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Acute Suppurative Otitis Media and Its Homoeopathic Management

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ABSTRACT:

Acute suppurative otitis media is the most widely prevalent infection of childhood except for acute upper respiratory tract infections. It is the second most common pediatric diagnosis in the emergency department following upper respiratory infections. Acute otitis media can occur at any age, it is most commonly seen between the ages of 6 to 24 months.

Keyword: Ear, ASOM, Stages, Homoeopathy

Introduction:

The ear is an organ of hearing and maintaining equilibrium of the body. It consists of three parts :

- The external ear
- The middle ear
- The internal ear

Acute suppurative otitis media :

It is an acute inflammation of middle ear by pyogenic organisms like streptococcus pneumoniae, haemophilus influenza and moraxella catarrhalis. Acute otitis media is a multifactorial disease. Middle ear implies middle ear cleft i.e. Eustachian tube, middle ear, attic, audis, antrum and mastoid air cells.

Aetiology :

- More common in infants of lower socioeconomic group
- After viral infection of upper respiratory tract, the pyogenic organism invades the middle ear

Routes of infection :

- Via Eustachian tube : most commonly route of infection. Infection spreads via the lumen of the tube or along subepithelial peritubal lymphatics.
- Via external ear. Traumatic perforations of tympanic membrane due to any cause which opens a route to middle ear infection.
- Blood-borne. This is an uncommon route.

Pathology and clinical features :

Stage of tubal occlusion- conductive deafness

Stage of pre suppuration-

- Cart wheel appearance of tympanic membrane, conductive deafness
- Throbbing earache, deafness and tinnitus, high degree fever and restlessness

Stage of suppuration-

- Tympanic membrane red and bulging, x-ray of mastoid will show clouding of air cells.

- Excruciating earache, deafness, high fever, vomiting and convulsions.

Stage of resolution-

- Small perforation seen in a quadrant of pars tense
- Relief in earache.

Stage of complication-

- Disease spreads beyond the middle ear
- Acute mastoiditis, Sub periosteal abscess.

Differential diagnosis-

- Fever in the infant and toddler
- Fever without a focus
- Hearing impairment
- Pediatric nasal polyps
- Nasopharyngeal cancer
- Otitis externa

Complications-

They can be divided into intra temporal and intra cranial complications:

Intra temporal includes:

- Hearing loss (conductive and sensorineural)
- TM perforation (acute and chronic)
- Chronic suppurative otitis media (with or without cholesteatoma)
- Cholesteatoma
- Mastoiditis

Intra cranial includes:

- Meningitis
- Subdural empyema
- Brain abscess
- Extradural abscess

Homoeopathic Management -

- **Belladonna** : Tearing pain in the middle ear. Heat, throbbing and burning <when uncovering the head, touch
- **Chamomila** : Swelling and heat with great aversion to wind <by heat, evening
- **Pulsatilla** : Drawing, tearing, shifting type of pain. Thirstlessness.
- **Mercurius solubilis** : Stabbing, tearing pain. Profuse offensive sweat and breath <at night, perspiration, warmth>weeping
- **Plantago major** : Pain between teeth and ears, sticking pain <at night>by eating, mental exertion
- **Myristica sebifera** : Pain and suppuration. Tongue white and cracked with coppery taste.
- **Silicea** : Loud pistol like noise in the ear. Sweat very offensive of hands, feet <new moon, washing>warmth, humid weather.

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