

Treatment of Sinusitis with Folk Remedies

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Abstract: For many years, medical debate has been going on about the treatment of inflammation of the maxillary sinuses using traditional methods. Some are inclined to believe that it is strictly forbidden to use herbs and other unusual recipes in the treatment of such serious sinusitis. Inflammation of the maxillary (maxillary) paranasal sinuses is called sinusitis. Clinically, the disease is manifested by difficulty in nasal breathing, severe pain in the area of the wings of the nose and bridge of the nose, mucopurulent discharge, swelling of the eyelid and cheek due to inflammation, and increased body temperature. diseases, while other doctors approve of independent manipulations of patients.

Keywords: nose, medications, sinusitis, ointment, application, trunda, manipulation, swelling, injury, breathing.

For many years, there have been medical debates about the treatment of inflammation of the maxillary sinuses using traditional methods. Some are inclined to believe that herbs and other unusual recipes should absolutely not be used in the treatment of such a serious disease, while other doctors approve of independent manipulations of patients.

It is possible to treat sinusitis with the help of folk recipes, but only in the chronic course of the disease, when there are no signs of exacerbation. We list the approved and scientifically justified treatment methods. The main clinical signs of the disease are:

- nasal congestion;
- the appearance of mucopurulent discharge;
- pain, heaviness, tension, pressure in the nose;
- decreased sense of smell;
- headache;
- swelling of the zygomatic part, cheeks from the side of inflammation.

If the sinus is filled with fluid, then when the head is tilted forward, the pain intensifies. In the acute course of the disease, symptoms of intoxication of the body are observed (fever, chills, general weakness). Children with sinusitis usually experience difficulty in nasal breathing, light, transparent discharge, and headaches. Also, the clinical picture depends on the type of disease. For example, with odontogenic sinusitis, nasal discharge has a foul odor.

Home and folk remedies. How to get rid of sinusitis without a puncture at home? This can be done using folk remedies. They are quite popular among the population and can be used as part of complex therapy for the disease (with the permission of the attending physician). Folk remedies are tinctures and decoctions of medicinal plants, pharmaceutical solutions of ointments, bee products, homeopathic and other remedies.

There are several options for using home remedies:

- External - for this purpose, use oils and ointments based on golden mustache, cyclamen root, Kalanchoe and a number of other plants;
- inhalations - use chamomile decoction, essential oils, bay leaf, soda solution, potato decoction;
- instillation into the nose - for these purposes, use golden mustache, juice of garlic, radish, onion, Kalanchoe, cyclamen root, sea buckthorn oil;
- washing the nasal cavity with a solution of sea or table salt, chamomile decoction, hydrogen peroxide.

Traditional recipes for the treatment of sinusitis

Among my grandmother's recipes there are local ointments, drops, applications, as well as inhalations through a nebulizer, and various rinses of the nasal mucosa.

Natural drops Putting a few drops of menthol-based oil into your nose every day reduces swelling and clears your nasal passages.

Instillation of cyclamen juice is considered the best remedy for removing purulent masses and relieving headaches caused by excessive pressure on the maxillary sinuses. Place 1-2 drops from a pipette into each nostril. Over the course of one day, purulent contents will begin to be released.

Daily instillation of pure aloe juice helps relieve inflammation, prevent the nasal mucosa from drying out, and also relieves swelling. For the procedure, a three-year-old plant should be used. You need to take the lower branches.

Natural ointments and applications A mixture of 5-7 drops of menthol oil and a few tablespoons of aloe juice has a regenerating and anti-inflammatory effect.

Turunda

You need to combine all the ingredients:

- tbsp. peppermint.
- 20 g crushed propolis.
- 200 ml vegetable oil.

After a week in the dark, the mixture is ready for use. Next, you need to roll the cotton wool into a tube, moisten it in the mixture and place it in the nasal passages. The flagella need to be changed every 1-2 hours. Propolis stops the growth of harmful microbes, and mint relieves swelling.

Another recipe is based on the healing effects of herbs. You need to brew a few tablespoons of St. John's wort herb with boiling water, and then put the glass aside for the day. A rolled cotton wool is dipped into the solution and inserted into both nostrils. St. John's wort suppresses the proliferation of bacteria, moisturizes and regenerates the mucous membrane.

Nasal rinsing To date, this method is the most effective. The main purpose of lavage is to remove the accumulated pus from the maxillary sinuses. The most common solutions are the following, which have properties for killing microbes and pathogenic microflora:

- Salt solution. Salt has antiseptic properties. It is enough to dilute the water with one tablespoon of salt and rinse your nose 5-6 times daily. It is important not to overdo it with salt, and not to use too hot water, so as not to cause a burn to the mucous membrane.

- A solution of soda and salt. The recipe is similar to the previous one - mix 200 ml of water with 1 tsp. salt and 1 tsp. soda Baking soda is a natural antiseptic. It kills germs, heals micro-wounds and thins mucus.
- Washing with propolis. Add 1 tsp to one glass of water. alcohol tincture of propolis. Can be used up to 5 times daily.

It is worth following the washing technique. You cannot inhale water through your nose on your own. The solution should flow into the nasal passage on its own. First you need to clean your nose. It is better to use a kettle or container with a long spout to prevent water from pouring past your nostrils. You need to lean over the sink and turn your head to one side. The solution is poured into the passage that is located above. If the manipulation is performed correctly, the water will flow out through the second nostril or throat.

Inhalation via nebulizer Inhaling vapors of medicinal plants helps to destroy pathogenic microflora in the upper respiratory tract, as well as dilute pus.

The following recipes are popular:

- A teaspoon of propolis tincture is diluted with 1000 ml of water. This ingredient has an antimicrobial effect.
- A combination of soda and Vietnamese “Star”. Add 1 tsp per 1000 ml of water. a spoonful of soda and one drop of star.
- Inhalation of fir oil. Add 10 drops of essential oil to one glass of boiling water. Prohibited tricks It is worth noting that not all traditional medicine is approved by otolaryngologists and can be used in treatment.

Absolutely forbidden:

- Use radish juice, onion juice, celandine for instillation into the nasal passages.
- Lubricate the nasal mucosa with ichthyol ointment and birch tar.
- Treat the nasal passages with garlic pulp.
- Rub your nose with cloves.
- Warm up your nose. Warming is prohibited for any form of sinusitis, as it can cause complications.
- Use honey in its pure form. Even if there is no allergy to bee products, an unexpected reaction may occur in the nasopharynx.

These methods are not related to the treatment of inflammation and will only aggravate the situation, causing swelling and an acute allergic reaction.

Important to know and remember! Before using the chosen traditional treatment method, you should definitely consult with your doctor. You cannot self-medicate! This can lead to terrible, sometimes the most severe and irreparable consequences!

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