

Management of Case of Sinusitis with the Help of Kent Repertory

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INTRODUCTION OF SINUSITIS:

Sinusitis, more accurately referred to as rhinosinusitis, is an inflammatory condition affecting the mucosal lining of the paranasal sinuses and nasal cavity. Because inflammation of the nasal mucosa almost always accompanies sinus inflammation, the term rhinosinusitis is preferred in current medical literature. It is one of the most common disorders encountered in clinical practice and affects individuals of all age groups, leading to considerable morbidity and reduced quality of life.

Classification of Rhinosinusitis (Sinusitis)

Rhinosinusitis is classified according to the duration of symptoms and the underlying pathology.

A. Based on Duration of Symptoms

- Acute Rhinosinusitis (ARS)

Duration: Up to 4 weeks

Usually follows a viral upper respiratory tract infection; a small proportion of cases become bacterial.

Symptoms include nasal obstruction, purulent nasal discharge, facial pain or pressure, and reduction or loss of smell.

- Sub acute Rhinosinusitis

Duration: 4 to 12 weeks

Symptoms persist beyond the acute phase but resolve completely with appropriate treatment.

- Chronic Rhinosinusitis (CRS)

Duration: More than 12 weeks

Characterized by persistent inflammation of the nasal and paranasal sinus mucosa despite medical management.

May occur with or without nasal polyps.

- Recurrent Acute Rhinosinusitis (RARS)

Defined as four or more episodes of acute rhinosinusitis per year, with complete resolution of symptoms between episodes.

B. Based on Etiology

- Viral Rhinosinusitis
- Bacterial Rhinosinusitis

- Fungal Rhinosinusitis
- Allergic Rhinosinusitis
- Odontogenic Rhinosinusitis (originating from dental infections)

C. Based on Presence of Nasal Polyps

- Chronic Rhinosinusitis without Nasal Polyps (CRSsNP)
- Characterized by chronic mucosal inflammation without polyp formation.
- Chronic Rhinosinusitis with Nasal Polyps (CRSwNP)
- Characterized by chronic inflammation associated with benign polypoidal growths in the nasal cavity or paranasal sinuses.

Common Symptoms of Rhinosinusitis (Sinusitis)

The clinical manifestations of rhinosinusitis vary depending on the severity, duration, and underlying cause of the disease. The most common symptoms include:

- Nasal obstruction or congestion – Persistent blockage of one or both nasal passages, resulting in difficulty breathing through the nose.
- Nasal discharge – Thick or thin nasal secretions that may be clear, yellow, or green. Discharge may be anterior (from the nostrils) or posterior (postnasal drip).
- Facial pain, pressure, or fullness – Pain or a feeling of pressure over the forehead, cheeks, around the eyes, or between the eyes. The discomfort may worsen on bending forward.
- Headache – A dull, aching headache, commonly felt in the frontal or maxillary region, often associated with facial pressure.
- Reduced or loss of smell (Hyposmia/Anosmia) – Diminished or complete loss of the ability to perceive odors due to mucosal inflammation.
- Postnasal drip – Drainage of mucus from the nasal cavity into the throat, often causing frequent throat clearing.
- Cough – Usually caused by postnasal drip and may be more troublesome at night.
- Sore throat – Irritation of the throat secondary to continuous postnasal drainage.
- Fever – More commonly seen in acute bacterial rhinosinusitis and may be accompanied by chills and malaise.
- Halitosis (Bad breath) – Unpleasant breath odor due to retained secretions and bacterial growth.
- Fatigue and malaise – Generalized weakness, tiredness, and reduced ability to perform daily activities.
- Ear fullness or pressure – A sensation of blocked ears or mild hearing discomfort due to Eustachian tube dysfunction.
- Dental pain – Pain in the upper teeth, particularly the maxillary molars, commonly associated with maxillary sinus involvement.
- Voice changes – A nasal quality of speech resulting from nasal obstruction and congestion.

CASE PRESENTATION

Date: 25/06/2025

Name of the Patient : Mahir Bhai panchala

Father's name/ Husband's name : kanji bhai panchala

Age / sex: 35ys_/male
 Religion: Hindu
 Marital status: married
 Family size: wife,son,and daughter
 Education: GNM
 Occupation: Nursing staff
 Veg/ Non-veg/ eggitarian: veg
 Socio – Economic status: average
 Address: Rajkot
 Diagnosis: fronto-maillary sinusitis

PRESENT COMPLAINTS:

Burning pain in the frontal region, with acrid, watery nasal discharge more on left side Left nostril block and sneezing.

Modalities:

Aggravation: **At night, from cold air, after exposure to damp and cold weather, lying down.**

Amelioration: **From warmth, sitting with head elevated, and warm drinks.**

PRESENTING COMPLAINTS IN DETAIL :

Complaint with duration	Location & extension	Sensation/character & pathology	Modalities /Ailments From	Concomitant/ Associated symptoms with duration
Sneezing and watery discharge from nose since 4 days Frontal headache since 4 days Blockage of left nostril since 4 days	Frontal and maxillary sinuses, more on the left side	Burning pain in the frontal region, with acrid, watery nasal discharge.	Aggravation: At night, from cold air, after exposure to damp and cold weather, lying down. Amelioration: From warmth, sitting with head elevated, and warm drinks.	Marked restlessness and anxiety. Thirst for small quantities of water at short intervals. Burning sensation in the eyes and nose.

