



---

# **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) ALKALAT,  $\frac{1}{4}$  -  $\frac{1}{2}$  tablet twice daily, and CITROKEHL, 1-5 drops twice daily (depending on the age - no CITROKEHL or ALKALAT in the first year of life).
- 2) NOTAKEHL or FORTAKEHL, 1-8 drops twice daily; for adults possibly  $\frac{1}{2}$  - 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.

**First published in the German language  
in the SANUM-Post magazine (70/  
2005)**

**© Copyright 2005 by Semmelweis-  
Institut GmbH, 27318 Hoya (Weser),  
Germany**

**All Rights Reserved**