



ORIGINAL RESEARCH PAPER

Homeopathy

SINUS HEADACHE:: ITS HOMEOPATHIC MANAGEMENT

KEY WORDS: Sinus Headache, Sinusitis, Nose, Forehead, Homeopathy, Inflammations Etc....

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ABSTRACT

The tissue around our sinuses grows or inflames with fluid or tight secretion build up. This ailment is known generally as sinusitis. Sinuses are the cavity holes in your skull bone. The sinusitis means soreness of sinuses. Sinus headache arises when the sinus passages backside your eyes, nose, cheeks, and forehead are blocked. In this paper we have discussed how homeopathy treatment can help in curing the Sinus headache completely.

INTRODUCTION:

Sinus headache can occur seasonally if you have allergic reaction, or only sometimes when your sinuses become activated for some other reason. There are herbal remedies, over-the-counter (OTC) treatments, and recommended treatments you can take to treat sinus headache. [1]

The sinuses are liable to infection. They share a covering with your nose, so infections in the nose can effortlessly reaches to the sinuses. Avoiding sinus infections is the best technique to avoid sinus headaches. [2]

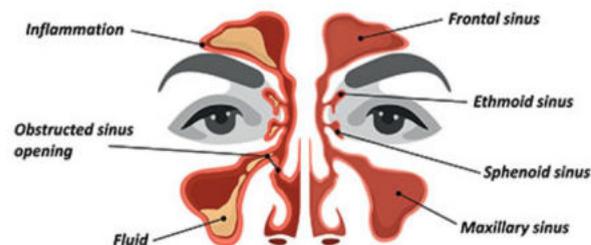


Fig. of cause of Sinus Headache

Factors Causing Sinus Headache [4]:

- Viral infection.
- Bacterial Infections
- Seasonal allergies
- Passive and Active Smoking
- Structural issues within sinuses
- Compromised immune system.

Symptoms Of Sinus Headache: [3]

- Mucus secretion from the nose
- Persistent desire to blow the nose
- Foul-Smelly mucus from the nose
- Intense consciousness in the nose
- Recurrent moistness inside the nose
- Irritation inside the nose
- Frequent occurrences of sneezing
- Headaches

House Hold Remedies For Sinus Headache: [1]

- Humidify your surrounding or moistening your sinuses with a salt water solution to rinse the vicinity.
- Inhale steam.
- Using a warm, wet face cloth to the area of your sinuses.
- Eat spinach, garlic, ginger, etc

Diagnosis Of Sinus Headache: [5]

- X-Ray,
- Computed Tomography (CT) Scan
- Magnetic Resonance Imaging (MRI)
- Nasal Endoscopy

In this paper we have discussed how homeopathy can treat

the sinus and also helps in avoiding recurrence of it.

Homeopathic Treatment Of Sinus Headache:

Homeopathic approaches present an appropriate natural, reliable, and efficient healing for sinus headache. Homeopathic medications assist in reducing sinus headache by dipping the sinus obstruction by healing the root cause behind it. This is possible because homeopathic medication helps in boosting the immune system and hence treat the root cause of the problem.

In our Shivang Homeopathic Medical College and Hospital, Bhopal, we have treated number of patients from different age group suffering from sinus headache with the help of homeopathic medicines.

Sr. No.	Age Group	Number of Patients
1	2 to 10 years	20
2	11 to 45 years	43
4	Above 50 years	31

Following Homeopathy Medicines where prescribed based on the individuals physical and mental conditions: [6-15]

Sr. No.	Name of Medicine	Purpose
1	NATRUM MURIATICUM	headaches and congestion
2	SPIGELIA	stinging, burning, or throbbing sinus pain
3	MERCURIUS	swollen nostrils
4	IRIS VERSICOLOR	headaches occur on one side of the head.
6	SILICEA	Sinus Infections with headache
7	PULSATILLA	greenish mucosal discharge
8	GELSEMIUM	Pain over eyes and back of head
9	KALI IODATUM	Watery Nasal Discharge
10	STICTA	Pain over root of nose
11	BRYONIA	Pain, Heaviness

CONCLUSION:

Homeopathy is always safest substitute to the allopathic treatment or any other type of treatment; the homeopathic remedies are exceptionally successful in both the prevention and treatment of Sinus headache. From our treatment we found that if proper homeopathic medicines are taken the sinus headache can cured completely.

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