



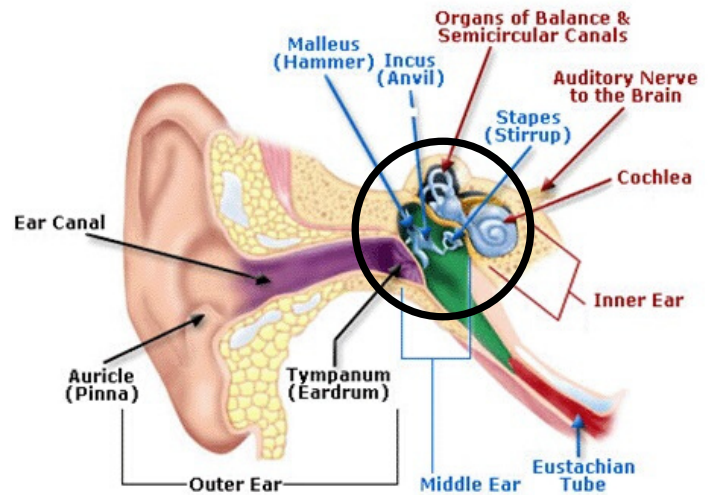
## EAR INFECTIONS

**Otitis media** is a middle ear infection that is very common in children. There are two types: Acute Otitis Media (AOM) and Otitis Media with Effusion (OME).

**Symptoms:** pain, pulling of the ears, crying, irritability, poor sleep, loss of balance, difficulty hearing, fever, fluid discharge, headache and/or loss of appetite.

**Diagnosis:** observation of the ear drum as bulging or lack of movement in the tympanic membrane from a puff of air. Discharge from the middle ear also confirms the diagnosis.

**Treatments:** home remedies and analgesics to reduce the risk of antibiotic overuse and side effects. Antibiotics are not recommended by physicians for ear infections.



**Acute Otitis Media** is typically due to a bacteria, a virus or allergens. An upper respiratory infection is a common contributor to AOM and there may be accompanying symptoms that include a cough or nasal discharge.

**What exactly happens in the middle ear to cause an infection?** The Eustachian Tube becomes dysfunctional due to inflammation of the surrounding membranes and adenoids (from an infection or allergies). The middle ear fills with fluid from the surrounding tissues and becomes infected because the fluid does not drain.

Perforation of the eardrum in AOM will relieve pressure in the middle ear. However, recurring acute infections can, in the long run, lead to hearing loss, speech/developmental delays, tearing of eardrum and may result in the spread of infection.

**Otitis Media with Effusion** normally does not present with symptoms and includes the presence of fluid in the middle ear for more than three consecutive months. The acute condition may result in discharge from the ear due to a perforated ear drum with possible long term complications that include hearing loss and learning disabilities.





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## EAR INFECTIONS: TREATMENTS

Homeopathic Medicine can be a natural, safe and effective solution to ear infections. Match the symptoms that the patient is experiencing with those that are being presented in the remedies below to select the most appropriate medicine.

**Aconitum napellus:** patient is sensitive to noise, has a hot throbbing ear and is poorly affected by the cold.

**Belladonna:** High fever, agitated with a bright red face, a lot of pain with a bright red throbbing eardrum. Dilated pupils. Hot head. Cold limbs. Dry. Restless. May come on suddenly with a high fever. Pain extends to the head and neck.

**Calc-sulph:** Thick, yellow discharge

**Pulsatilla:** Clingy, tearful, desires sympathy and nurturing. Pain worse in the evening and with heat. Little thirst or appetite. Discharges are yellow, thick and bland.

**Chamomilla:** Extreme irritability. Anger. Impatience. Nothing pleases the patient. Loud crying due to pain and irritability. Child demands to be carried. One cheek red and hot, the other pale.

**Ferrum-phos:** excellent anti-inflammatory medicine for the early stages of an infection. Targets the ear canal and stimulates the built up fluid in the ear to drain. Reduces pain.

**Hepar-sulph:** child is chilly, sweats easily and may have a barking cough. Discharges are thick and yellow, pains are like splinters. Irritable.

**Kali-mur:** white discharges from the ear.

**Merc-sol:** oozing bloody discharge from the ear. Foul smelling sweat. Drooling. Restless.

**Silicea:** useful in the latter stages of an infection. Pain on the outside of the ear and around the ear. Chilly.

**Mullen Oil:** Mullein (*Verbascum thapsus*) has anti bacterial and anti-inflammatory properties; a few drops in the affected ear is beneficial

**Garlic Oil:** a few drops in the affected ear; garlic oil contains anti-microbial properties and helps with pain

*CONSULT YOUR PRIMARY CARE PHYSICIAN if your child is less than 6 months old, if their ear pain doesn't get better as the days pass, there is a high fever for a lengthy period of time, if there is neck pain or stiffness. The information contained herein is awesome but is not intended to replace the advice of your medical team. It is not intended to endorse or recommend any particular type of medical treatment. No information contained herein should be used to disregard medical and/or health related advice or provide a basis to delay consultation with a physician or a qualified healthcare provider. The Ontario College of Homeopathic Medicine disclaims any liability based on information provided herein; it is for educational purposes only.*