

SOME REMEDIES FOR EAR TROUBLES

BETA

In this article, we will consider a number of remedies that are useful in cases of earache and ear discharges, which the average parent feels so helpless and incapable of dealing with.

These remedies will enable one to start treatment immediately and, in the majority of cases, will prevent the development of any serious trouble, and will help to avoid the use of Penicillin, with its resultant skin irritation and rashes that so frequently occur.

Acute middle-ear trouble may arise as a result of severe catarrh after a heavy cold or influenza, or after tonsillitis, or infectious diseases, such as measles or scarlet fever.

Some persons develop it after sitting in a draught of cold air in a bus or train, or even from cold winds.

The first symptoms are earache, chilliness, followed by feverishness, swelling of the ear drum, which may rupture and discharge, or even result in a mastoid.

In all cases, examine the ears, nose and throat, and ascertain symptoms.

If there is pain in the ear, and the ear drum is obviously bulging, give the remedy at half-hourly or hourly intervals, be sure to examine the ear drum after some hours, and if the bulging has made considerable progress and the pain is intense, then it may be necessary for a doctor to perforate the ear drum, and to drain away the matter that is causing the pressure, if possible continue to give the remedy after the drum has been perforated.

If there is very severe bulging of the ear drum, and a swelling behind the ear, which causes the ear to appear as if it was pushed away from the side of the head, then

suspect involvement of the mastoid, and this will probably necessitate surgical intervention.

In all cases of ear trouble, it is essential to commence treatment as soon as possible, with frequent doses of the indicated remedy, and if no relief is obtained in a few hours, then you must decide either to change the remedy or to seek further advice.

If you are in a locality where medical aid is not readily available or will be a long time in coming, then you must decide to continue with further remedies until medical aid arrives, and in so doing you will prevent the serious and rapid spreading of the trouble.

The following remedies are some of the most useful in dealing with emergencies, but in cases of chronic ear discharge, it will be necessary to consult a *Materia Medica*, as symptoms other than ear symptoms will have to be considered.

Aconite 3x, 6x or 12.

For earache following exposure to a cold draught, or a sudden change of temperature.

It is useful only in the early stages of inflammation of the ear, when the patient is restless, complains of ringing noises in the ear, which is painful, and cannot stand any noise, not even the wireless.

The patient complains of feeling chilly, then shortly afterwards of feeling hot, a definite rise of temperature will be found and the skin is hot and dry. The patient feels worse for hot applications, and at night.

If, after the administration of a few doses of *Aconite* at half-hourly intervals, no relief is obtained then another remedy should be selected.

The appearance of perspiration, instead of the previously dry skin is a favourable sign, and denotes that further doses of *Aconite* are not necessary, if required, another remedy will be used to complete the work.

Allium cepa 3, 6 or 12.

Stitching pains in the ear during a cold, or during an attack of whooping cough.

During an attack of laryngitis, pains extend from the throat to the inner ear, with ringing in the ears and hardness of hearing.

Pain in the back of the head extending to the ears.

Violent earache with discharge of pus from the ears.

Probably occurs on the left side, or goes from the left to the right.

Worse in a warm room, or in the evening, better out of doors or in a cold room. Attacks caused through exposure to cold, damp winds.

Kent states that "with *Pulsatilla*, *Chamomilla* and *Allium cepa*, you can cure the majority of earaches in children".

Belladonna 6, 12 or 30.

The patient looks red hot, perspires freely, and has inflammation of both the external and internal parts of the ear, probably on the right side, with discharge of pus.

The pains in the ear are described as sharp, shooting or throbbing pains, with ringing or buzzing noises.

They commence and cease suddenly, in children the sudden pain will cause them to wake up with a cry or scream, and when relieved by a hot application, the pain ceases suddenly and they will settle down to sleep.

All symptoms are worse at night and are relieved by hot applications.

Capsicum 6x, 12 or 30.

For patients with a history of recurrent attacks of acute earache, when the mastoid bone is involved and it is painful to touch behind the ear.

Acute drawing pains in the ear, which extend to the throat, with painful swelling on the bone behind the ear, causing the ear to stick out from the side of the head.

Patient complains of a bursting headache and feels chilly, but the ear feels hot.

In cases of threatened mastoid, give a dose of *Capsicum* every half-hour, even whilst waiting for surgical intervention, it will often abort the inflammation and clear up the case.

