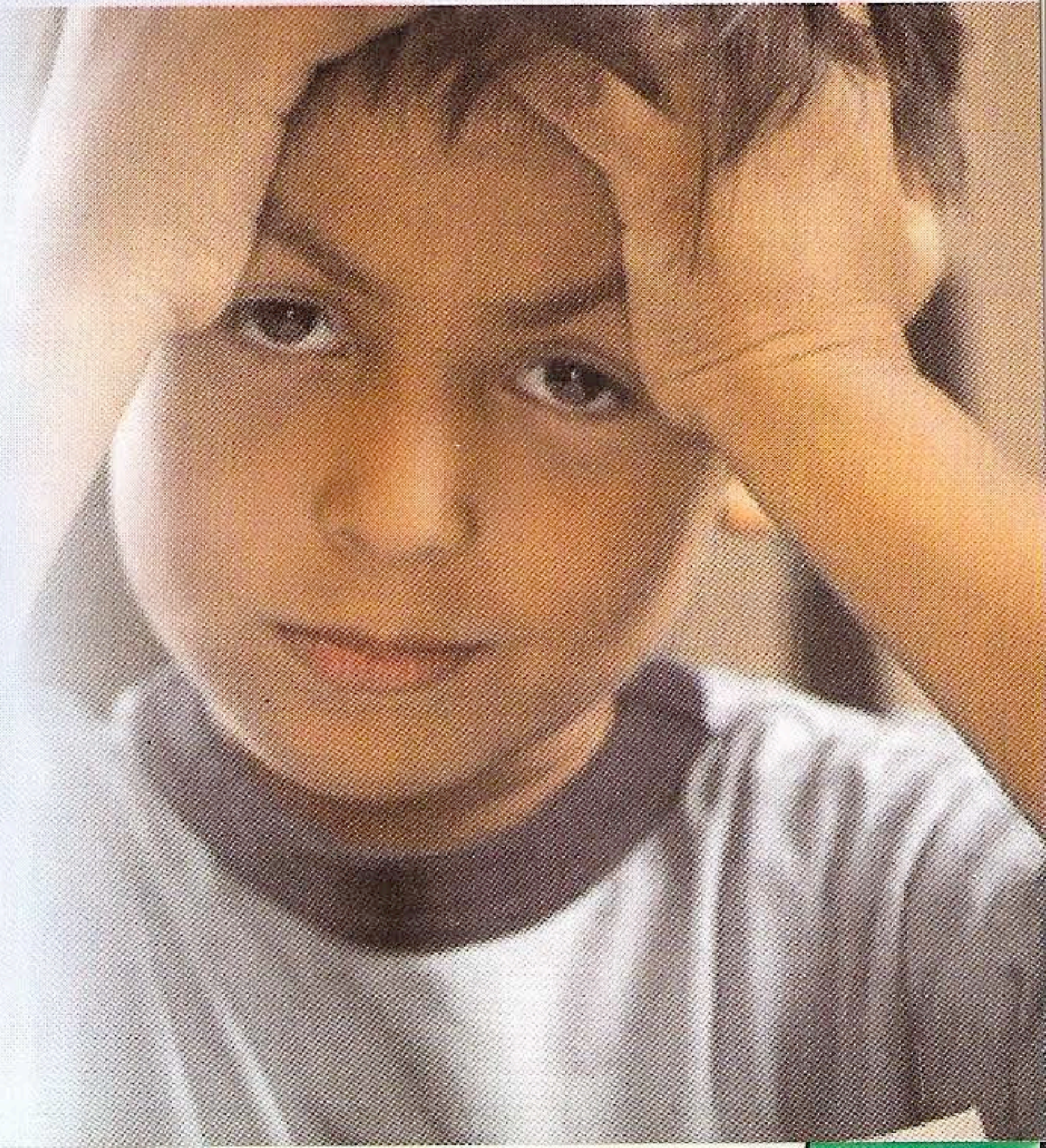


National Campaign
on Homoeopathy
for Mother and Child Care

Homoeopathy for Sinusitis in Children



Department of Ayurveda, Yoga &
Naturopathy, Unani, Siddha
and Homoeopathy (AYUSH)
Ministry of Health and Family Welfare
Government of India



Central Council for
Research in Homoeopathy
(An Autonomous Organization of the
Department of AYUSH,
Ministry of Health and Family Welfare)

Sinusitis in Children

Sinuses are chambers beside nose which filter air, maintain temperature and humidity of the inspired air. Sinusitis refers to the infection of these air-filled spaces.

