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ARTICLE

Title: Nasal polyp and its homoeopathic management

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ABSTRACT

In daily practice, instances involving nasal polyps are often handled. Simple mucus polyps are the most prevalent among its several types. A growth inside the nasal cavity called a nasal polyp might be harmful to your health. Larger polyps can cause breathing difficulties, sneezing, loss of smell, and a dulling of taste, but smaller ones usually don't cause any problems. While traditional medicine typically recommends, homoeopathic medicines can effectively shrink nasal polyps and gradually minimize associated symptoms.

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INTRODUCTION

Nasal polyps are loose, pedunculated, hypertrophied, edematous nasal mucosa that are not cancerous. The Greek terms "poly" (meaning many) and "pous" (meaning footed) are the origin of the word "polyp." There are three categories for nasal polyps - localized, diffuse, and systemic. Ethmoidal and Antrochoanal polyps are its two unique forms. There is almost invariably an infectious or allergic cause. Nasal obstruction is a classic sign of nasal polyps, and this depends on the location and size of the polyps.^[1-2] According to ICD classification of Nasal polyp is CA0J.

EPIDEMIOLOGY

It affects 1% to 4% of the population. Males are affected more than females. Adults are most likely to exhibit symptoms of the condition, particularly those who are older than 20. Seldom does polyposis occur in children under the age of ten.

Bilateral Ethmoidal Polypi^[3-4]**Aetiology**

The causes of the disease is unknown. They can develop from ciliary motility abnormalities, inflammatory diseases of the nasal mucosa (rhinosinusitis), or aberrant mucus composition (cystic fibrosis).

The following illnesses are linked to the development of nasal polypi:

1. Chronic rhinosinusitis.
2. Intolerance of aspirin.
3. Cystic fibrosis
4. Atopic and Non- atopic Asthma
5. Polyps may arise from allergic fungal sinusitis.

6. Kartagener syndrome.
7. Mastocytosis of the nose.

PATHOGENESIS

Because of the accumulation of extracellular fluid that results in polypoidal alteration, the nasal mucosa becomes oedematous, especially in the middle meatus and turbinate regions. Pedunculated polypi, initially sessile, are caused by gravity and frequent sneezing.

SITE OF ORIGIN

Commonly involve sites: – Middle turbinate, Sinuses opening, Bulla ethmoidalis, Uncinate process

SYMPTOMS

1. It is mostly found in adults.
2. Congestion of nose
3. Breathing from mouth
4. Anosmia
5. Nasal discharge is thick
6. Headache
7. Protruded mass from nostrils

SIGNS

On anterior rhinoscopy, Polypi shows smooth, shiny lumps that are frequently light in color. They don't bleed when touched, are insensitive to probing, and can be sessile or pedunculated.

DIAGNOSIS

1. During a clinical examination, a diagnosis is easily made.
2. Computed tomography scan of sinuses -To rule out the bone enlargement and erosion

characteristic of neoplasia.

3. Investigations PNS-X ray, haziness show in ethmoid region,
4. CT scan show extent and number of polyp.

ANTROCHONAL POLYP (Killian’s polyp)

It was described by Professor Gustav Killian, in 1906. This polyp develops in the choana and nasal cavity after emerging from the maxillary antrum's mucosa close to its accessory ostium. Usually, they are single and unilateral. The Exact cause is unknown. It is presented as nasal obstruction unilaterally, mucoid nasal discharge from one or both sides. A sizable polyp that protrudes from the nostril may appear pink and clogged on the exposed portion.

DIFFERENTIAL DIAGNOSIS^[5]

- Eosinophilic Chronic Rhinosinusitis
- Allergic Fungal Rhinosinusitis
- Cystic Fibrosis
- Hypertrophied turbinates
- Angiofibroma of Septum

MANAGEMENT

General precautions:

- Steam inhalations.
- Not blowing your nose.

Practice deep breathing for ten minutes or more every morning, afternoon, and night.

- Prevent inhaling allergens in the air.
 - Manage good hygiene.
 - Nasal irrigation: Using a saline solution can help clear mucus and reduce inflammation.
- Taking hot baths or showers to minimize nasal mucosal swelling and to relieve congestion.

HOMOEOPATHIC APPROACH^[6]

Homeopathy is a natural and holistic approach to treating Nasal polyp that focuses on the whole person, rather than just their symptoms. The term "local malady" describes a condition where a noticeable alteration is restricted to a specific area of the body. Any alteration in the nature of a dynamic change is never specific to any one aspect of the organism. Unlike traditional medical treatments, homoeopathy does not have any harmful side effects and is non-invasive. It treats underlying causes of nasal polyp, and restore balance to the body and promote healthy condition.

