

# Efficacy of Homoeopathy in Treating Nasal Polyps

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## ABSTRACT

Nasal polyps are smooth, rounded, semi-translucent whitish lumps that are composed of hypertrophied, oedematous mucosa and submucosa of the nose and paranasal sinuses. Although their aetiology is yet unknown, they have been linked to aspirin sensitivity, cystic fibrosis, infection, allergies, and asthma. Clinical symptoms including nasal blockage, congestion, hyposmia, rhinorrhea, postnasal drip, headaches, and snoring may be reported by patients with nasal polyposis. Homoeopathic drugs can be used to manage and treat nasal polyps and are chosen based on the similarity of their symptoms.

**Keywords:** Nasal polyps, Homoeopathy, Symptoms, Nose block.

## INTRODUCTION

Nasal polyps are oedematous lumps of nasal or sinus mucosa that are not cancerous. They are categorised into two primary categories based on the location of origin: Antrochoanal polyp and Bilateral ethmoidal polyp. Ethmoidal polyps are more frequent, usually multiple, almost always bilateral, and look as grape-like masses. They are frequently seen on anterior rhinoscopy and occasionally even protrude into the nostril. The mucosa of the maxillary antrum and its accessory ostium are the source of the antrochoanal polyp, which develops from there and expands in the choana and nasal

cavity. It is typically unilateral, and posterior rhinoscopy is used to diagnose it.<sup>[1]</sup>

## ETIOLOGY

Although the precise cause of nasal polyps is unknown, they can develop as a result of nasal mucosa inflammation (rhinosinusitis), ciliary motility problems, or aberrant mucus composition. Chronic rhinosinusitis, asthma, aspirin intolerance, cystic fibrosis, nasal mastocytosis, young syndrome, and kartagener's syndrome are among the illnesses linked to it.<sup>[2]</sup>

## PATHOPHYSIOLOGY

The result of persistent edoema in the sinus and nasal mucosa is polyps. The middle meatus's submucosa is particularly flimsy and prone to waterlogging, which makes the tissues swell. Although polyps can develop in any area of the nose or sinuses, the middle turbinate and ethmoids are the most typical places they start. Similar to this, the mucosa membrane expands to fill the whole lumen in the tiny cells of the ethmoidal labyrinth before projecting through the ostia and into the nose. After that, it is built at the ostia, creating the polyp.<sup>[3]</sup>

## CLINICAL FEATURES

### SYMPTOMS

The symptoms of a nasal polyp include stuffy nose from a nasal obstruction, partial or complete loss of smell, headache from a

sinus infection, sneezing and watery eyes from an allergy, and a mass projecting from the nostril. Hypo nasality may cause voice to become monotonous.[1]

## **SIGNS**

On anterior rhinoscopy, bilateral ethmoidal polyps appear as smooth, sparkling grape-like masses that are frequently pale in colour and may be sessile or pedunculated. On posterior rhinoscopy, antrocondral polyps appear as a spherical, smooth, greyish mass covered in nasal discharge. A large polyp may hang down behind the soft palate and be present in the oropharynx, protrude from the nostril, and have a pink, swollen appearance on its exposed part.

## **INVESTIGATIONS**

Anterior and posterior rhinoscopy are effective clinical diagnostic tools for identifying nasal polyps.

To rule out additional pathology, investigations such as PNS-X ray, X-ray lateral view-soft tissue nasopharynx, CT scan, and histological examination can be carried out.

## **MANAGEMENT AND TREATMENT**

Small polyps may occasionally spontaneously regress if the underlying cause is treated with antihistaminics and steroids. However, the majority of the time, polyps need to be surgically removed.

## **HOMOEOPATHIC MANAGEMENT**

### **1.AGRAPHIS NUTANS**

Deafness in the throat, swollen and irritated tonsils, and blocked nostrils from nasal polyps. tendency to become cold and to experience mucus membrane discharge after each exposure to cold wind. [7]

### **2.ALLIUM CEPA**

especially after entering a heated area, sneezing. Abundant, watery, and bitter discharge. a lumpy sensation at the base of the nose. Hay-fever. Flu-like symptoms include headache, coughing, and hoarseness Polypus.[7]

### **3.AMMONIUM MUR**

Especially suitable for people with large, sluggish bodies or legs that are excessively thin. Free, heated, acidic discharge damages the lip. Sneezing, scratchy nose, and painful nasal ulcers. Loss of scent, a blocked, stuffy feeling, and persistent but fruitless attempts to blow it out.

Morning head and chest pains are even worse. Improvement: fresh air, hot bath.

### **4.LEMNA MINOR**

Loss of smell; a putrid odour. There are lots of crusts and muco-purulent discharge. nasal lowering after. from the nose to the ear, a string of pain. reduces nasal blockage when the situation is oedematous. Nasopharynx dryness.[7]

### **5.SANGUINAREA**

feels impeded. Watery, profuse mucous with sharp discomfort. Turbinates have increased size during the start of the hypertrophy phase. insufficient secretion and a propensity for drying. little crusts that bleed when broken off. Post-nasal secretions that were stuck to the nasopharynx and were difficult to remove. nostrils that are dry and stinging; runny mucus; and pressure around the nose's root. mucus in the nose that is thick, yellow, and bloody. Sneezing. Pain and sensitivity in the posterior nare. [7]

### **6.TEUCRIUM**

Both the anterior and posterior nostrils are catarrhal in condition. Polypus mucous. Large, erratic clinker discharge; chronic catarrh. Nasty breath. sneezing and lachrymating while crawling in the nose. Coryza with nasal obstruction. [7]

### **7.STICTA PULMONARIA**

Near the base of the nose, a feeling of fullness. Chronic rhinitis. nasal membrane dryness. No discharge but constant need to blow your nose. Dry scabs, especially at night and in the evening. Hay fever and persistent sniffing.[7]

### **8.CALCAREA CARB**

Calcarea Carb is a very effective treatment for nasal polyps on the left side. People who complain of a blocked nose on the left side are prescribed this medication. Yellow nasal discharge and a foetid odour are other symptoms. Dryness in the nose may be

noted in the morning. Sneezing may also occur, especially in the morning. People who receive Calcarea Carb frequently get colds at the first sign of weather change.

### 9.PHOSPHORUS

The treatment of easily bleeding nasal polyps with phosphorus is quite successful. In addition to the bleeding, the illness also includes coryza, which is characterised by a dull headache and sneezing that gets worse with strong odours. Early morning blocked nose is strong evidence that phosphorus is present. It is effective for coryza and dry nose episodes.

### 10.KALI BICH

Kali Bichromicum is chosen in cases of postnasal discharge due to nasal polyps. The post-nasal discharge is ropy, lumpy, and thick in consistency. It is surrounded by a lot of hawking. The nose's root is under noticeable pressure, according to complaints. Another issue is a foul stench coming from the nostril. The aforementioned characteristics could be accompanied by violent morning sneezing. Another well-known medication, kali bichromicum, is used to treat nasal polyps brought on by persistent sinusitis.

### CONCLUSION

Nasal polyps are frequently treated surgically rather than medically and are hence frequently referred to surgeons. Nasal polyps are a frequent case type in daily practise. Some of the really upsetting issues that the patients experience includes nasal obstruction, rhinitis, headache, loss of smell, snoring, sleep apnea, etc. The condition can be completely eradicated with the right diagnosis, effective general treatment, and prudent homoeopathic therapy.

#### Declaration by Authors

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