



Sinus Congestion and Pain

(Look at the end of this article for a simple self massage which can often alleviate sinus congestion and discomfort.)

Many people suffer from sinus congestion and pain. Sometimes it just happens during allergies, colds or flu season. For others it's a chronic problem.

Both these types of congestion can be helped by Oriental Medicine including acupuncture.

Oriental Medicine is a complete, cohesive system of medicine. It produces clear, reproducible results when its principles are followed. In Oriental Medicine you get in effect 2 diagnoses. The first is similar to what is found in Western Medicine and describes a disease like nasal congestion, sinusitis or rhinitis. The second diagnosis is the pattern of disharmony which accompanies the symptom and relates to your unique constitution.

Sinusitis is an inflammation of the sinus cavities. Western medicine views acute sinusitis as generally caused by viral, bacterial or fungal infection and chronic sinusitis as caused by allergies, fungal infection or from structural problems such as polyps.

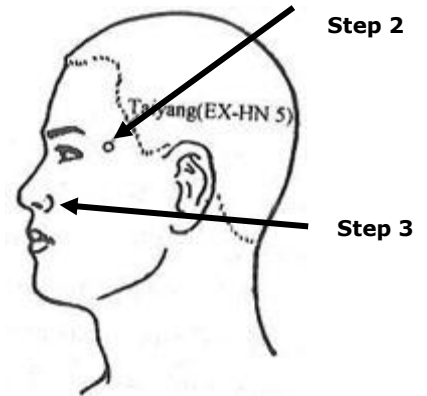
Chinese medicine uses the symptoms of the sinusitis and the body's constitution to differentiate a pattern of disharmony. For example a 20 year old with an acute condition accompanying common cold symptoms such as sore throat, irritability, fever and whose nasal discharge is a green or yellow and thick would fall into the wind heat pattern. They would get very different herbs from a 60 year old with chronic runny nose, who catches cold easily and whose discharge when sick is thick and white. They are suffering from a wind cold invading a person with a Lung Qi vacuity pattern.

There are 7 very common patterns which can express themselves as sinus problems. Often people have a mix of several.

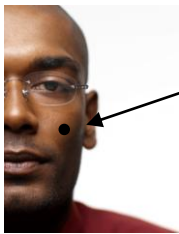
Here's a simple self massage you can do the next time you feel pressure in the face or have nasal congestion.

1. Gently press along the eyebrows, staying for 30 seconds on any tender spots find. There are tender muscles here so you don't want to scrub or rub, just press.

2. Now feel with your thumbs along the depression **behind** the bone to the side of the eyes in the temple area. Feel up and down the groove for the most tender spot and press and rub this point firmly for 30-90 seconds.

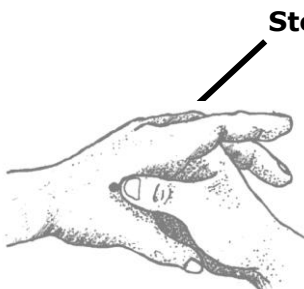
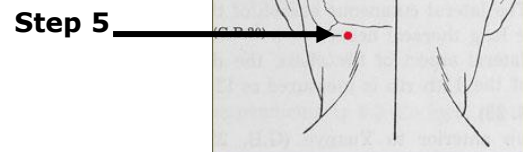


3. Press firmly and rub in a circular manner along the nasolabial groove right next to the nose. You should find a depression there.



4. Press firmly in the middle of the cheekbone level with the bottom of the nose. It will be tender. This point lines up vertically with the center of the eye and horizontally with the bottom of the nose.

5. Feel along the back of the head with your thumbs where it meets the neck and try and find tender spots, there is usually one behind the bump in back of the ears. Press and rub this point as forcefully as you can stand for 1-2 minutes. I recommend using both thumbs.



6. The final step is to locate the tender spot on the web between the fore finger and thumb and again press and rub this point firmly for 30-90 seconds. Do one side, then the other.