Spa treatments for rhinosinusitis

Dr. Motta has many years' experience in the field of spa treatments. Over the years she has brought about substantial modifications to the instruments used, empowering their therapeutic range of action.
Besides traditional problems tied to the presence of catarrh in the middle ear, Dr. Motta treats rhinosinusitis in adults and children alike using spa treatments.
The paranasal sinuses are air-filled cavities inside the cranial bones connected to the nose through small passages which allow the expulsion of any mucus which may be present.

Rhinosinusitis is the pathological inflammation of nose and paranasal sinuses. This situation is characterised by an increased production of mucus together with a tightening of the drainage channels, causing a local stagnation of catarrh. Rhinosinusitis arises following bacterial, viral or mycotic infection of the nasal cavities. In some cases it has an allergic or dental origin and is favoured by anatomical defects (e.g. deviation of the septum and hypertrophy of the turbinates).

The clinical manifestation indicating that we are not dealing with a simple cold is that of pain in the frontal area, above and below the eyes and to the sides of the nose; furthermore, the disturbance is accentuated with movements of the head and with variations in atmospheric pressure (e.g. barotraumatic sinusitis in diving or during take-off and landing when in flight). Symptoms may include fever, headache, a blocked nose, cough with catarrh, a loss in the sense of smell or taste, a green-yellow secretion coming out of the nose or into the throat, snoring and bad breath.
When the disturbance lasts less than two-three weeks it is dubbed acute rhinosinusitis, if it lasts longer it is a chronic form. Rhinosinusitis must not be neglected because it does not usually go away on its own.

A doctor will prescribe specific antibiotics associated with anti-inflammatory drugs, topical decongestants and antihistamines in allergic patients. It is advisable to avoid dry and crowded environments (humidification helps nasal drainage), smoke, air currents and stiff temperatures (wear a hat and scarf in winter, do not exaggerate with air conditioning in summer!). To solve those cases of rhinosinusitis which do not respond to pharmacological therapy and before resorting to surgery, I suggest using a Politzer ultravibrato, which consists in insufflation into the nasal cavities of vapour obtained through gurgling and not the boiling of sulphuric water maintained at constant body temperature, pushed and directed by an adequate pressure-vibration: this new system represents a valid aid in re-establishing a correct ventilation and removing catarrh for the paranasal sinuses in a natural and painless manner.

About the Author

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