HISTORY OF PRESENT ILLNESS: Patient reports onset after exposure to cold weather and getting wet in rain. Initially sneezing and watery discharge from nose, later developed burning frontal headache and blockage of left nostril. Condition worsened at night with anxiety and restlessness.

FAMILY HISTORY: Father and mother died have no any specific disease history

PERSONAL HISTORY:

Diet: Vegetarian
 Appetite: Reduced ,1 chappati in a meal
 Thirst: Increased, but prefers small sips frequently.
 Sleep: Disturbed due to nasal obstruction at night.

Bowels: Regular, 1/0 d/n
Urine: Normal 6-8 times in a day
Habits: Non-smoker, non-alcoholic
Prespiration: cold sweat
Thermal: chilly

MENTAL SYMPTOMS:

Anxiety about health and recovery. Fear of being alone at night.
Desire for company and reassurance.
Restlessness—constantly changing position.

PHYSICAL EXAMINATION:

General Examinations
Conscious/unconscious – conscious
General appearance- pale, anxious face
Intelligence and education level-GNM good counselling skill
Height -5'7
Weight -60 kg
Anaemia – n/a Jaundice – n/a Cyanosis – n/a Oedema – n/a Skin – normal Nail – pinkish
Lymphadenopathy – n/a
Blood pressure- 120/80 mmhg
Pulse – 100bpm
Temperature mild raised 99.5
respiration rate -16
Others – n/a

SYSTEMIC EXAMINATION

Respiratory system – B/L lung sound vesicular breathing
Cardiovascular system – s1 and s2 +ve
Nervous system – conscious and well oriented
Gastro-intestinal system -soft non-tender

LABORATORY INVESTIGATION & FINDINGS

CBC: Mild leucocytosis.
X-ray PNS: Mucosal thickening in left maxillary and frontal sinus—suggestive of sinusitis.

PROVISIONAL DIAGNOSIS

Acute Sinusitis (Fronto-maxillary, left side).

DATA PROCESSING ANALYSIS OF CASE CLASSIFICATION OF SYMPTOMS

Mental –

Anxiety about health, fear of being alone Physical General-

Restlessness, desire for warmth Particular-

Burning frontal headache, acrid nasal discharge, left-sided obstruction Common-

Watery discharge, nasal congestion Characteristic-

Burning pains relieved by warmth, thirst for small quantities, restlessness

Evaluation of symptoms Grade

Symptoms

1st Grade (Characteristic)

Burning pains, restlessness, relief by warmth

2nd Grade

Acrid nasal discharge, anxiety about health

3rd Grade

Left-sided sinus pain, aggravated at night

TOTALITY OF SYMPTOMS

Burning pain in frontal region.

Acrid, watery nasal discharge.

Restlessness and anxiety.

Aggravation from cold and at night.

Amelioration from warmth.

Thirst for small quantities of water.

SELECTION OF MEDICINE (KENT REPERTORISATION)

Important Rubrics Selected:

Head – Pain – Frontal – burning Nose – Discharge – acrid, watery

Generalities – Cold – exposure to – aggravates Mind – Anxiety – health about

Generalities – Warmth – ameliorates Mind – Restlessness – constant motion

Repertorisation Chart (Kent's Repertory)

No.	Rubric (Kent)	Ars.	Merc.	Puls.	Kali-bi.
1	Head – Pain – Forehead – Burning	3	1	1	2
2	Nose – Discharge – Watery – Acrid	3	2	1	1
3	Mind – Restlessness	3	2	1	0
4	Mind – Anxiety	3	2	1	0
5	Generalities – Cold – Aggravates	3	2	2	2
6	Generalities – Night – Aggravation	3	3	1	1
7	Generalities – Warmth – Ameliorates	3	1	1	1
8	Stomach – Thirst – Small quantities, often	3	1	0	0
Total Marks		24	14	8	7

Arsenicum Album

SELECTION OF POTENCY AND DOSAGE

Moderate potency and Infrequent repetition on the basis of age, susceptibility and Pathology

PRESCRIPTION

Arsenicum album 30C, 4 globules every 4 hours for 2 days. Sac.lac 4 globules BD for 7days

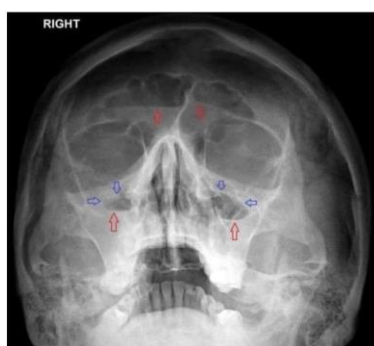
Auxiliary treatment: Steam inhalation, warm fluids, avoid cold exposure.

FOLLOW UP

Date	Changes in symptomatology	Prescription
1-7-2025	Headache reduced, nasal discharge less acrid, sleep improved	<u>Sac.lac</u> 4 globules bd for 15 days
16-7-2025	Headache 6-7 times in last 15 days ,nasal discharge mild acrid	<u>Asr.alb</u> 1m single state dose orally <u>Sac.lac</u> .for 15 days <u>Bd</u> 4 globules
30-7-2025	Complete relief of symptoms.	<u>Sac.lac</u> for 15 days <u>Bd</u> 4globules

ANALYSIS OF RESULT

Before



L-M scale score is 4

after



L-M scale score is 0