Causes:

- Allergic response due to inhalation of irritants like pungent vapours, air pollutants

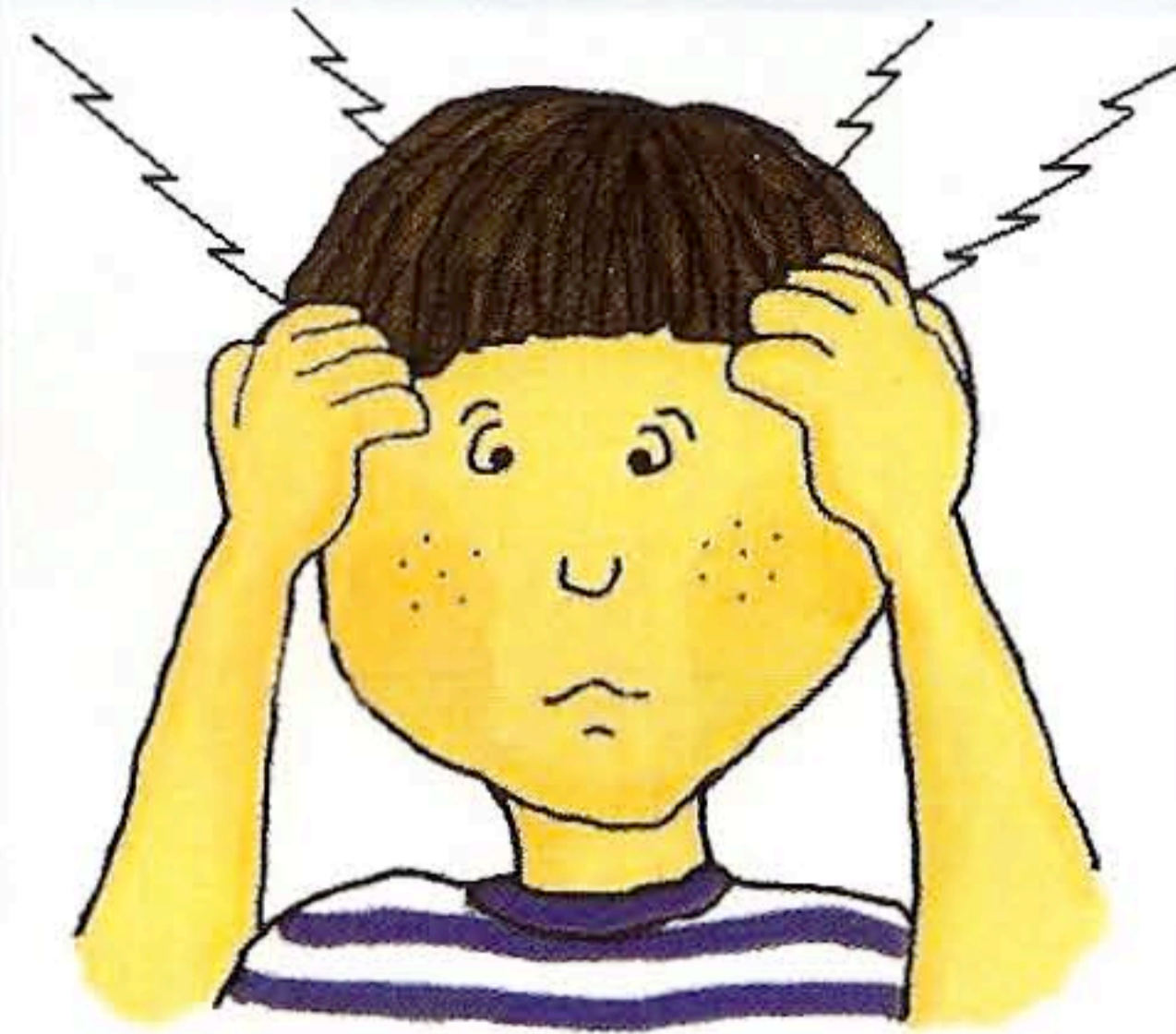


and dust etc.

- Spread of infection from nose, mouth, teeth, throat or tonsils.

Signs and Symptoms:

- May vary according to type of sinus involved.
- Pain or heaviness in the forehead and above eyes, tender to touch.
- Mucus drainage from back of the nose into the throat.
- Recurrent cough and cold with blocked nose.

