

ENT pathology and gemmotherapy

The cold season is the period of colds. From simple ones, with just a nasal obstruction and some discharges, lasting for 3-4 days, to very complicated ones, with nasal catarrh, cough (of different types), discharges, with or without fever and a general bad feeling (diminished appetite, digestive symptoms, muscles pains and many other symptoms).

Gemmotherapy is one of the most important possibility to treat the ENT pathology in cold season. In many simple cases could be used gemmotherapeutic remedies alone. In other cases, we can add gemmotherapy to a homeopathic treatment or a supplements treatment.

The best way to understand about gemmotherapy in ENT pathology is to look at cases and learn about remedies used for different symptoms.

Case 1

Isabel, 4 years old, came to my practice for a spastic cough, deep and frequent, especially in the evening and night. There is some mucus in her throat, but she cannot eliminate it. Sometimes she coughs until gags, but she cannot detach and eliminate the mucus. Sometimes she coughs until vomits, but this happened only once or twice. The episode started 4 days ago and mother tried with a regular herbal cough remedy, but it didn't helped. There is no fever, no nasal catarrh and the general state of the child is good – she plays all day with her little sister and she eats well.

Clinical examination revealed no pulmonary signs, only some mucus in the bronchies. She also had palpable, painless cervical glands.

The cough started after getting out in the snow, in a very cold day. This is the second episode of cold this winter, first time was a nasal catarrh with a moderate cough.

I decided to go for gemmotherapy, having in mind *Viburnum lantana* (Wayfaring tree), buds, DH1 and *Carpinus betulus* (Common Hornbeam), buds, DH1.

***Viburnum lantana* (Wayfaring tree) buds**, D1 acts on the lower respiratory tract, being a great symptomatic remedy in bronchitis and spasmodic coughs. *Viburnum* is a neuro-vegetative regulator and anti-spastic remedy of the respiratory tract. Has a sedative action over the respiratory neuro-vegetative system. Its main action is on the smooth muscles of the respiratory tract walls, with a calming and soothing action.

***Carpinus betulus* (Common Hornbeam), buds**, D1 is an excellent symptomatic remedy in recurring infections of the upper respiratory tract, especially with spasmodic symptoms. Its main clinical indications are the respiratory and spastic respiratory syndromes, together with *Viburnum lantana*. It is good whenever there are discharges, being useful in loose coughs and dry coughs also.

For Isabel, I couldn't decide whether it was a simple spastic tracheitis or it was also a bronchial involvement. The clear fact was the spastic character of the cough and the little quantity of discharge. Because the general symptoms were lacking, I haven't consider *Ribes nigrum* (Blackcurrant) or other immune stimulating remedies.

That is why I thought the best solution is to combine the two products, one having an anti-spastic action on the upper respiratory tract (*Carpinus betulus*) and one on the lower respiratory tract (*Viburnum lantana*).

I started with 20-25 drops in water, every hour in alternance, once from *Carpinus*, and once from *Viburnum*, in the first day.

Then, starting with the second day, the strategy was: twice a day *Carpinus* (morning and noon) and twice in the day *Viburnum* (evening and night) for 7-10 days.

Isabel was much better after the first day, when she took each remedy four times.

Then the cough improved and disappeared after 5 days and the mother stopped the treatment in the 7th day as instructed.

Because this was the second episode of cold in two months, we decided to have a month of treatment with **Ribes nigrum (Blackcurrant), buds, D1**, 20 drops a day, every morning.

The remedy will help her to increase the resistance to cold and also will help her immune system to resist better to different external factors.

I could have used for the convalescence also **Prunus spinosa (Blackthorn), buds, D1**.

Prunus spinosa (Blackthorn) has a general action on a weakened immune system after illness. Is the main remedy for convalescence, especially prolonged ones. It is also useful for prevention of repetition of respiratory tract problems and other viral infections.

Isabel hasn't lost her appetite and she wasn't particularly affected in general, that is why I decided to go for the *Ribes nigrum*.

