

Sinusitis

What is Sinusitis?

In sinusitis, the cavities (sinuses) around the nasal passages become inflamed, painful and swollen. Acute sinusitis often results from a cold or flu, and should resolve spontaneously. Sinusitis becomes chronic if the sinuses remain inflamed for at least eight weeks despite repeated attempts at treatment.

Signs and Symptoms

The main symptoms are: headache; a blocked nose; feelings of pain, pressure and heaviness around the head, especially in the jaws, eyes and face; a discharge of thick mucous from the nose; loss of the sense of smell; post-nasal drip, which disturbs sleep; a sore throat; a mild fever; and bad breath. Sinusitis often triggers coughing spasms, in an attempt to remove built-up mucous.

Complications

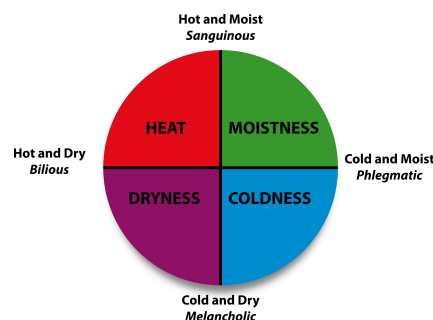
The following complications are associated with untreated sinusitis: bacterial infection of the sinuses and their surrounding bone tissues, and even the brain, as meningitis. Also possible are: asthma flare-ups; visual problems; nasal polyps; and ear infections.

What Causes Sinusitis?

Sinusitis is caused when the mucous membrane of the nose, sinuses and throat becomes inflamed. Swelling obstructs the sinus openings and prevents mucous from draining normally. This results from a number of underlying conditions: upper respiratory tract infection linked to qualities of coldness with moistness, such as tonsillitis or a cold; improper diet, featuring excessive intake of cold and moist and hot and moist foods like dairy products and refined foods. Long lasting sinusitis can be brought on by an allergy to pollen, various fungi animal dander; and dust.

The Tibb View of Sinusitis

According to Tibb, sinusitis is linked to qualities of **moistness** **either with heat** or **with coldness**. Sinusitis that worsens during the colder seasons is linked to **moistness with cold** and presents with thick mucous. Sinusitis which worsens during spring is linked to **moistness with heat** and may present with thin, runny mucous. As both heat and coldness are associated with sinusitis, people who have a phlegmatic, sanguinous or bilious temperament are mostly affected.



Management of Sinusitis

Management is aimed at **reducing the excess qualities associated with sinusitis**, by implementing Tibb Lifestyle Factors that will **increase the qualities of dryness with cold** in patients with symptoms of **excess of moistness with heat** and by **increasing the qualities of dryness with heat** in patients with symptoms of **excess moistness with cold**. This assists Physis in addressing both the symptoms and causes of sinusitis.

Tibb Lifestyle Factors

Sinusitis Associated with Qualities of Moistness with Heat:

Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, fish, cauliflower and mushrooms, followed by **Hot & Dry foods** - like bittergourd, avocado, chickpeas and garlic and **Cold & Moist foods** - such as carrots, pumpkin, rice and milk, and the **least amount of Hot & Moist foods** - like bread, pasta, bananas and wheat cereals.
- Plenty of pure warm water should be drunk to facilitate the elimination of mucous.
- Eat plenty of fruit and vegetables, and protein-rich foods like beef and fish.
- Eat pepper-rich dishes, which contain capsaicin or cayenne.
- Avoid wheat, sugary and salty foods and ice-cold drinks, and restrict consumption of dairy products, but not yogurt.

Sinusitis Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, oily fish, green pepper, eggs and garlic, **followed by Cold & Dry foods** - like beef, fish, cauliflower and mushrooms.
- Eat **less of Hot & Moist foods** - such as bread, pasta, bananas and wheat cereals and the **least amount Cold & Moist foods** - like carrots, pumpkin, rice and milk.
- Consume hot liquids like soups and herbal teas regularly, as they increase mucous flow.
- Eat food which is rich in garlic and horse radish.
- Avoid wheat, sugary and salty foods and ice-cold drinks, and restrict consumption of dairy products, but not yoghurt.

Other Lifestyle Advice

- Irrigate the nasal passages regularly with saline drops or spray
- Install a steam humidifier in the bedroom, and put eucalyptus oil in the water.
- Apply moist heat pads for several minutes to the tender parts of the face.
- If the sinus areas of the face are sore, rub them gently. Press thumbs firmly on sides of nose for about 30 seconds.

Herbal remedies

- Take ¼ teaspoons each of aniseed, thyme, fenugreek, echinacea, and boil in one to two cups of water, until one cup remains. Strain, mix with two teaspoons of honey, and drink three times a day.
- Crush fresh ginger root and apply as a hot poultice to the forehead and nose areas. This stimulates circulation and mucous drainage.
- Place two drops of menthol or eucalyptus oil into a bowl of boiling hot water and inhale the steam several times daily.
- Nasal Irrigation - Mix a solution of one cup of warm preferably distilled water, ¼ teaspoon each of sea salt and bicarbonate of soda. Use a squeeze spray bottle to instill the solution into the nostrils, one side at a time. Repeat this procedure three to four times daily, for relief from stuffiness.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes		
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella			
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal			
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet			
knuckles	green beans	granadilla										tomato sauce			
mussels	mushrooms	grape fruit										maize			worcestershire
ostrich	peas	lemon, lime										mielies			sauce
oysters	potatoes	naartjies, oranges					popcorn					vinegar			
pork	sauerkraut	pineapple,plums				poppy seeds									
snails	tomatoes	prunes, pomegranate		samp											
snoek		raspberries		sesame seeds											
tripe		strawberries													
tuna		sultanas													

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes					
all small bird meat	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter	chilli sauce			spicy dishes					
	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce								
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas		flavourants				peri-peri sauce				
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)										
mackerel	onion			mustard seeds			fenugreek											
oily fish	red pepper			papad			lavender											
pilchards	yellow pepper						nutmeg											
prawns							oregano											
sardines							paprika											
							parsley											
							rocket, rosemary											
							saffron											
							tarragon											

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						