From Practice - For Practice

Otitis media - Inflammation of the Middle Ear

by Dr. Konrad Werthmann
Otitis is primarily a childhood illness, but may also occur in adulthood. The ear lies on several meridians: small intestine and large intestine, also gallbladder and triple heater. This means that disorders in those organs may provoke an attack of otitis. In childhood, the primary cause of otitis is an intolerance of the primary allergens, i.e. products from cow’s milk or hen’s eggs. The allergy causes a hyperplastic swelling of the tonsils, which then impinges as hypertrophy of the adenoids (polyps). Their increased size shuts off the air supply to the inner ear.

When treating, there are differences in dosage determined by age, between an infant or small child and an adult.

**Treatment:**

*Initially*

1) **ALKALA T**, ¼ - ½ tablet twice daily, and **CITROKEHL**, 1-5 drops twice daily (depending on the age - no **CITROKEHL** or **ALKALA T** in the first year of life).

2) **NOTAKEHL** or **FORTAKEHL**, 1-8 drops twice daily; for adults possibly ½ - 1 tablet twice daily, lasting 8-10 days altogether, then

3) **SANKOMBI 5X**, 1-8 drops twice daily, but now seesaw, following the pattern 5-2-5-2 (= 5 days **SANKOMBI** and 2 days **NOTAKEHL** or **FORTAKEHL 5X**) for weeks.

4) With **SANKOMBI 5X** one may also prescribe **SANUKEHL Strep 6X** or **SANUKEHL Staph 6X** drops, 5 drops to be massaged in once a day. For children in the first two years of life **SANUKEHLS** should not be prescribed; thereafter the drops can be massaged in, the number according to the age. Of course the auditory canal can be cleansed with Hydrogen peroxide, and 2 drops of **NOTAKEHL 5X** at room temperature can be trickled into the ear.

As a precautionary measure, treatment should continue for 1-2 weeks after the complaints have subsided, in order to avoid relapses.