

Sinusitis

Definition:

Sinusitis is the inflammation of the sinus cavities due to infection, allergies, or pollutants. It can be acute or chronic, affecting nasal congestion and breathing.

Symptoms:

- **Nasal congestion:** Blocked nose due to mucus buildup.
- **Facial pain:** Pressure around eyes, forehead, and cheeks.
- **Postnasal drip:** Mucus dripping into the throat.
- **Headache:** Worse in the morning or when bending over.

Risk Factors:

- **Allergies:** Increases sinus inflammation risk.
- **Frequent colds:** Can lead to sinus infections.
- **Nasal polyps:** Growths that block airflow.

Home Remedies:

- **Steam inhalation:** Clears nasal passages.
- **Saline nasal rinse:** Helps remove irritants.
- **Ginger tea:** Reduces inflammation.

Medical Remedies:

- **Decongestants:** Reduce nasal swelling.
- **Antibiotics:** If bacterial infection is present.

Prevention:

- Avoid allergens and dust exposure.
- Stay hydrated and practice good hygiene.

Consult a Doctor if:

- Symptoms persist over 10 days.

Fun Facts:

- Sinuses help filter and humidify the air we breathe.

