

If we had good health we will enjoy peace of mind, happiness in personal life and will moral boosting to get success in all our activities. To maintain our health we search for medical treatment in various line like Allopathic, Ayurvedhic, Siddha, Homeopathy, Naturopathy, Home Remedies, Acupuncture/Acupressure etc.

Today we will discuss disease about Sinusitis and how people are get affected and what are all precautions and remedies from Home Remedies, Ayurvedhic, Acupressure. Normally Sinusitis is affected during heavy winter and extreme heavy summer period. Generally people who works in computer system in Air Condition Rooms are affected by sinusitis.

This is one of virus infection by polluted air and aggravate in extreme cold and summer period. The cavities (hollow space) around nasal passages (area around nose) (sinuses) become inflamed and swollen and will cause Sinusitis.. This interferes with drainage and causes mucus to build up. This common condition is sinusitis. If you have sinusitis, it may be difficult to breathe through your nose. The area around your eyes and face may feel swollen, and you may have throbbing facial pain or a headache. The sinusitis persist for a long period (8-9 weeks) or shorter period with severe impact.

Symptoms

1. Running nose with thick,

yellow or greenish discharge from the nose or down the back of the throat.

2. Nasal obstruction or congestion, causing difficulty breathing through your nose.

3. Pain, tenderness and swelling around your eyes, cheeks, nose or forehead.

4. Aching in your upper jaw, teeth and sore throat.

5. Reduced sense of smell and taste which leads to nausea and vomiting

6. Runny nose, Excessive sneezing, cough worse at night and bad breath.

7. Severe head ache, ear pain, facial pain.

10. Low grade fever, lack of appetite, and fatigue.

Prevention to away from sinusitis.

Avoid Cool drinks. Do not stay long time in Air condition room and avoid direct cool air to face and head. No frequent cool water head bath, only to take warm water bath. Dry the hair immediately after bath.

Avoid severe sun race and chill climate. Do not eat full stomach and avoid fried and oily foods. Avoid chocolate, ice creams, milk sweets. Morning walk in fresh air. Avoid cigarette and alcohol drinks.

We will see Home Remedies, Ayurveda and Acupressure treatment one by one for sinusitis.

Home Remedies

We have already seen what is sinusitis and what are all the symptoms and prevention to get relief from sinusitis. Now we will see what are all the Home Remedies for sinusitis.

1. Take a steam. Hot water vapor with turmeric powder and eucalyptus oil can help moisten the sinuses and will clear nose blockages.

2. Roast 1 tsp cumin seeds, crush them and add 1 tbsp honey, mix well and consume every day in morning. Also

take 1 tsp roasted cumin seeds and place near the nose and smell and inhale.

3. Take 1 tsp fenugreek seeds, add 4 cups of water, boil the mixture till water level reduces to half and strain the liquid. Drink this liquid every day morning 1 hour before food.

4. Crush 4 garlic or 4 small onions and mix with 2 tsp honey and consume it.

5. Drink warm milk mixed with 1 tsp turmeric powder and 1 tsp black pepper powder and 1 tsp dry ginger powder.

6. Drink daily one glass warm water added with 1 tsp cinnamon powder. Mix 2 tbsp cinnamon powder with water and make it as paste and apply it in forehead and temple and after one hour wash with warm water.

7. Consume fresh fruits with vitamin "C" rich like Orange, Pineapple etc., and fresh green vegetables.

8. Drink daily 2-3 liter warm water and avoid cool drinks.

9. Morning sunlight walk between 7-8 will be beneficial and good for health.

10. Morning and before go to bed gargle with warm water mixed with salt.

11. Drink daily morning one glass warm water added with 2 tsp Apple cider vinegar, 1 tsp honey.

12. Drink more lemon tea or ginger tea instead coffee or tea.

13. During sleep put 2 pillows for head make it slightly height to avoid nose blockage and to get good sleep.

14. Consume fiber rich foods.

15. Morning and night wash the face with epsom salt mixed warm water and it will give



relief to nose blockage.

16. Mix camphor powder with 1 tsp warm heated coconut oil and apply it on both side of nose and forehead.

17. Crush cabbage leaves and apply it on the forehead with a cloth and after one hour wash with warm water to get relief from sinus headache.

To get relief from sinusitis you should follow all precautionary

measures and apply home remedies maximum whichever is feasible to you. Follow proper diet practice and consume reasonable water.

Definitely within short period you will get relief from sinusitis.

We will see Ayurveda and Acupressure treatment for sinusitis.