Chamomilla 3x, 6 or 12.

Shooting pains in the ears, especially on stooping, with buzzing or tinkling sound, and a feeling as if the ears were stopped up. There may be inflammatory swelling of the parotid glands (as in mumps) and of the submaxillary and neck glands.

If the ear does discharge, the pus is very thin, but usually the prompt administration of *Belladonna*, *Chamomilla* or *Pulsatilla* will prevent suppuration.

This remedy is useful for earache occurring in children when they are at the teething stage. The child is fretful and weepy, and will settle down and be pacified only when it is carried about.

It will be observed that the child has one cheek red and hot and the other pale and cold (in *Belladonna*, both cheeks are red and hot).

The patient is worse at night and from the slightest exposure to cold and is better from hot applications.

Ferrum phosphoricum 6x, 12 or 30.

Inflammation of the ear following exposure to cold, windy weather, with ringing and buzzing noises, and acute sensitiveness of hearing, probably accompanied with swelling of the parotid glands. Patient feels better in the open air.

This remedy can be used for symptoms similar to those described under *Aconite*, but the period during which it can be useful is longer than *Aconite*.

Gaetner 30.

This is one of Dr. Patterson's bowel nosodes, and is useful in cases of chronic discharging ears.

The child requiring *Gaertner* is a flabby, pale, thin child, who is restless and full of nervous fears, afraid of the dark and of being left alone, and is inclined to be precocious.

The remedies that are associated with and follow *Gaertner* are *Silicea* and *Phosphorus*.

For cases of children who get a discharging ear every time they cut a tooth, give one dose of *Gaertner* 30, followed the next day by a dose of *Silicea* 30, and repeat the *Gaertner* as soon as there is any sign of a further outbreak of the ear discharge.

For mastoid operations, which leave a chronic ear discharge, which does not yield to any treatment, give one dose of *Gaertner* and follow it with the appropriate remedy. *Graphites* 6, 12 or 30.

Buzzing or rumbling in the ears, especially at night and a cracking sound in the ears when eating or moving the jaws.

The ear discharge may be a mixture of blood and pus, the latter being of thick, sticky consistency, like honey, and of an offensive fishy odour. It does not cause any irritation or inflammation when it runs over the surrounding skin.

The *Graphites* patient is usually stout, sensitive to cold, damp weather and also to excessive heat. They tend to have a harsh dry skin, which cracks or chaps easily and oozes a thick honey-like discharge.

A child requiring this remedy will have a history of recurring attacks of ear discharges and in reply to your questions, you will find that they are normally constipated and do not like meat or sweets.

Hepar sulphuris 6x, 12 or 30.

The ears are hot, red and itching. Pain or explosive noises occur in the ear when blowing the nose.

The ear drum bulges appreciably and the patient is extremely sensitive to the pain caused by the inflammation, cannot stand a cold draught or go into the open air, and is worse at night.

Relief is obtained from hot applications, or from wrapping a scarf around the head and ears.

If the eardrum perforates, there is a discharge of thick yellow pus mixed with blood, and the pus is of offensive odour.

The pus which flows from the ear will cause small pustules to occur on the skin over which it has flowed.

The *Hepar* patient is likely to faint from the pain in the ear.

Kali bichromicum 12 or 30.

Redness, heat and itching of the external part of the ears. Stitches in the left ear and hard painful swelling of the left parotid gland. Discharge of thick, ropy, yellow pus, of foetid odour from one or both ears, after scarlet fever.

Because of the many catarrhal symptoms, in its provings, *Kali bich.* may be the remedy required to clear up a long standing ear discharge.

Lycopodium 6, 12 or 30.

Earache when out of doors, congestion or ulceration of the ears, with discharge. The hearing is acutely sensitive, and noises in the ear may be described as buzzing, tinkling, or like the singing of boiling water. Moist scabs on or behind the ears.

Mercurius solubilis or *vivus* 6, 12 or 30.

This remedy is useful in all stages of ear troubles, from simple boils in the ear, to the acute stage of inflammation, or the suppurative stage of middle-ear trouble.

For simple boils in the ear, the administration of *Belladonna* 6, 12 or 30, in hourly alternation with *Merc. sol.* or *viv.* will frequently prevent the development or suppuration of a boil.

