



APPLICATION OF ARNICA MONTANA И PHOSPHORUS IN OTORHINOLARYNGOLOGY

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ABSTRACT

In recent decades, along with the successful introduction of many innovative technologies, the scientists were searching non-traditional, but proven methods of diagnosis and treatment. In the scientific periodicals is there quite publications that confirm the successful implementation of homeopathic medicines to treat some common diseases of the ear, nose and throat.

The aim of this study is to explore the application of some homeopathic preparations in clinical practice of otorhinolaryngology.

The results by the clinical experience of several scientists have been compares concerning the effect by the implementation of homeopathic medicines in treatment of patients with diseases of the ear, nose and throat.

Finally draw conclusions about the possible use of Arnica Montana and Phosphorus, especially at the prevention of intra-and postoperative bleeding as well as in complex treatment of dysphonia and bleeding after injuries and operations.

Key words: homeopathy, otorhinolaryngology, bleeding, dysphonia, tonsillectomy.

In recent decades, along with the successful introduction of many innovative technologies, physicians more and more often seek non-traditional, but proven methods of diagnosis and treatment (1, 2, 3, 4).

Homeopathy is one of them - therapeutic method that is based on the principle of similarity, small ("infinitesimal") doses, the potency of medicines and individual approach to the patient.

"Guru" Samuel Hahnemann (10 April 1755-2 July 1843) was not the first who discovered one of the main principles applied in homeopathy - the principle of similarity. More Hippocrates said: "The disease occurs due to the influences that act like medical equipment. Medical condition is removed by means of which cause symptoms similar to it. "Hippocrates With this principle can easily be defined not only as the father of all medical science, but also as one of the forefathers of homeopathy.

Otorhinolaryngology as a science and practice is a unique symbiosis between therapeutic and

surgical methods of treatment, which are difficult to be separated. In the scientific periodicals there is quite publications that confirm the successful implementation of homeopathic medicines to treat some common diseases of the ear, nose and throat (5, 6, 7, 8).

In this study we set ourselves the aim to examine scientific literature about the possible use of some homeopathic preparations in otorhinolaryngological clinical practice. In view of the most common pathology and interventions we chose Arnica montana and Phosphorus.

Phosphorus is a metalloid that exists in two forms: red phosphorus and white phosphorus. The only toxic is white phosphorus. Patogenesis and experimentation were carried out with white phosphorus, which is contained by homeopathic medicine.

Therapeutic use of phosphorus in otorhinolaryngology is mainly in the treatment of some forms of painful dysphonia and worsening in speech. The standard dosage in these cases is 5 pellets - 9 CH, 3 times daily.

More significant is its use by bleeding from the nose and throat. In the case of frequent nosebleeds, especially in patients with reduced clotting is recommended Phosphorus 9 CH, 5 pellets every hour, depending on the improvement. Particularly valuable is the indication for pre-and post-operative treatment (particularly of the tonsils and adenoids), aimed at preparing the blood vessels and prevent intra-and postoperative bleeding. It has been recommended dilution 15 CH, of 1 - dose vial in a day before surgery. The results in the literature are quite encouraging.

Arnica montana is a perennial plant of the Composite family, which occurs mostly in mountain pastures. Prepared from whole fresh plant, including: flavonoids, carotenoid pigments, phenols and lactones. Like Phosphorus and Arnica montana is very suitable for the treatment of dysphonia or aphonia due to overloading of the vocal cords after long talking, singing or shouting, as the dose is 5 pellets - 9 CH, 3 times daily. Very good effect is observed in cases with bleeding due to a breach in the mechanism of blood clotting, appearing mostly after vascular traumas, the dilution is again 9 CH, but the dose is 5 pellets every hour - to the emergence of clinical result, whereupon takes diluted gradually. Here we should note that in hemorrhagic events is advisable to alternate systematically Phosphorus and Arnica Montana.

Particular interest among specialists induce clinical application of Arnica montana in pre- and postoperative treatment of patients with ENT- pathology - more specifically in operations of the nose and tonsils (8, 9). In these cases, the preparation is taken in diluting 5 CH - 5 pellets in getting up and 5 pellets before going to bed, for 8 days before and after surgery. It is consider that this leads to a reduced risk of vascular disorders, facilitate the absorption of haematomas, and reduction of postoperative pain (9). Along with the latter phenomenon, is proven shown, twice daily intake 5 pellets - 5 CH, greatly facilitates any cicatrization.

Finally, based on our analysis of available literature, we can draw the following conclusions:

1. Homeopathic preparations, in particular Phosphorus and Arnica Montana have their place in modern treatment of certain diseases

of the ear, nose and throat.

2. Arnica Montana and Phosphorus are applicable for prophylaxis of intra- and postoperative bleeding, especially in tonsillectomy and operations of the nose.

3. Both drugs have their place in the complex treatment of bleeding in the field of otorhinolaryngology (mostly from the nose and after traumas and operations).

4. Arnica Montana is well suited to reduce pain by patients with tonsillectomy in the early postoperative period.

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