



ENT Illnesses in Children

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Children of the pre-school age-group suffer from illnesses in the ear, nose and throat area substantially more frequently than adults do, since their immune system is not yet fully formed. If the child comes home from pre-school now and again with a minor influenzal infection, this is not necessarily an indication of increased susceptibility. But even these apparently "trivial" illnesses require rapid, holistic treatment, if serious consequential illnesses are to be avoided.

Apart from the usual tips for building up resistance through sufficient movement, healthy eating, enough rest and plenty of fresh air, in my practice I have had good success with the recommendations for treatment described below.

Otitis media

Otitis media occurs predominantly between the ages of 3 and 8. In children it is favoured by the auditory canal which is still short and wide. In childhood Otitis media is an illness to be taken seriously, since a lack of treatment, or inappropriate action, may result in deafness. Otitis can occur as a concomitant to infectious diseases such as measles, scarlatina or influenza.

In childhood the acute form may initially commence without pain or fever. As the disease progresses, because of the blood congestion and resultant distention of the ear-drum, severe earache, hardness of hearing, pressing pain at the mastoid process and fever occur. Nausea and vomiting may

also be present. If the ear-drum spontaneously perforates and pus is discharged, the pain and fever will recede.

The picture of chronic otitis media shows symptoms that are less severe. Here hardness of hearing frequently occurs, along with occasional earache and headaches.

Treatment

NOTAKEHL 5X drops sprinkled on to a cotton-wool ball and placed in the ear and also massaged into the mastoid process area; this often brings swift relief.

In cases of blood congestion behind the ear-drum, MUCO-KEHL 5X drops are very helpful in dispersing it.

Since inflammation of the middle ear often occurs as a consequence of influenza, some children are prescribed an antibiotic by the doctor.

If this is the case, the young patients are given FORTAKEHL 5X drops, 1 drop per year of age orally, to build up the intestines. I prescribe NOTAKEHL 3X ointment to be applied to the nasal mucosa.

If the otitis media relapses, then we follow with SANKOMBI 5X (D5) drops for several weeks (1 drop per year of age) and potassium chloride 6X (from Biochemie Pflüger), 2 tablets a day.

Aconite ear-drops (Wala) and Otovowen drops (Weber & We-

ber) are also very helpful. Home treatments such as lavender bags or onion packs placed on the ear are admittedly not tolerated by every child, but nonetheless these are important and successful measures.

In my practice all children are also given a cranio-sacral osteopathic treatment. These techniques are extraordinarily helpful as mechanisms for reducing swelling and inhibiting inflammation.

Sore throats

In the case of tonsillitis there is severe swelling and redness of the tonsils and surrounding area. As a sign of the inflammation, whitish or yellowish "spots" form on the tonsils. Characteristic symptoms include great difficulty in swallowing, in some cases extending to the ear, locally swollen lymph nodes and fever.

The triggering pathogens are considered to be bacteria, mostly *â-hæmolysing streptococci*, and less frequently viruses as well. Sore throats require differential diagnosis to distinguish them from scarlatina, since as Natural Health practitioners we are not permitted to treat the latter (according to the Infection Protection Act in Germany).

Treatment

Good results have been obtained from taking NOTAKEHL 5X drops, 1 drop per year of age, and also mouthwashes with SANKOMBI 5X drops or NOTAKEHL 5X drops. (For mouthwashes, 10 drops in ½ glass of



water). If the child allows it, I like to give these preparations sprayed directly into the pharynx. But, especially with small children, this is not possible.

From the age of 2 years onwards I also have 2-3 drops of SANUKEHL Strep 6X massaged into the hollow of the elbows. As an adjunctive treatment, throat packs with Lymphdiaral sensitive cream (Pascoe) or, for older children from about 8 years upwards, poultices of Retterspitz can be recommended. Furthermore, I have had good success with children using Apis/Belladonna globules (Wala).

From the age of 8, dry cupping of the tonsil area on the back has given good results. Along with this, try a tasty water-ice to cool the throat, and the healing process proceeds perfectly.

Acute Rhinitis

This is a trivial, superficial catarrh of the nasal mucosa, which is almost exclusively caused by viruses, e.g. rhinoviruses.

The "common" cold is a frequent accompaniment to influenzal infections, a "runny" nose being characteristic.

Treatment

Acute rhinitis can make breathing through the nose difficult; thus, particularly for infants, the use of decongestant nasal drops (e.g. Nasivin, Merck) is indicated.

Older children can be taken care of with nasal irrigations using salt solution.

In treatment excellent results have been obtained using QUENTAKEHL 5X drops, 1 drop per year of age. I recommend oral and intranasal use, and massaging them into the hollow of the elbows. To strengthen the defences further, we prescribe SANKOMBI 5X drops, 1 drop per year of age, and ZINKO-KEHL 3X drops. For older children I also use FORTAKEHL and QUENTAKEHL as an inhalation (e.g. 10 drops in c. 100 ml salt solution, inhaled using a Pariboy [nebuliser/inhaling device]).

Allergic Rhinitis

Allergic rhinitis, hayfever, is a matter of hypersensitivity reactions to grasses, flower pollen, etc.

The symptoms are frequent sneezing, itching and watering eyes, runny nose with profuse, watery discharge.

Treatment

Children over the age of 12 are given 1 tablet daily of LUFFA-SAN 4X. For children over 4, the following treatment has worked well in my practice.

- o Intestinal cleansing using FORTAKEHL 5X drops, 1 drop per year of age daily for c. 4 weeks.

- o Following that, SANKOMBI 5X (drops, 1 drop per year of age daily for c. 3 months.

Depending on the scale of the problem, the treatment may be complemented with Euphrasia eye-drops (Wala), Spenglersan Kolloid K and sodium chloride (from Biochemie Pflüger).

3-5 times a day I give 1 tablet of Vitamin C 100 (Pascoe), but only in the acute stage, since otherwise the acid damages the teeth!!!

Only when they are over 5-6 years old are children potentized auto-logous blood.

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