

## RESEARCH ARTICLE

### EFFECTIVE HOMEOPATHIC RESOLUTION OF CHRONIC SINUSITIS AT DR BATRA'S

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#### ARTICLE INFO

##### Article History:

Received 11<sup>th</sup> February, 2025  
Received in revised form  
28<sup>th</sup> March, 2025  
Accepted 06<sup>th</sup> April, 2025  
Published online 26<sup>th</sup> May, 2025

##### Keywords:

Sinusitis, Homeopathic care,  
Dr Batra's.

#### ABSTRACT

Sinusitis, an inflammation of the sinus cavities, is a common medical condition that affects millions of people worldwide. While conventional treatments like antibiotics and nasal decongestants offer symptomatic relief, they often fail to address the underlying causes of the disease and may lead to recurring episodes. This case study presents the treatment of an 8-year-old boy suffering from preauricular sinusitis, with recurrent sneezing, nose block, and a history of dust allergies. The paper outlines the progress made under homeopathic care at Dr Batra's, showing improvements in his overall condition with no need for allopathic medications. The treatment focused on strengthening the immune system and addressing allergic tendencies through constitutional remedies, highlighting the potential benefits of homeopathy in managing allergic conditions like sinusitis.

**Citation:** Dr. Nayan Vishnu Supekar. 2025. "Effective Homeopathic resolution of Chronic Sinusitis at Dr Batra's", *Asian Journal of Science and Technology*, 16, (05), 13714-13717.

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## INTRODUCTION

Sinusitis is an inflammation or infection of the sinuses, often caused by viral or bacterial infections, allergies, or environmental irritants. It results in the blockage of the nasal passages, leading to symptoms such as nasal congestion, facial pain, headache, and a reduced sense of smell. Common causes of sinusitis include upper respiratory infections, allergies (such as dust or pollen), and exposure to pollutants. In some cases, it can become chronic, leading to persistent symptoms and complications like sinus polyps, ear infections, or the spread of infection to surrounding areas. If left untreated, chronic sinusitis can significantly impact a person's quality of life, causing discomfort and ongoing health issues. Proper treatment is essential to relieve symptoms and prevent further complications.

## CASE PROFILE

Mast XYZ, an 8-year-old male, presented with his parents, complaining of a left ear infection for the past 6 days, along with preauricular sinusitis. The patient reported no itching but noted the presence of pus. There was no fever. The condition appeared suddenly and has been progressively worsening. He experiences severe symptoms 2 to 3 times a month. The child has a history of recurrent cold and cough since childhood, with persistent nasal blockage, sneezing, and a runny nose, particularly worsened during the night, with changes in weather, consumption of cold foods like curd and ice cream. Symptoms improve with steam inhalation. There is no breathing difficulty, but he often requires allopathic medications to manage the recurrent cold and nose block.

#### Physical Generals

Diet	Eggeterian
Appetite	Normal, fussy in eating homemade food
Desire	Sweets+3, milk+2, curd+3, fastfood, junk+3, sandwich, egg
Aversion	Roti
Thermal Reaction	don't take covering/blanket during sleep, throw away blanket, bathing from hot water in winter, tap water in summer, pref--fan
Thirst	Normal
Stools	Normal
Urine	Normal
Perspiration	Normal
Sleep	Normal
Dreams	NA

**Examination:** Sinus --tenderness at frontal sinus+

**Mental Generals:** Mast XYZ, an 8-year-old male child, was born and raised in Mumbai. He lives with his mother, father, and elder sister. His father works in an IT company. The child tends to get irritable easily over small matters, especially showing irritation towards his 10-year-old sister. He often gets into conflicts with her. Reserved by nature, he does not easily form attachments and is quite dominant in his behavior, often expecting others to listen to him. When others don't, he tends to stop talking. He is highly independent when playing and can assemble toys like rockets or puzzles on his own, though he struggles to redevelop them at first. However, once he figures them out, he remembers how to do it very quickly. He is mischievous, enjoys playing, and is curious, frequently asking his mother many questions. Though he enjoys playing, he needs the company of others. Despite being good in studies, he can sometimes bite his mother in anger, throw things, or hit when upset. He has three close friends and tends to be shy. His affections appear to be left-sided, likely influenced by his strict father. The pregnancy of his mother had complications, as she was diagnosed with gestational diabetes after the fifth month. She also experienced financial issues during that time. The child was delivered through a C-section, but the pregnancy was full term, and there were no significant delays in milestones. His mother had a craving for sweets during her pregnancy. Regarding his personality, Mast XYZ can be described as reserved and a bit stubborn, especially when things do not go his way. He often has difficulty keeping attachments with others, but is highly intelligent and inquisitive. Although he is mischievous and likes to play a lot, his reserved nature shows when interacting with new people or in social situations.

