

Effectiveness of Individualized Homoeopathic Medicines in the Management of Rhinosinusitis in Children

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Abstract- Background: Rhinosinusitis is a frequently encountered inflammatory condition in the pediatric population, commonly associated with viral or bacterial infections and allergic predisposition. Conventional treatment often involves antibiotics, decongestants, and corticosteroids, which may lead to adverse effects and antibiotic resistance. Homoeopathy offers a safe, individualized, and holistic approach for managing rhinosinusitis in children.

Aim: To evaluate the effectiveness of individualized homoeopathic medicines in the treatment of rhinosinusitis in children.

Methods: A randomized interventional study was conducted on 50 pediatric patients diagnosed with rhinosinusitis, selected from the OPD of Sri Ganganagar Homoeopathic Medical College, Hospital and Research Institute, Rajasthan. Clinical assessment was carried out using the Sino-Nasal Outcome Test-22 (SNOT-22) scale before and after treatment. Statistical analysis was performed using the paired *t*-test.

Results: The calculated *t* value was 9.80, which was greater than the tabulated value of 2.009 at a 5% level of significance ($p = 0.00001$), indicating a statistically significant improvement in symptoms following homoeopathic treatment.

Conclusion: Individualized homoeopathic treatment was found to be effective in managing rhinosinusitis in children. *Sulphur* was the most frequently indicated remedy, followed by *Lycopodium clavatum*, *Lachesis*, and *Calcarea carbonica*. Homoeopathy appears to be a safe

and effective therapeutic option for pediatric rhinosinusitis.

Keywords: Rhinosinusitis, Homoeopathy, Children, Individualized treatment, Miasm

I. INTRODUCTION

Rhinosinusitis is an inflammatory condition involving the mucosal lining of the nasal cavity and paranasal sinuses and is one of the most common upper respiratory disorders affecting the pediatric population. Children are particularly susceptible to rhinosinusitis due to anatomical factors such as narrow sinus ostia, immature immune mechanisms, frequent exposure to respiratory infections, and a high prevalence of allergic conditions. Clinically, pediatric rhinosinusitis presents with symptoms such as nasal obstruction, nasal or postnasal discharge, persistent cough, facial pain or pressure, headache, irritability, reduced activity levels, and periorbital puffiness, all of which significantly impair the quality of life of affected children.

The diagnosis and management of chronic rhinosinusitis in children remain challenging. The condition often mimics or overlaps with allergic rhinitis and adenoid hypertrophy, leading to delayed diagnosis and inappropriate treatment. Conventional medical management commonly includes antibiotics, nasal decongestants, antihistamines, and corticosteroids. Although these therapies may provide symptomatic relief, their repeated or prolonged use is

associated with adverse drug reactions, suppression of natural immunity, and the growing problem of antibiotic resistance. These limitations emphasize the need for safer, effective, and sustainable therapeutic alternatives, especially for long-term management in children.

Homoeopathy offers a holistic and individualized approach to disease management, based on the principle of *similia similibus curantur*—“let like be cured by like.” Rather than focusing solely on symptomatic suppression, homoeopathy aims to stimulate the body’s inherent self-healing mechanisms by addressing the individual’s constitutional makeup, susceptibility, and underlying miasmatic tendencies. This approach is particularly suitable for pediatric patients, as homoeopathic medicines are administered in highly diluted, non-toxic forms, minimizing the risk of adverse effects and making them safe for long-term use.

In chronic conditions such as rhinosinusitis, homoeopathy emphasizes the importance of treating the root cause of the disease, including immune dysfunction, allergic predisposition, and recurrent infections. Miasmatic evaluation plays a significant role in understanding disease chronicity and individual susceptibility, with psoric predominance often observed in pediatric rhinosinusitis. By improving general vitality and immune resistance, homoeopathic treatment may reduce the frequency, severity, and recurrence of sinus infections.

The present study was undertaken to evaluate the effectiveness of individualized homoeopathic medicines in the management of rhinosinusitis in children, using standardized assessment tools and statistical analysis, thereby contributing evidence-based data to support homoeopathy as a viable therapeutic option in pediatric rhinosinusitis.

II. AIM AND OBJECTIVES

Aim

To evaluate the effectiveness of homoeopathic medicines in the treatment of rhinosinusitis in children.

III. OBJECTIVES

- To assess the clinical improvement following homoeopathic treatment
- To study the etiological factors associated with pediatric rhinosinusitis
- To evaluate the role of the miasmatic approach in rhinosinusitis
- To observe the prevalence of rhinosinusitis in children

IV. MATERIALS AND METHODS

Study Design

A randomized interventional clinical study.

Study Setting

OPD of Sri Ganganagar Homoeopathic Medical College, Hospital and Research Institute, Sri Ganganagar, Rajasthan.

Sample Size

50 children diagnosed with rhinosinusitis.

Inclusion Criteria

- Children aged 5–15 years
- Clinically diagnosed cases of rhinosinusitis
- Patients willing to participate in the study

Exclusion Criteria

- Children with congenital nasal anomalies
- Cases requiring surgical intervention
- Patients with systemic illnesses

Assessment Tool

The Sino-Nasal Outcome Test-22 (SNOT-22) was used to assess symptom severity before and after treatment.

Statistical Analysis

Pre- and post-treatment scores were analyzed using the paired *t*-test. A *p* value < 0.05 was considered statistically significant.

V. RESULTS

Out of 50 cases studied, significant improvement was observed in the majority of patients following homoeopathic treatment. The calculated t value (9.80) exceeded the tabulated value (2.009) at 49 degrees of freedom, with a p value of 0.00001. This indicates a statistically significant reduction in symptom scores after treatment.

Outcome Distribution

- Marked improvement: 36%
- Moderate improvement: 32%
- Mild improvement: 28%
- Status quo: 4%

Sulphur was the most commonly prescribed remedy, followed by *Lycopodium clavatum*, *Lachesis*, and *Calcarea carbonica*.

VI. DISCUSSION

The findings of this study demonstrate the effectiveness of individualized homoeopathic treatment in managing pediatric rhinosinusitis. Homoeopathic medicines were selected based on totality of symptoms and miasmatic evaluation, which may explain the favorable clinical outcomes observed.

Psoric miasm predominance was commonly noted, characterized by hypersensitivity, recurrent catarrhal symptoms, and allergic tendencies. Addressing the underlying miasmatic state may have contributed to sustained improvement and reduced recurrence.

The results align with the holistic philosophy of homoeopathy, emphasizing individualized treatment and immune modulation rather than symptomatic suppression.

VII. CONCLUSION

The present study concludes that individualized homoeopathic medicines are effective in the management of rhinosinusitis in children. Homoeopathic treatment not only alleviates symptoms but also improves overall resistance, making it a safe and suitable option for long-term management of pediatric rhinosinusitis.

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