



HOMOEOPATHIC MANAGEMENT OF CHRONIC SUPPURATIVE OTITIS MEDIA IN A PEDIATRIC PATIENT: A CASE REPORT

Homeopathy

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ABSTRACT

Chronic Suppurative Otitis Media (CSOM) is the result of an initial episode of Acute otitis media, often associated with recurrent ear discharges, hearing loss, and tympanic membrane perforation. It is not only the most common bacterial infection in children, but also a leading cause of hearing loss in children particularly seen in Children of developing countries especially in the rural area of poor socioeconomic group. This case involves a 2-years-old female toddler presented with recurrent episode of acute otitis media with symptoms of yellowish, offensive, bloody discharge from both the ears on and off with pain & itching since 2 years. Antibiotics. After taking Homoeopathic medicines, there is significant reduction of the symptoms. Thus, this case shows that Homoeopathic medicines has a great scope in cases of Chronic suppurative otitis media (CSOM)

KEYWORDS

Homoeopathy, Chronic Suppurative Otitis Media, Recurrent Otitis Media

INTRODUCTION

Chronic suppurative otitis media (CSOM) is the most common cause of otorrhea. In India, the prevalence rate is higher in rural areas than urban areas. Incidence is higher in poor economic standards, poor nutrition and lack of health education. [1][2] The World Health Organization (WHO) estimates that CSOM affects between 65 to 330 million people annually, with over 60% suffering from significant hearing impairment. [3] Globally, it is prevalent among children as one of the commonest chronic infectious diseases during childhood. [4]

Chronic suppurative otitis media (CSOM) is a long standing infection of middle ear cleft characterised by ear discharges and persistent perforation of tympanic membrane. Most common organisms are streptococcus pyogenes, haemophilus influenza, pneumococcal and staphylococcus aureus. The common causes of chronic Otitis Media are multiple episodes of acute Otitis Media, unhygienic conditions, low socioeconomic status. The common clinical features are ear discharge, hearing loss, earache, tinnitus, vertigo. [3]

Types of CSOM are –

1. Tubotympanic type (safe /benign) with profuse ,mucoid odourless discharges.
2. Atticoantral type (unsafe /dangerous) with scanty & malodorous discharges. [3]

Homoeopathic intervention in CSOM can be done through individualization, constitutional miasmatic approach.

Comprehensive review of the efficacy of the homoeopathic medicines in the management of Chronic Suppurative Otitis Media (CSOM) by R Banu highlighted the efficacy of common Homeopathic medicines used in management of CSOM were Tellurium metallicum, Calcarea sulphurica, Mercurius solubilis, Pulsatilla, Hepar sulphuris, silica. [5][6]

CASE REPORT

A 2 year old female toddler belonging to low socio-economic family presented with symptoms of yellowish, offensive, bloody discharge from both the ears on and off with pain & itching since after 3 months of birth. She took Antibiotics and candibiotic ear drops which give her temporary relief of the symptoms but complaints started again 1 month ago. There is no difficulty in hearing, tympanic membrane with tender bilateral lymph node. She has aversion to meat & fish. She is restless, irritable when there is itching of the ears and clings to her mother. She has a family history of CSOM. All her three elder siblings got the same complaints. Chamomilla 200 was selected as an individualized medicines followed by Mercurius solubilis as an antismatic medicines and Ferrum Phosphoricum as Biochemic.

Table1: Timeline

DATE	SYMPTOMS	PRESCRIPTIONS
05/01/2026	Pain, yellowish, offensive, bloody discharge from both ears on & off with itching	1. Cham200 /OD/2days 2. Merc sol 30/BD/7days 3. Fe Phos 6x/BD/7days

21/1/2026	Complaints & lesion all clear	1. Merc sol 200/OD/2days
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Table 2: COMQ-12 SCORE

Elements	Before Treatment	After Treatment
Symptoms severity	11	1
Life style and work impact	4	0
Health service impact	4	0
General	3	0
Total score	22	1



Figure1: Before treatment



Figure 2 : After treatment

DISCUSSION

Persistent otitis media acute otitis media typically results in Chronic Suppurative Otitis Media as a consequence.

In this case, resolution of the symptoms is done with Homeopathic medicines. [7][8]

Chamomilla : sensitive, irritable, restless, otalgia with soreness, swelling and heat driving the patients frantic, stitching pain. Ear feel obstructed

Mercurius solubilis : Thick, yellow discharge, fetid & bloody. Otagia, worse warmth of bed, at night, sticking pains. Boils in the external canal

Ferrum phosphoricum : First stages of otitis, membrane tympani red and bulging. Acute otitis.

CONCLUSIONS

The use of well selected Homoeopathic medicines helps in significant reduction and disappearance of the symptoms without any complication as seen from the case. Thus, Homoeopathy can be a safe approach in the management of treating CSOM.

CONFLICT OF INTEREST

There are no conflict of interest.

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