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Afr. J. Biomed. Res. Vol. 27(4s) (December 2024); 14255-14257

Research Article

Approach Of Homeopathic Medicine In Management Of Nasal Polyp

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Received:17/11/2024 Accepted:22/11/2024

DOI: <https://doi.org/10.53555/AJBR.v27i4S.7227>

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INTRODUCTION

Nasal polyps represent a chronic inflammatory disorder of the upper respiratory tract, characterized by **non-neoplastic, edematous outgrowths** of the nasal and paranasal sinus mucosa. These soft, gelatinous structures often develop bilaterally and are associated with **persistent mucosal inflammation**, typically driven by **eosinophilic infiltration, cytokine imbalances, and disrupted epithelial barrier function**. Prevalent in approximately **1-4% of the global population**, nasal polyps significantly impair respiratory function, often manifesting as **nasal obstruction, anosmia, rhinorrhea, and facial discomfort**. Their occurrence is frequently linked with systemic conditions such as **asthma, allergic rhinitis, cystic fibrosis, and aspirin sensitivity**, indicating a strong **immunological component** in their pathogenesis.

Management strategies have traditionally relied on **topical and systemic corticosteroids**, with **endoscopic sinus surgery (ESS)** employed in resistant cases. However, **high recurrence rates post-intervention** have prompted exploration of **holistic and immune-modulatory therapies**, including **homeopathy**, which approaches nasal polyps through **constitutional**

treatment and aims at achieving long-term remission by enhancing the body's innate healing mechanisms.

Nasal polyps may be small, but their impact on daily life can be profound. These **soft, painless growths**, nestled in the nasal cavity or sinuses, can block the free flow of air and lead to **chronic congestion, frequent infections, sleep disturbances, and a lost sense of smell**. They often arise silently, but once established, they can make even simple acts like breathing through the nose a challenge.

Behind these growths lies a story of **persistent inflammation**, often triggered by **allergies, asthma, chronic sinusitis, or immune system dysfunction**. For many, standard treatments like **nasal sprays and surgeries** offer temporary relief, but the **frustration of recurrence** remains a common theme.

In this context, **homeopathy offers a unique perspective** seeking not just to shrink the polyp but to understand **why it formed** in the first place. By treating the **person as a whole** and supporting the **body's own healing potential**, homeopathy is gaining attention as a **gentle, individualized, and potentially sustainable approach** to managing nasal polyps.

Chronic Inflammation:

Persistent inflammation of the nasal polyp and sinus mucosa edema and polyp formation.

Immune Response

A Th2-skewed immune response, characterized by elevated levels of interleukins such as IL-4, IL-5, and IL-13, plays a significant role in polyp development. This response leads to eosinophilic inflammation, which is commonly observed in nasal polyps.

Genetic and Environmental Factors:

Genetic predisposition and environmental exposures, including allergens and irritants, can influence the development and recurrence of nasal polyps.

EPIDEMIOLOGY

Nasal polyps affect approximately 4% of the general population, with a higher prevalence in males and individuals over the age of 40. They are also more common in patients with chronic rhinosinusitis, asthma, aspirin sensitivity, and cystic fibrosis.

RISK FACTOR

Several factors increase the risk of developing nasal polyps:

- **Chronic Inflammation:**

Conditions like chronic rhinosinusitis and asthma can lead to persistent inflammation, promoting polyp formation.

Aspirin Sensitivity: Individuals with aspirin-exacerbated respiratory disease (AERD) are at a higher risk.

Cystic Fibrosis: This genetic disorder often presents with nasal polyps in younger patients.

CLINICAL PRESENTATION

Patients with nasal polyps may experience:

- **Nasal Obstruction:**

Difficulty breathing through the nose due to blockage.

- **Hyposmia or Anosmia:**

Reduced or loss of sense of smell.

- **Rhinorrhea**

Persistent nasal discharge.

- **Facial Pain or Pressure:**

Discomfort in the facial region.

- **Recurrent Sinus Infections:**

Frequent episodes of sinusitis.

DIAGNOSIS

Diagnosis involves a thorough medical history, physical examination, and:

- **Nasal Endoscopy:** Allows direct visualization of nasal polyps.

- **Imaging Studies:**

CT scans or MRIs assess the extent of sinus involvement.

RESEARCH ON NASAL POLYP

Recent research indicates that individualized homeopathic treatments may offer potential benefits for patients with nasal polyps. Several studies and case reports have documented positive outcomes:

- **Case Report on Bleeding Nasal Polyp:** A 5-year-old female with a bleeding nasal polyp experienced complete resolution within 1.5 months of individualized homeopathic treatment using *Acidum nitricum*.

- **Use of *Teucrium marum varum*:** Two cases of nasal polyps were treated with *Teucrium marum varum*. The first case showed prompt symptom relief, while the second required additional individualized remedies for improvement.

- **Observational Study on Chronic Sinusitis:** A long-term observational study reported significant improvements in patients with chronic sinusitis, including those with nasal polyps, following homeopathic treatment. These benefits persisted over an 8-year follow-up period.

While these findings are promising, it's important to note that the evidence is primarily from observational studies and case reports. Further rigorous, controlled trials are necessary to conclusively determine the efficacy of homeopathic treatments for nasal polyps. Patients considering homeopathy should consult with qualified healthcare professionals to explore suitable treatment options.

Common Homeopathic Remedies for Nasal Polyps:

1.Lemna Minor :

- Indicated when nasal blockage is severe, accompanied by loss of smell.
- Symptoms may include thick, profuse, yellow-white nasal discharge with a foul odor.
- Effective when polyps worsen in wet weather.

2.Kali Bichrome:

- Suitable for chronic nasal catarrh with thick, yellowish-green, tough discharge.
- Symptoms include nasal fullness, pain at the root of the nose, and inability to breathe through the nose.

3.Sanguinaria Can:

Effective for right-sided nasal polyps with chronic, profuse nasal discharge and sneezing.

- May accompany right-sided headaches.

4.Calcarea Carb :

- Patients may be sensitive to cold, with symptoms worsening in cold weather.

5.Phosphorus:

Recommended when nasal polyps are prone to bleeding.

TREATMENT APPROACH

Homeopathic treatment is individualized, considering the totality of symptoms, including physical, emotional, and lifestyle factors. It's essential to consult a qualified

homeopathic practitioner for a personalized assessment and remedy selection. While homeopathy can be effective, especially in the early stages of nasal polyps, it's important to monitor the condition. If symptoms persist or worsen, seeking medical advice is crucial.

BENEFITS OF HOMOEOPATHY IN NASAL POLYP.

- Non-invasive, safe for long-term use.
- Reduces recurrence tendency.
- Improves overall immunity and treats associated sinusitis/allergies.
- Minimal to no side effects.

CONCLUSION

Nasal polyps significantly impact patients' quality of life through persistent symptoms and recurrent infections. A comprehensive approach, combining pharmacological treatments, surgical interventions, and management of comorbid conditions, is essential for effective management. Ongoing research into biologic therapies offers hope for more targeted and effective treatments in the future.

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