

Cleaning the Ears, Nose and Throat with Gemmotherapy

A big part of the pathology of our patients is related to troubles in the ENT regions. Whenever there is a decrease in general immunity of the body, the first region to react and to express this decrease is the respiratory mucosa membranes, in the ENT regions. Here is the first line of defense of our body, the first barrier between the interior of the body and the germs, chemicals and physical factors from outside.

In children, especially, ENT pathology is number one of the health problems in the cold season. Inflammatory troubles of ENT mucosa membranes, with or without discharges, with or without fever and/or cough occur in all seasons, every time there is a change from warm to cold, or from cold to warm. Physically triggered (by cold weather and air, by rain, fog, wind or humid weather, pollen, dust, other substances), chemically triggered (smokes, gases, pesticides, other chemicals) or emotionally triggered (anger, frustration, grief, indignation etc), the ENT pathology can develop on a scale from very easy problems to very difficult and dangerous troubles.

Adults have also more and more ENT problems, due to their unbalanced lifestyle, due to lack of exercise and staying too much indoors, in dry air, with tobacco smoke and air conditioning.

Gemmotherapy can help many of the cases with ENT troubles, using several approaches:

- 1) “cleaning”/“drainage” approach, that is prescription of a remedy or several remedies able to increase the elimination of waste products at the level of well defined tissues, systems and organs.
- 2) “acute treatment” approach, that is the treatment of a acute inflammatory or infectious trouble with several remedies clinically tested as being efficient for the correspondent troubles.
- 3) “chronic treatment” approach, that is improving the function of an organ or system with remedies that helps the homeostasis of that organ (or function).

The present lesson will discuss the “cleaning” of the ENT approach, leaving the other two for a further lesson.

Cleaning the Ear with Gemmotherapy

The main trouble in the ear region is the inflammation, acute or chronic, known as acute or chronic otitis. It can be a simple, catarrhal inflammation, with watery discharge and moderate pain, or it can evolve to suppuration, with intense pain, fever and general reaction of the body.

For cleaning the ear region, in literature there are several remedies working well, especially on acute or chronic inflammation:

- 1) **Alnus glutinosa (Common alder)**, buds, D1 – the remedy has as main indication inflammations, particularly sub-acute and chronic ones, in any part of the body. It is particularly active on mucouse membranes, especially in suppuration of the mucosa; this is frequent the case of the ear. The mucosa of the ear, external and internal ear is often over-secretory, with a lot of glue external and mucus internally. The Common alder buds Extrakt will help eliminating the discharges

and cleaning the inflammation in the mucosa cells and outside the membrane. It is one of the best remedies that promotes healing of wounds in areas with poor blood supply, such as the case of internal ear and tympan membrane. It is very good for helping the healing of a break in the tympanus, after an acute otitis or an accident.

- 2) **Juglans regia (Walnut)**, buds, D1, is a very good remedy in treating the inflammation of skin and connective tissue. It is also indicated in chronical inflammation and suppuration of respiratory mucouse membranes, such as chronic suppurative otitits. For the cleaning purpose, the Walnut bud Extrakt has an anti-inflammatory, anti-microbial and scaring effect. It will help to end any long-lasting and repetitive discharge from the mucosa level.
- 3) **Ligustrum vulgare (Privet)**, young shoots D1 has also an anti-inflammatory action. In the ear cleaning strategy, it is especially indicated whenever there are unwanted and disturbing noises in the ear, tinnitus or acufene.