### Past History

Food Poisoning in 2019

Post covid in 2021---admitted for 7 days

**Family History:** Father- sinusitis

**Case analysis:** Reportorial totality

Repertory used	Rubrics selected
Synthesis repertory	1. Mind Timid children in 2. Mind—mischievous 3. Mind—curious 4. Generals—food and drink sweets desire 5. Generals—food and drink ice cream desire 6. Nose –sinusescomplaint of 7. Nose –Congestion nose to

### Repertory screenshot

	puls.	lyc.	phos.	sulph.	calc.	sep.	sil.	aur.	carb.	nat-m.	kali-c.	apar.	merc.	carb-v.	verat.	ars.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
7	6	6	6	6	6	5	5	5	5	4	4	4	4	4	4	4
10	9	9	9	8	7	8	7	5	5	7	6	6	5	5	4	4
3. Clipboard 3																
▶ 1. MIND - MISCHIEVOUS - children; in	(17)	1			1	1		1				3	1		1	
▶ 2. MIND - TIMIDITY - children; in	(28)	1		1	1		1	1	1	1			1		1	
▶ 3. MIND - CURIOUS	(39)	1	1	1	1	1		1	1			1		1	1	
▶ 4. GENERALS - FOOD and DRINKS - sweets - desire	(285)	1	2	3	2	3	2	2	1	1	1	1	2	1	2	1
▶ 5. GENERALS - FOOD and DRINKS - ice cream - desire	(50)	1	1	1	3	2	2		2		1	1				1
▶ 6. NOSE - SINUSES; complaints of	(53)	1	1	1	1	1	1	1	1	1	1		1			1
▶ 7. NOSE - CONGESTION	(114)	1	3	2	1	1	1	1	3	3		1	3	1	2	1

### Selection of Remedy

#### Constitutional Remedy

Remedy Name: Lycopodium clavatum

Reasons: Reserved, curious, and timid in social settings, dominating nature, enjoys playing with toys, and has a mischievous streak

#### Acute Remedy

Remedy Name: Arsenicum album

Reasons: Restlessness and a tendency to worry, his recurrent cold and cough with nasal congestion fits Arsenicum's typical profile for respiratory issues.

#### Intercurrent Remedy:

Remedy Name: Tuberculinum

Reasons:

- The patient has a history of recurrent respiratory issues (cold and cough), and Tuberculinum is often indicated for chronic respiratory conditions that reoccur.
- Tuberculinum is helpful in cases of children with a tendency to have frequent infections, which matches the patient's recurrent cold and cough symptoms.

### Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind - Timid children	✓			
Mind - Mischievous	✓			
Mind - Curious	✓			
Generals - Desire for sweets	✓			
Generals - Desire for ice cream	✓			
Nose - Sinuses complaint		✓		✓
Nose - Congestion				✓

## MATERIALS AND METHODS

Synthesis Treasure Editon 2009

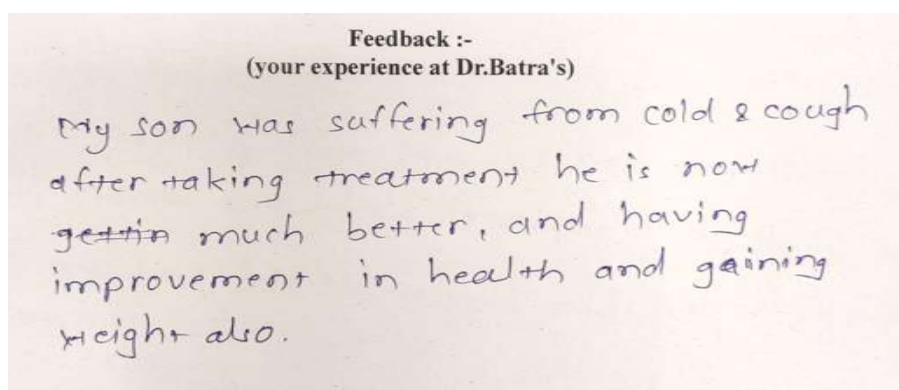
## RESULTS

MONTHS	PROGRESS	PRESCRIPTION
1st month	Sneezing, nose block, mild cold improved. No cough.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
2nd month	Sneezing frequency decreased, no nose block.pt had cold and cough but there is no dependency on allopathic medicine Hello got better with homeopathic medicines	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
3rd month	No cold, sneezing still mild, no nose block.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
4th month	No sneezing or running nose, no fever. Improved appetite.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
5th month	No symptoms, clear motion, good appetite and sleep.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
6th month	No sneezing, no cough, good diet and sleep.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
7th month	No ear rashes, no cold or cough. Improved sleep and diet.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
8th month	Sneezing frequency decreased, no cold.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
9th month	Dry cough at night due to curd intake, no nose block.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
10th month	Improved sneezing, no cold, but sneezing still present.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
11th month	No cold or cough, sneezing less frequent.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively
12th month	Recovery complete, symptoms minimal, better overall health.	Lycopodium 200C, Ars Alb 30C Dosage: 2 doses/week and 2 doses daily respectively

## DISCUSSION & CONCLUSION

The case demonstrates the efficacy of homeopathy in managing chronic respiratory issues. Over 12 months, the patient showed significant improvement, with a reduction in sneezing, nasal blockages, and cold symptoms. By the 6th month, all symptoms had resolved, and the patient reported better sleep and energy. The individualized treatment, based on the patient's totality of symptoms, led to sustained recovery without major relapses. Biochemic remedies and homeopathy were integral in the healing process. This case highlights homeopathy's potential in providing long-term relief for chronic conditions. The success reflects the importance of personalized care and continuous treatment adjustments. Overall, the patient achieved a remarkable recovery. This outcome reinforces the value of homeopathy in treating chronic respiratory issues.

### The transformation



**Acknowledgments:** I take this opportunity to thank those who have helped and supported me personally and professionally during this case study.

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