

Review Article

Article On Nasal Polyp in Paediatric Age Group

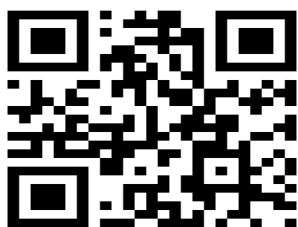
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ABSTRACT

Nasal polyps are one of the mass lesions of nasal cavity About 2% of the population have tissue swellings inside the nose and sinuses can cause many of the symptoms associated with rhino sinusitis Homoeopathic medicine not only helps in treating the nasal polyps by avoiding surgery but also prevent the recurrence. Modern school treats the disease but Homoeopathy treats the patient. Diagnosis of the disease is the aim of the modem school but diseases individualization and diagnosis of person is aim of the Homoeopaths.

Keywords: Nasal polyp, Homoeopathy, management



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INTRODUCTION

Nasal polyp blocks nasal airways and create breathing difficulties. They inhibit proper drainage of sinus cavities creating stagnant secretions that stay in sinuses, become infected and leads to sinusitis. They present with nasal obstruction, decreased sense of smell, recurrent sinus infections and profuse nasal discharge

Definition

A Nasal polyp are benign pedunculated tumors formed from edemataous usually chronically inflamed nasal mucosa.



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Types of polyps

Antrochoanal

It arises from maxillary antrum and grow (posteriorares) and reaches the nasopharynx in advanced cases it may reach upto the oropharynx. It has got three parts

- (a) Antral which is a thin stalk
- (b) Choanal: which is round and globular
- (c) Which is flat from side to side.

Ethmoidal They are multiple bilateral and arise from numerous ethmoidal sinuses They tend to protrude forwards.

Aetiology

Age: Antrochoanal polyps usually occur in children and young adults. Ethmoidal polyps occur at any age.

Sex: Both the sex is equally affected

Predisposing factors

Allergy may cause the polyps. Ethmoidal polyps usually allergic in origin.

Vasomotor: The polyp results from the imbalance between sympathetic parasympathetic nervous system in the nose.

Infection; may produce polyps which are single or multiple.

Mixed: Combination of the factors mentioned earlier may be responsible for the polyps.

Bernoulli's phenomenon: When air passes through in the nose a negative pressure is created in the vicinity the paranasal sinuses leading to increased formation of the tissue fluids. This may encourage polyp formation. Polysaccharide changes in the ground substance may be responsible.

Pathology

Nasal polyps consist of swollen mucus membrane, the spaces of which are distended by fluid. The polyps are covered by a thin epithelial layer which may be pavement or ciliated columnar in type. In polyps which have prolapsed towards the nostril the epithelium may become squamous. The substance of the polyps is infiltrated by plasma cells and lymphocytes, and most characteristic of all, large number of eosinophils. The blood supply is scanty.

Clinical features

Ethmoidal polyps are multiple and can occur at any age

Nasal stuffiness leading to total nasal obstruction

Partial or the total loss of smell.

Sneezing and watery nasal discharge due to associated allergy.

Mass protruding from the nostril.

Unilateral obstruction is the presenting symptom of Antrochoanal polyp. Obstruction may become bilateral when the polyps grows into the nasopharynx and starts obstructing the opposite choana.

Investigation

Nasal polyps can be seen on physical examination inside of the nose and are often detected during the evaluation of symptoms. On examination, a polyp will appear as visible mass in the nostril

CBC (if needed)

Radiological investigation. (if needed)

Homeopathic Medicines for Nasal Polyp

Lemna Minor

Lemna Minor is one of the top-grade Homeopathic medicines for nasal polyps Lemna Minor works well where there is obstruction of nose and loss of smell from nasal polyps Putrid smell in nose may also be felt in some cases Thick, yellow-white

discharge from the nose is another attending feature. In some cases, muco purulent nasal discharge is observed. In cases where nasal polyps worsen in wet weather too, Lemna Minor is the Homeopathic medicine to prescribe. It also treats swollen nasal turbinates very well.

Teucrium Marum

Teucrium Marum is a most wonderful Homeopathic medicine for nasal polyps with marked nasal blockage. A unique symptom is obstruction of the side of the nose on which the person lies down. Loss of smell is also noted. Crawling sensation in the nose may arise. Teucrium Marum is also one of the best Homeopathic medicines for ozaena. Ozaena is chronic inflammation of the nasal mucosa resulting in its atrophy.

Calcarea Carb

Calcarea Carb is an extremely suitable Homeopathic medicine for left-sided nasal polyps. This Homeopathic prescription is given to persons who complain of a blocked nose on the left side. Other attending features are fetid smell and yellow discharge from nose. In the morning, dryness in nose may be felt Sneezing, markedly time, may also attend. Persons given Homeopathic medicine Calcarea Carb tend to catch a cold easily, with the slightest change in weather

Phosphorus

Phosphorus is a very effective Homeopathic medicine for nasal polyps that bleed easily Apart from the bleeding, the condition is accompanied by coryza with dull headache and sneezing which worsens with strong odours, Blocked nose early in the morning is a sure sign that Phosphorus will work. Also, in cases where coryza and dryness of the nose alternate, Phosphorus is the best Homeopathic medicine.

SanguinariaNitricum

Sanguinaria Nitricum is excellent Homeopathic medicines for right-sided nasal polyps. A person who needs prescription of SanguinariaNitricum shows watery, nasal discharge of burning nature other features are pressure over root of the nose, plugged sensation in nostrils, enlarged nasal turbinate's, sneezing and yellow, bloody mucus discharge from the nose.

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