



Homeopathy in Upper Respiratory Tract Infections!

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ABSTRACT

Infections of the upper respiratory tract (URTIs), presenting as the common cold, rhinosinusitis, tonsillopharyngitis or otitis media are highly prevalent among young children. These infections not only have an impact on children's health and well-being, but also generate high medical costs and indirect costs for the family and the society. Children experience, on average, URTIs per year when they grow older, the incidence of these infections decreases, probably as a result of a more mature immune defense and improved anatomical conditions, for instance, of the Eustachian tube. A subgroup of children, however, will develop persistent URTIs.

Keywords: URTI, Cold, Homeopathy, Respiratory tract

1. Introduction

Upper respiratory tract disorder is so common in society that it goes without saying that this is the human's most durable companion. This affects all the age groups, both the sexes and to socio-economic status.

Acute upper respiratory tract infections include rhinitis, pharyngitis, tonsillitis and laryngitis are often referred to as a common cold, and their complications: sinusitis, ear infection and sometimes bronchitis (though bronchi are generally classified as part of the lower respiratory tract.) Symptoms of URTI's commonly include cough, sore throat, running nose, nasal congestion, headache, low grade fever, facial congestion and sneezing. Onset of symptoms usually begins 1–3 days after exposure. The illness usually lasts 7–10 days.

Nomenclature

A) URTI: Upper respiratory tract infections

B) etc: etcetera

C) e.g : example

1.1 Etiology

Common cold continues to be a large burden on society, economically and socially. The most common virus is rhinovirus. Other viruses include the influenza virus, adenovirus, enterovirus, and respiratory syncytial virus. Bacteria may cause roughly 15% of sudden onset pharyngitis presentations. The most common is *S. pyogenes*, a Group A streptococcus.

1.2 Pathophysiology

A URTI usually involves direct invasion of the upper airway mucosa by the organism. The organism is usually acquired by inhalation of infected droplets. Barriers that prevent the organism from attaching to the mucosa include:

- The hair lining that traps pathogens
- The mucus which also traps organisms
- The angle between the pharynx and nose which prevents particles from falling into the airways
- Ciliated cells in the lower airways that transport the pathogens back to the pharynx.

The pathology of rhinovirus infections consists of the influx of polymorphonuclear leukocytes at the beginning of the infection (Winther et al. 1984). Macrophages play a key role in triggering an acute phase response with the production of cytokines, while the release of proinflammatory cytokines and other mediators cause upper respiratory tract infection symptoms. Cytokines are responsible for the systemic symptoms (e.g., fever) and bradykinin plays a major role in local symptoms of respiratory tract infections (e.g., sore throat and nasal congestion).

2.

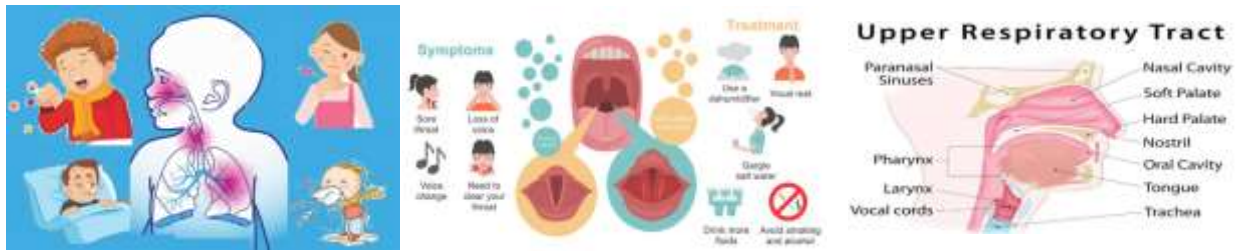


Fig. - (a) URTI; (b) URTI Symptoms ; (c) Upper Respiratory Tract .

3. Symptoms of URTI:

- Sore throat
- Nasal congestion
- Rhinorrhea
- Sneezing
- Cough
- Malaise
- Mood changes
- Fever and chill
- Headache
- Muscle pain

4. Homeopathic therapeutics for URTI:

ACONTUM NAPELLUS: Complaints caused by exposure to dry cold air. Fear, anxiety, restlessness, fright, complaint and tension caused by exposure to dry, cold weather; inflammatory fevers, affected serous membranes .

ALLIUM CEPA: Profuse watery discharge from the nose, with sneezing, acrid burning, excoriating the nose and upper lip.-Fluent coryza, with running of water from the eyes, headache, heat, thirst, > in the open air.-Ichor oozing out of nose, sensitive to odours of flowers and skin of peach.

BELLADONNA: sensitive to drafts of air, especially when uncovering the head; from having the hair cut; tonsils become inflamed after riding in a cold air acts upon nervous system. active, congestion, excitement; marked action on, the vascular, system, throbbing carotids, excited mental state, hyperaesthesia of all senses, dryness of mouth and throat with aversion to water.

DROSER: Deep sounding, hoarse barking cough (Verb.), < after midnight, during or after measles; spasmodic, with gagging. Minute gun cough.

HEPAR SULPH: Extremely sensitive to cold air, imagines he can feel the air if a door is open in the next room; must be wrapped up to the face even in hot weather. Lymphatic constitutions; producing, catarrhal inflammation, profuse secretion.