Case 2

Marc, 3 years old came to my practice with an acute ear ache, especially right ear, starting 2 days after a mild nasal catarrh. Some nasal obstruction and watery discharges were treated by his mother with vitamin C and several doses of *Oscilococcinum*. Then the ear ache started, the intensity of pain increased gradually, also the fever, but never exceeds 38 degrees. He was grumpy and weeping quietly all time because of pain. Warm application on the ear improved a little the pain. He wanted to be held all time by his mother, especially at night, when the pain was worse.

Clinical examination showed a mild congestion of the ear, the swelling of the cervical glands on the right side, mild congestion of the throat, no lower respiratory signs.

I needed for Marc something for the congestion and something to support his immunity to get rid of the disease.

I started with *Ferrum phosphoricum* 7CH, every hour, because of the pain with fever, gradual onset and nocturnal aggravation and I have added two gemmotherapeutic remedies:

Ribes nigrum (Blackcurrant) buds, D1, and

Alnus glutinosa (Common Alder) buds, D1, in alternance, every hour, in the first day.

After 24 hours, Marc was very much better, the pain was gone and there was only the congestion left, at the ear and throat.

I decided to continue with *Ribes nigrum*, twice a day, morning and noon and *Alnus glutinosa*, twice a day, evening and night, for the next 5-7 days. I also continued the *Ferrum phosphoricum*, 3 times a day, for the same interval.

There was a complete remission of the episode, without any further problems.

Ribes nigrum (Blackcurrant) buds, D1, is the most important anti-inflammatory and decongestion remedy, having the properties of working synergistic with many other remedies.

Alnus glutinosa (Common Alder) buds, D1, works well on inflammations in any parts of the body, especially in areas with poor blood supply. Is the best remedy for otitis and sinusitis, main pathologies in regions with poor blood supply, which heals very difficult with any treatment. Combination of the two remedies is ideal to help body get rid of any mild, moderate, even intense congestion. In the same time, helps preventing the accumulation of the fluids in congestion (exudates), which determine the further evolution of symptoms and disease.

Case 3

Irina 10 years old presented with a blocked nose, with big difficulties in respiration. From time to time she could eliminate some yellow-greenish discharges, very sticky and difficult to eliminate. She also had frontal headaches and some dizziness. Irina has a hay-fever, which is worse in spring time, with frequent sneezing, watery discharges and nasal obstruction. The present episode started several days ago, after a very difficult period in school. Her mother tried to treat her with her regular remedies at home, but the nasal obstruction got worse and Irina had difficulties getting to sleep. She was breathing on mouth, had very dry lips, started also to cough, a dry cough and she couldn't eat much in the last 2 days. She was a little feverish, but the general state was still well. Because of the nasal obstruction and headaches, she wasn't able to concentrate to school anymore and had troubles in getting her homework done.

Clinical examination showed moderate pain by pressing the maxillary sinuses and intense pain at frontal sinuses level. The throat was congested, the nasal cavity almost blocked with secretion that have formed crusts, without the irritation around nose.

Irina had already had 2 other episodes of respiratory troubles this winter, since starting the school, but every time with coughs and expectoration and only moderate nasal catarrh.

For this episode, I thought about a frontal sinusitis, accompanying the purulent nasal catarrh, which was also extending to the pharynx and further.

Because the general state wasn't affected and there was not much of a fever, I haven't considered a homeopathic remedy for the case, thinking only at gemmotherapy for drainage.

I considered for Irina the following gemmotherapies:

Ribes nigrum (Blackcurrant) buds, D1

Rosa canina (Dog Rose) young shoots, D1 and

Alnus glutinosa (Common Alder), buds, D1.

The Common Alder is the best for drainage of the discharges from cavities with poor blood supplies. The remedy has also an important anti-allergic action, being very useful in inflammatory and suppurative problems of the rhino-sinusal mucosa. Pol Henry gives as the main combination for acute and sub-acute suppurative sinusitis the combination

Common Alder and Ribes nigrum. I have verified in clinical cases the combination and it is working well in many cases.

