

Otitis Media

Small children often develop middle ear infections (otitis media) during colds; however, ear infections can occur at any age. Allergy or swelling of the tonsils and adenoids may block the Eustachian tubes and sinus passages, and inflammation and fluid can increase in the middle ear, causing pressure, pain, and sometimes even a ruptured eardrum and discharge. Remedies that are helpful in healing Otitis Media are:

Aconitum napellus: This remedy is indicated if an earache comes on suddenly with cutting, throbbing pain—often after exposure to cold and wind, or after a shaking experience. The person usually is fearful, agitated, and restless. Fever may be high and thirst is strong. Symptoms are often worse near midnight, and can even wake the person up.

Belladonna: Intense bouts of earache that come and go very suddenly, with heat and inflammation, suggest a need for this remedy. Pain can be pounding or throbbing, and may be worse from jarring. The person usually has a fever, a flushed red face, eyes that are sensitive to light, and skin that is hot to touch. The right ear is most often affected. A child needing *Belladonna* may feel drowsy with the fever, or be restless and have nightmares.

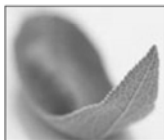
Chamomilla: Paroxysms of pain that seem intolerable suggest a need for this remedy. Children may seem angry and beside themselves, and often scream and hit. They may feel better from being carried constantly and vigorously walked around or rocked. Ear pain and other symptoms are worse from heat and wind, and the cheeks (often only one) may be hot and red.

Ferrum phosphoricum: This remedy can soothe the ache and inflammation of an ear infection—or even stop it, if given when the symptoms have just begun to show. The person looks pink and flushed, with fever and a feeling of weariness. The outer ear may look warm and pink, and the eardrum can slightly bulge.

Mercurius solubilis: This remedy may be helpful if an ear infection is advanced, with pus formation, shooting pains, and roaring in the ear. A person who needs this remedy is often very sensitive to temperatures (both hot and cold), has swollen lymph nodes, offensive breath, a puffy tongue, and sweat and drooling during sleeping.

Pulsatilla: This remedy is often indicated for ear infections that follow or accompany a cold. (Cold symptoms include a stuffy nose, especially indoors, and large amounts of yellow or greenish mucus.) The ear may be hot and swollen, with a feeling that something is pressing out. Pain can be worse in the evening and at night, as well as worse from heat, with a pulsing sensation. Deep itching may be felt inside, especially if ear infections are chronic. A child needing *Pulsatilla* usually is sad and tearful, wanting to be held and comforted.

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