Useful in acute inflammation of the middle ear, with tearing or shooting pains, deafness and a rise of temperature. The pains are increased by the warmth of the bed, and the pain extends to the teeth.

When suppuration occurs, there is a thick foetid discharge, which may be a green colour and show signs of blood, accompanied by tearing and shooting pains in the ear, which extend to the head and face.

There is swelling in the glands about the ear and the breath is offensive. The patient is normally sensitive to both heat and cold.

Mercurius is followed well by *Hepar sulphuris*.
Pulsatilla 6, 12 or 30.

Earache with violent pains as if something was going to protrude from the ear. The pains sometimes come on suddenly, especially in the evening, and affect the whole head, and seem as if they will be unbearable, but are relieved by cold applications (the reverse of *Hepar sulph.*). If *Pulsatilla* is used for children, who wake up at night, crying pitifully with earache and cannot be consoled, it may be given every ten minutes or quarter of an hour, when they will settle down to sleep and you will hear no more about the earache.

It is useful when ear complications occur after measles, mumps, or scarlet fever.

Earache with shooting pains, extending to the teeth, or with violent headache, worse when warm in bed.

Swelling, heat and redness of external and inner ear and of the surrounding parts. In the later stages of inflammation, there may be a thick yellow or yellowish green, profuse discharge from one or both ears.

The *Pulsatilla* type of patient is of mild disposition, inclined to be weepy, and thirstless, it should be noted that the *Kali sulph.* type of patient has similar symptoms, but has not the mild and yielding disposition.
Silicea 6, 12 or 30.

Earache, with itching in ears, and boring and throbbing pains, worse during changes of weather.

Scabs behind the ears, and inflammation and discharge from the edge of the ears.

Swelling of the exterior portion of the ear, with offensive watery discharge.

Useful when inflammation and tenderness of the mastoid have developed slowly, *Silicea* will often abort the trouble.

When a mastoid operation has been carried out, and there has been slow healing and a constant discharge from the ear, the administration of *Silicea* will clear up the trouble.

It should be remembered for old people, when the meatus of the ear becomes dry and enlarged, due to atrophy of the cells in the connective tissues. *Fluoric acid* 30 will antidote any overaction due to *Silicea*.

Tellurium 6, 12 or 30.

The left ear itches, burns and swells, with aching and throbbing pain in the ear, followed by a watery discharge, which smells like fish brine.

Eruption of vesicles on the membrane of the ear, which proceed to suppuration and perforation.

The ear looks bluish red and swollen. Eczema behind the ears with thick crusts.

Useful in cases of ear discharge after scarlet fever, with the odour of fish brine, which is characteristic of *Tellurium*, and the discharge causes more vesicles wherever it touches.

Another characteristic of this remedy is offensive sweat of the armpits and the feet, the sweat having an odour of garlic.

DOSAGE

Three pilules of the selected remedy should be taken three times a day if it is in the 6th or 12th potency, or three pilules every morning and evening if in the 30th potency, and the dosage maintained until the symptoms have disappeared.

The above selection of remedies by no means exhausts the remedies that can be used for ear troubles, but a sufficient

number have been given to enable one to deal with the usual types of ear troubles.

If this stimulates your interest, then further information can be obtained by the study of *Materia Medica*.

EXTERNAL APPLICATIONS

It may be necessary to give relief to children by means of hot fomentation, such as lint that has been soaked in very hot water, wrung out and applied to the ear, or by holding the ear over a basin of steaming hot water, if any of these methods are adopted, it is essential that the ear be protected afterwards from cold air by means of a plug of cotton wool.

The plug should fit very loosely, so as to permit the free discharge of any pus, and should be changed frequently.

If necessary a little boracic acid or hydrogen peroxide may be used in the water, and if the earache causes toothache to occur, then the introduction of a little warm water containing a drop or two of *Plantago* mother tincture will be a comfort.

—*Heal Thyself*, Jan. & Feb., 1949.

CAUSTICUM AND THE UNPREDICTABLE WART

One of my patients who happened to read a recent little article of mine on "Aging Skin" was impressed by my suggestion to use castor oil or cold cream in preventing growths on the skin. A friend told her about a wart which had appeared on her hand and mentioned that she would have it burned off. My patient advised her to rub it with cold cream. The next day the girl said, "That treatment was wonderful! I put cold cream on my wart last night and today it is gone!"