In otosclerosis, a “aging” condition of the ear internal mechanism, with diminishing or losing the hearing in time, there are several remedies that can help slowing down, sometimes even reversing the process:

- **Ilex aquifolium (Holly)**, young shoots, D1 – a very good anti-stress remedy and a cleaner of the kidney and adrenal glands. It improves the general mineral balance and helps in sclerosis and fibrosis processes. In ear troubles is indicated in noises in the ear, tinnitus and loss of hearing, because of sclerosis of tympanus (with other remedies, such as *Alnus glutinosa*, *Sorbus domestica* and *Viburnum lantana*).
- **Sorbus domestica (Service Tree)**, buds, D1 – a useful remedy in venous troubles, but also very helpful in ear troubles, triggered by vascular spasm. It is indicated in diminished or lost hearing due to sclerosis of tympanus (together with other remedies).
- **Viburnum lantana (Wayfaring Tree)**, buds, D1 – has an important action on the Eustachian tubes and it is indicated in diminished hearing or deafness due to sclerosis of tympanus, tube catarrh or vascular spasm (with other remedies, such as *Sorbus domestica* and *Ilex aquifolium*)
- **Viscum album (Mistletoe)**, buds, D1 – has an important action on the central and periphery nervous system. But in the same time, it has clinical indication in hearing troubles of different origin, especially catharal and rheumatic. In tinnitus and different noises in ear is indicated together with *Ilex aquifolium*.
- **Ligustrum vulgare (Privet)**, young shoots, D1 is also indicated in the tendency to sclerosis, especially when there are noises in the ear (tinnitus).

Any combination of the above remedies, in 2 or 3 remedies strategy, according to the particularities of every person, will help the recovery of hearing, the improving of sclerosis and the cure of the inflammation at the ear level.

Any of the above remedy can be combined with others, according to other health problems a patient may have.

Cleaning the nose with gemmotherapy

The nose mucosa membrane is the first one affected when the body comes from cold to warm or reverse. Everybody is aware of the watery discharge that came easily when going for a short walk outdoors, with temperatures under 0 degrees Celsius.

The main remedies that can help with the inflammation of the nasal respiratory membrane are:

- 1) **Betula pubescens (White Birch)**, buds, D1, the best detox and drainage remedy. It has an important anti-inflammatory action on the upper respiratory tract system and helps the natural cleaning processes. It enhances the general immune system of the body, but also the local immunity in the respiratory mucosa. In nose cleaning, it is particularly useful for adults and old patients.
- 2) **Betula verrucosa (Silver Birch)**, buds, D1, is also an important purifying and detoxifying remedy. For the respiratory problems, especially for the nose drainage, it is indicated in the treatment of children and adolescents.
- 3) **Carpinus betulus (Common Hornbeam)**, buds, D1 is an excellent symptomatic remedy in recurring infections of the upper respiratory tract, especially with spasmodic symptoms. It is particularly useful in allergic rhinitis, cleaning the nose before spring and allergies season. But also useful in cleaning the nose for all the people that have recurrent troubles with sneezing, obstruction, dryness of nasal mucosa or excessive discharges (anterior or posterior, such as in post-nasal catarrh).
- 4) **Ribes nigrum (Blackcurrant)**, buds, D1, is one of the most important remedies used for improving the function of adrenal glands, with general increase of immune response of the body. Has also an important anti-inflammatory action, especially in acute allergic states and in other acute problems, such as acute rhinitis, hay-fever, recurrent sneezing and others.
- 5) **Rosa canina (Dog Rose)**, young shoots, D1, increases the resistance to infection due to its action on the RES. It is particularly useful in treating ENT infection in children, but also useful in the prevention of these troubles, in combination with other remedies.

Cleaning the respiratory sinuses with gemmotherapy

Sinuses are air compartments near the nose, useful for the flow of air in the upper respiratory area. Any inflammation or infection of the sinuses is very difficult to treat:

- because of the anatomical position of the sinuses – which are closed and relatively isolated areas, with only one communication with the nasal cavities.
- Because the discharges are blocking the communication between sinuses and nose, and the pressure of fluid accumulated in the sinuses produces intense pain and discomfort
- Closed collection of pathological discharges can get infected easily, and many sinusitis will suppurate very quickly after the onset
- Healing process is slow, difficult, painful and must be assisted. Elimination from sinuses is slow and difficult.