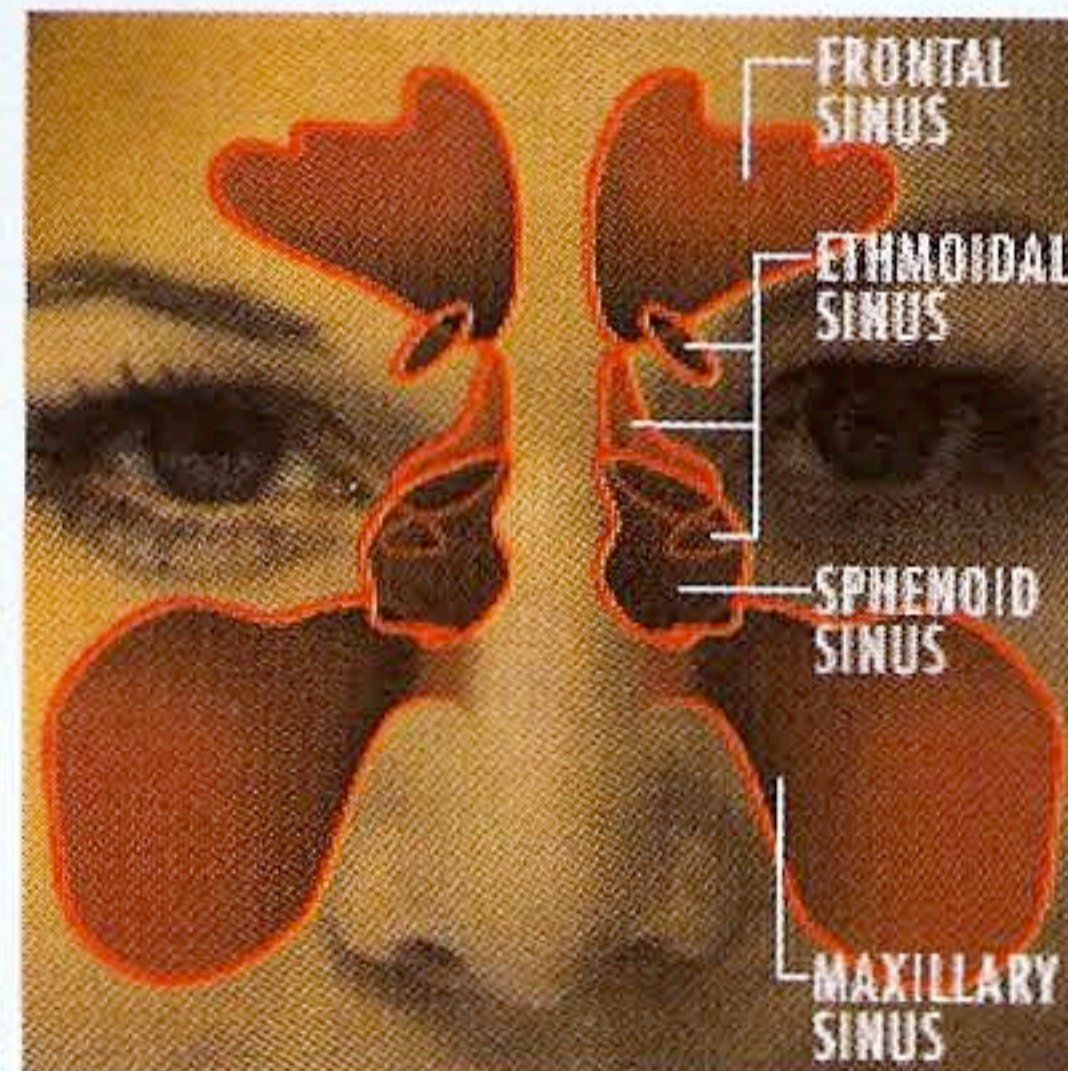


If not treated properly, it may lead to Chronic Sinusitis

Do's and Don'ts:



- Do steam inhalation
- Avoid dust and fumes
- Adequate bed rest
- Increase intake of warm drinks e.g. soups, milk, tea, etc.



Location of air spaces (Sinuses)

What Homoeopathy can do?

Following are some of the homoeopathic medicines for Sinusitis but **it is advised that a qualified homoeopathic doctor should be consulted.**

Symptoms	Medicine
<ul style="list-style-type: none"> • Complaints worse in winter • Headache especially on shaking the head • Stopped up nose especially on going into cold air • Thick, yellow and offensive discharge from nose • Child is very sensitive to cold wind 	<i>Hepar sulphuricum 30</i>
<ul style="list-style-type: none"> • Thick, stringy, greenish-yellow nasal discharge • Pain in root of nose and forehead • Obstruction of nose 	<i>Kali bichromicum 30</i>
<ul style="list-style-type: none"> • Pain above eyes or at the top of head • Headache worse in sunlight, better by pressure and covering head • Stopped up nose, gets worse in warm room • Patient very irritable and oversensitive • Cannot bear light, smell or noises 	<i>Nux vomica 30</i>
<ul style="list-style-type: none"> • Right sided headache or pain above the right eye • Pain worse from exposure to sun, especially between sunrise to sunset • Pain better while lying down and sleeping • Burning sensation in eyes and redness of cheeks 	<i>Sanguinaria canadensis 30</i>

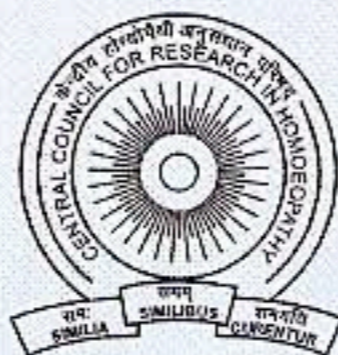
Follow the instructions overleaf.





General Instructions while taking Homoeopathic Treatment:

- Medicines as indicated in this handout should be taken if the symptoms mentioned against each medicine match those of the patient.
- Medicine to be taken - 3 globules of size 40 every 3 hours dry on the tongue or in plain drinking water.
- Medicine should be taken after cleaning the mouth and preferably on an empty stomach.
- If improvement occurs within 24 hours then medicine should be stopped.
- If the patient does not improve within 24 hours or becomes worse at any time, then consult the nearest homoeopathic doctor.
- Medicines must be kept away from strong smelling substances like camphor, menthol etc.
- Medicines should be kept in a cool, dry place away from direct exposure to sunlight.
- Medicines should be kept away from the reach of children.



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