Rosa canina (Dog Rose), young shoots, D1 has an anti-inflammatory and anti-allergic action, being one of the most important remedy for localized and recurrent inflammations. In the same time, is one of the best remedies for headaches, especially when there is an allergic factor involved. Has a general action on the tired and weak feeling of the body, being a tonic in many cases.

Irina received 30 drops of each remedy, daily, for 14 days.

First two day of treatment I prescribed the remedies every 2 hours, two doses of Blackcurrant in the morning, followed by two doses of DogRose and 4-5 doses of Common Alder until she went to bed. I wanted to help her body for the drainage of the sinuses, as quickly as possible. Starting the 3rd day, because the good evolution, she went for the strategy with one dose of each remedy, once a day, for the rest of the time. .

Because of the recurrence of her problems in this winter, I decided to continue after the sinusitis episode with 2 months of treatment with:

Ribes nigrum (Blackcurrant), buds, D1, 20 drops in the morning

Prunus spinosa (Blackthorn), buds, D1, 20 drops, in the evening.

She will have the treatment until the beginning of March, helping her also to prevent the onset of her hay-fever. Her resistance to cold will be increased and her immune response will be improved. She will be able to stay in school without further health problems.

Because I see many children in my daily practice, I have many cases like this, especially this winter, which was a particular cold one for my region.

In adults, I use a lot gemmotherapy to treat the ENT symptoms, but usually I give a combined treatment – homeopathy, gemmotherapy and supplements. Very seldom I can use in adults gemmotherapy alone, like in children. With ENT problems or any other health problems.

Gemmotherapy is of tremendous help in the treatment of mild, moderate and some severe colds, because it helps me not to over-use the homeopathic remedies, it helps the body of my patients to be able to get rid of the symptoms quickly and without further effects. And also improves the health in general and prevents further problems.

At the end of the lesson I will like to add a summary of **the best remedies for ENT troubles**, for a memento:

Simple “cold” episode:

- Ribes nigrum
- Rosa canina

Tendency to frequent “cold” episodes:

- Abies pectinata
- Ribes nigrum
- Rosa canina

Acute rhinitis:

- Ribes nigrum

- *Betula verrucosa*
- *Abies pectinata*
- *Rosa canina*

Acute rhino-pharyngitis:

- *Abies pectinata*
- *Alnus glutinosa*
- *Betula pubescens*
- *Betula verrucosa*
- *Carpinus betulus*
- *Ribes nigrum*
- *Rosa canina*

Chronic rhino-pharyngitis:

- *Abies pectinata*
- *Betula verrucosa*
- *Rosa canina*

Sinusitis:

- *Alnus glutinosa*
- *Betula pubescens*
- *Carpinus betulus*
- *Ficus carica*
- *Juglans regia*
- *Magnolia denudate*
- *Ribes nigrum*

“Flu” syndrome:

- *Alnus glutinosa*
- *Betula pubescens*
- *Ribes nigrum*
- *Salix alba*

Dry cough:

- *Carpinus betulus*
- *Lonicera nigra*
- *Viburnum lantana*
- *Prunus persica*

Loose cough:

- *Acer campestre*
- *Castanea vesca*
- *Cedrus libani*
- *Citrus limonum*
- *Ulmus campestris*

Hoarseness (laryngitis):

- *Lonicera nigra*
- *Ribes nigrum*

Tracheitis:

- *Carpinus betulus*
- *Lonicera japonica*
- *Ribes nigrum*

Tracheo-bronchitis:

- *Carpinus betulus*
- *Juglans regia*
- *Lonicera nigra*
- *Lonicera japonica*

Acute bronchitis:

- *Alnus glutinosa*
- *Carpinus betulus*
- *Lonicera nigra*
- *Ribes nigrum*

Chronic bronchitis:

- *Alnus glutinosa*
- *Carpinus betulus*
- *Coryllus avellana*
- *Fagus sylvatica*
- *Juglans regia*
- *Ligustrum vulgare*
- *Prunus spinosa*
- *Ribes nigrum*
- *Rubus fruticosus*
- *Viburnum lantana*

Otitis (acute and chronic):

- *Alnus glutinosa*
- *Juglans regia*