SINUSITIS - Ayurveda & Acupressure treatment

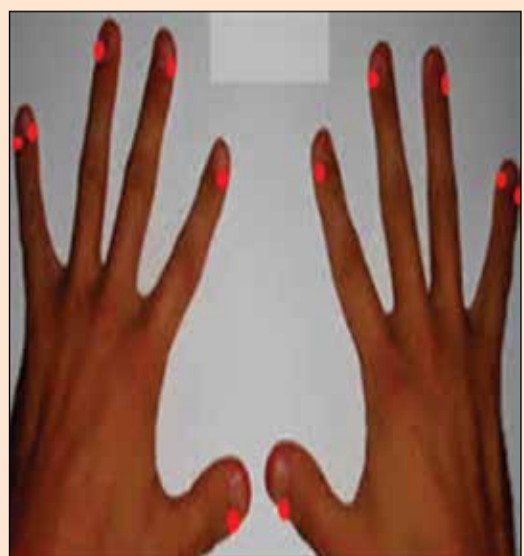
Ayurveda treatment for Sinusitis.

Shad Bindu Tailam or Anu tailam: This nasal drops will reduce nose congestion. These oils initially may provoke bouts of sneezing and running of water from the nose. If properly inhaled, these oils remove the blockage of the path from the sinuses of the nasal cavity (hollow space).

Jeevandhara (Mixture of Camphor, Menthol, etc.): Few drops of of jeevandhara along with nasal inhalation of steam and should be inhaled twice daily will reduce congestion.

Maha Laxmi Vilas Ras (SIRO) or Lakshmi Vilas Ras (Nardia): Symptoms like headache, pain in forehead, nasal allergy are treated with the above medicine. These will build up the immunity if used for a long period.

Chitraka Hareetaki lahyam: Consume this lehyam 2 tsp with warm milk twice



daily. Along with nasal inhalation of steam to which a few drops of jeevandhara are added should be inhaled twice daily for about a week.

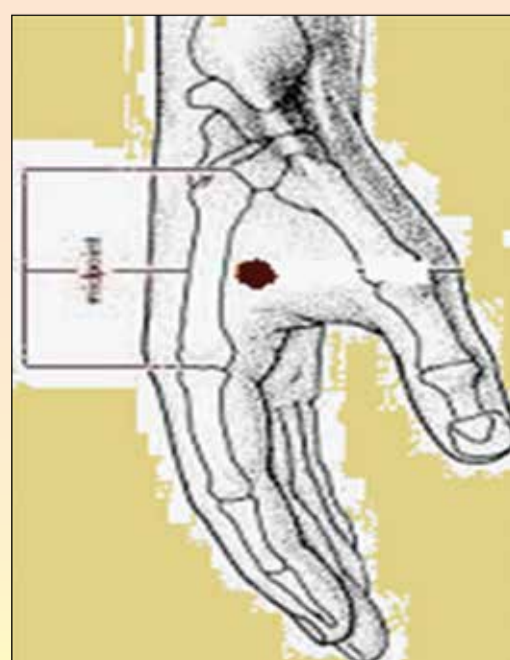
Acupressure treatment for Sinusitis:

Acupuncture/Acupressure treatment is drugless therapy. In the pre-historic times, our ancestors (Siddhars) discovered that there are certain points of the body, which if massaged, punctured, heated or burned, pressed with finger, relieved pain or relief from certain disorders. It was known as Varma points and Varma treatment. The same was scientifically developed and changed the style of treatment by Chinese and called this as Acupuncture/Acupressure points and Acupuncture treatment. There are twelve Regular Channels in our body and they are having 361 important energy

acupuncture points. If we give treatment in this points by needle or by pressure by finger the related disease will be cured.

Now we will see how Sinusitis is treated by acupressure self treatment without going to a doctor.

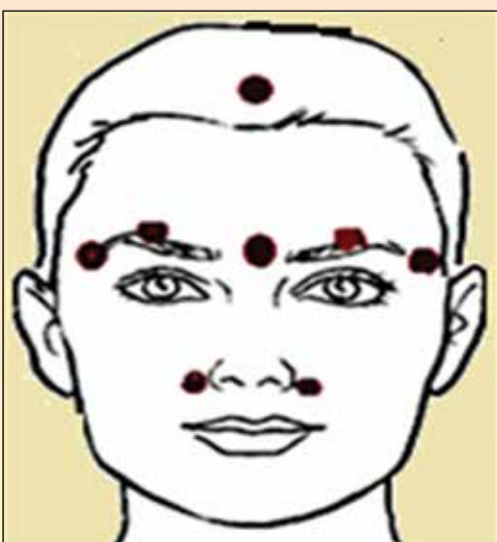
Please see the picture. There are various points mentioned in the finger and face. Daily three times if you give pressure in all the points individually by 15 seconds with finger or any pointless pencil, you will get relief from sinusitis. Depends upon severity of sinusitis you can continue the pressure in the acupressure points once in two hours. Daily during bath if you give pressure in all fingers both in hand and leg and palm of hand and leg your immunity power



will increase and you will enjoy disease free life.

You can select some of the Ayurveda treatment mentioned above whichever is convenient to you. Along

with Ayurveda treatment, Home Remedies treatment you are advised to continue Acupressure treatment till get relief. Maintain good health to enjoy a happy and healthy life.



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