Table 1: Miasmatic Background ^[7]

KEYWORD	PSORA	SYPHILIS	SYCOSIS	TUBERCULAR
Nasal Polyp: Lupus of the nose all are three miasm present i.e., Psora, Syphilis, Sycosis.	Patients is highly sensitive to smell. Cooking food smell, perfumes, paints, flowers. Produces nausea and vomiting, loss of appetite, headache, fainting. Air passages dryness, cold with sneezing, discharges thin watery acid. Sensitive to the boils and pimples on nose side, dry hot burning sensation with rhinitis and anosmia. Vesicles with much itching. Epistaxis of scanty type boils, vesicles and pimples on the	Loss of smell, snuffles in children. Ulceration of nose with thick crusty discharge. Bones of nose destroyed. Deep fissures on the lips. Moles and papillomas.	Anosmia, Snuffles, Nasal Blockage with nasal congestion. Thickening of membranes with enlargement of turbinate bone. Acrid, greenish-yellow coloured discharges smell like fish brine. Polypi of nose, moles and papillomas. frequently suffer from acute, coryza, copius	Haemorrhage from nose, profuse, bright red, difficult to arrest. Ameliorated by cold applications. Epistaxis caused by slightest exertions like blowing nose, washing face etc. Headache with vertigo with brain congestions. Ameliorated by epistaxis. Foul smelling discharges, Post nasal dripping. Acne rosacea on the nose. Thick

	sputum which are painful.		watery excoriating discharges.	yellowish in color discharges.
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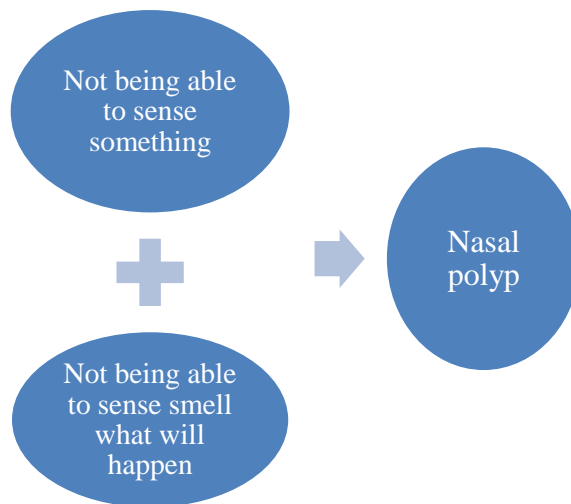


Figure 1: “According to Vijayakar sir” – Conflict will give you the probable situation to probe into a case.

COMMON RUBRICS RELATED TO NASAL POLYP^[8]

NOSE-Polypus

NOSE -Polypus – left

NOSE -Polypus – right

NOSE- Polyps - bleeds easily

NOSE- Polyps- pedunculated; large

NOSE -Polypus – Posterior nares

HOMOEOPATHIC THERAPEUTICS^[9,10]

1. Allium cepa: Sneezing, particularly when going into a heated space. Heavy flow of water from the nose, accompanied by sneezing, a sharp burning sensation, and irritation of the upper lip and nose. Fluent coryza, with water pouring from the eyes, headache, heat, thirst, coughing, and hand trembling; < in the evening and within a room; > outdoors.

2. Apis Mellifica: It is the best remedy for nasal polyps. Swelling in the nose.

3. Calcarea carbonica: It is very effective in polypi. Dry, nostrils sore, ulcerated. Nose stoppage accompanied by a foul-smelling. Dull smell from nose. Epistaxis. Coryza.

4. Causticum: Scaly nose. Nostrils ulcerated. Nose obstructed. Coryza who has trouble

speaking aloud due to hoarseness. Fluent coryza accompanied by headache, rough hoarseness, and nocturnal cough.

5. Conium: It is very effective in polypus.

Bleeds easily becomes sore.

6. Phosphorus: Polyp in the nose with bleeding. Excoriation in the corners of the nose. Loss of smell. Frequent sneezing. Nasal congestion, e.g. in the morning.

7. Sanguinaria: It is quite effective in Nasal polypi. Fluent coryza with sneezing which is < in right side. Fluent and dry coryza alternate. Absence of smell.

8. Kali-nitricum: It is a wonderful remedy for polypus. Violent coryza accompanied with nasal blockage and olfactory loss.

9. Teucrium marum verum: Blockage in the nose. Polypus in the nose. Polypus, whose nose has stopped on the side he is lying on. Flowing coryza when in the open air.

10. Thuja: It is well indicated medicine in polyp and patient complaining of a dry nose that runs smoothly and a constant headache. Runny nose and cough.

11. Sulphur: It is a good remedy for nasal polyp with nasal congestion. Dry runny nose or runny nose with a lot of mucus. Nasal

congestion in the room. Burning mucus or thick, yellowish discharge from the nostrils. Sneezing preceded by nausea. The smell increased or decreased and also completely disappeared.

12. Kali bichromicum - Sneezing mainly in the morning. Runny nose, smooth; in the evening, in the open air; in the wind; congestion in the morning and epistaxis of the right nostril. Stuffy nose. Nasal speech. Large masses of thick, clear mucus are discharged from the nose; when it stops he has a bad headache. Loss of smell.

CONCLUSION

Nasal polyps can significantly impact one's quality of life by causing breathing difficulties, discomfort, and other symptoms. There is currently no effective treatment available other than surgery, which has a significant risk of recurrence. Homeopathy has extensive treatment options with different drugs. The selection of homeopathic medicines should be based on the theory of individuality and similarity of symptoms with a detailed case study.

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