



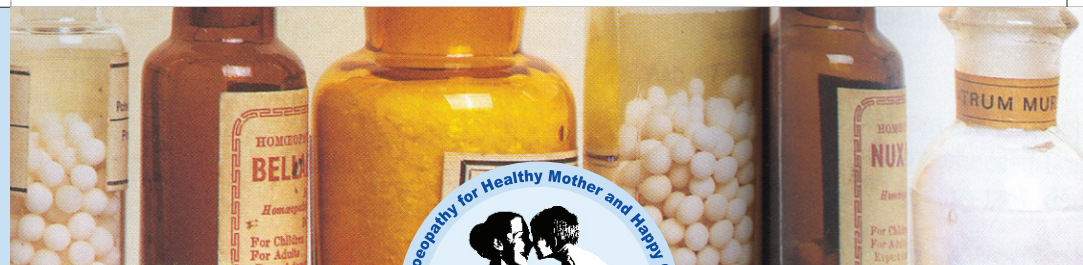
### General Instructions while taking Homoeopathic Treatment:

- 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.



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

61-65, Institutional area (opp. 'D' Block) Janak Puri, Delhi- 110058  
Tel: 91-11-28525523 Fax: 91-11-28521060  
Email: ccrh@del3.vsnl.net.in Website: [www.ccrhindia.org](http://www.ccrhindia.org)



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



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## Sinusitis in Children

**S**inuses 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.

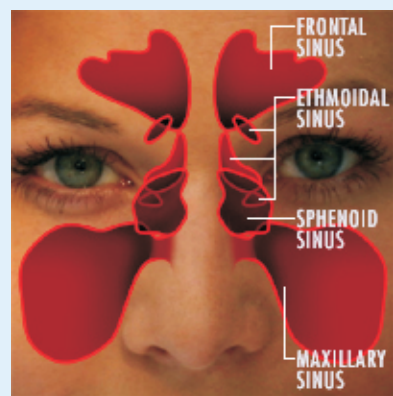


If not treated properly, it may lead to Chronic Sinusitis

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

Follow the instructions overleaf.