The main cleaning remedies for the sinuses are:

- 1) **Alnus glutinosa (Common Alder)**, buds, D1 – the main suppuration and anti-inflammatory remedy, for troubles in the head region. It is especially adapted for treating suppuration in closed cavities or regions with poor blood supply (such as internal ear or frontal and/or maxillar sinuses)
- 2) **Betula pubescens (White Birch)**, buds, D1 – has a drainage action on the respiratory mucosa, especially sinuses troubles in adults and old people. In children, we seldom find sinuses troubles, because the frontal and maxillar sinuses are anatomically developing after 6 years old.
- 3) **Carpinus betulus (Common Hornbeam)**, D1 – is very good in recurrent infections of the upper respiratory tract, especially when the nasal infection alternate with the sinuses infection.
- 4) **Juglans regia (Walnut)**, buds, D1, is very good in the inflammation of the connective tissue and useful in controlling the tendency to suppuration. Together with *Alnus glutinosa* and *Betula pubescens*, can clean very well the sinuses region.

One of the best “drainage” strategies I use for chronic sinuses troubles is the combination:

- **Alnus glutinosa (Common Alder)**, 35-40 drops in water, in the morning
- **Betula pubescens (White Birch)**, 35-40 drops in water, at noon
- **Juglans regia (Walnut)**, 35-40 drops in water, in the evening

daily, 3-6 months of treatment. The benefit of the strategy is noticed starting with the second month of treatment, and the length of the treatment depends of the result assessed monthly, after the second month.

Cleaning the throat with gemmotherapy

We are going to use again some of the remedies we have already discussed about at the nose cleaning, because usually we find in the daily practice rhino-pharyngitis and post-nasal catarrhs, which involve the nose and the throat in the same time.

For children, we use as the main drainage strategies for the throat:

- **Abies pectinata (Silver Fir)**, young shoots, D1 – an excellent remineralising remedy and an anti-inflammatory remedy for the upper respiratory tract mucosa.
- **Betula verrucosa (Silver Birch)**, buds, D1 – very good anti-inflammatory and anti-infectious remedy for children.
- **Ribes nigrum (Blackcurrant)**, buds, D1 – the main immune stimulant in every upper respiratory tract infection
- **Rosa canina (Dog Rose)**, young shoots, D1 – the main remedy for recurrent inflammation and infections of the throat.

Fernando Pitera advices as the main strategy for recurrent throat infection in children, the 2-3 months daily treatment with:

- **Rosa canina**, 20-25 drops in water, morning
- **Ribes nigrum**, 20-25 drops in water, noon
- **Abies pectinata**, 20-25 drops in water, evening

The strategy will be particularly useful at the beginning of spring and autumn, which is the inter-seasons period. The above strategy will help preventing the acute episodes or if these will occur, their symptoms will be milder and easier to treat.

For adults, we'll use as main remedies to clean the throat region:

- **Betula pubescens (White birch)**, buds, D1 – the main detox and drainage remedy, very useful in the upper respiratory tract infection, especially nose and throat.
- **Ligustrum vulgare (Privet)**, young shoots, D1, particularly useful for smokers (with dryness of respiratory mucosa), useful in pharyngitis and chronic bronchitis. Also very good in inflammation of the mucosa of mouth, oral Candidosis, canker sores and other troubles.
- **Lonicera nigra (Honeysuckle)**, young shoots, D1, a good immune stimulatory remedy, very good for tonsillitis and inflammatory pharyngitis, with dry or spasmodic cough, sometimes complicated with bronchitis.

We can also use for adults the remedies we already mentioned for the treatment of children:

- **Carpinus betulus (Common Hornbeam)**
- **Ribes nigrum (Blackcurrant)**
- **Rosa canina (Dog Rose)**

In the next lesson, we'll explore the treatment of Upper respiratory tract pathology, with the support of some clinical cases and examples from daily practice.