**Luffa tabs (Homeopathic)**

**Recommended Use:**
- Sinusitis
- Chronic coryza
- Sinobronchitis

Luffa tabs are a traditional German preparation for sinusitis. This homeopathic combination is used for sinusitis, sinobronchitis and associated symptoms including chronic coryza with headache and accompanying bronchitis. It inhibits inflammation in the nose and paranasal sinus, decreases inflammation of lymphatic nodes and tonsils, and stabilizes the function of the sinu-bronchial complex.

Luffa tabs also stimulate secretion of mucous, facilitate expectoration and inhibit inflammatory processes. In upper respiratory tract inflammation of an allergic origin, they work to decrease the inflammation of the mucous membranes (of the lungs, bronchi, and sinuses).

**Recommended Dosage:**
- Adults: Dissolve 1 tablet on the tongue three times daily. For acute conditions, dissolve 1 tablet on the tongue every hour or to be used on the advice of a health care practitioner.
- Children: Dissolve half a tablet on the tongue three times daily. For acute conditions, dissolve half a tablet on the tongue every hour or to be used on the advice of a health care practitioner.

**Ingredients:**
- **Luffa operculata**
- **Allium cepa**
- **Mercurius sulfuratus ruber**
- **Eupatorium perfoliatum**
- **Hydrastis canadensis**
- **Natrum muriaticum**
- **Phosphorus**
- **Sticta pulmonaria**

**Uses:**
- Common cold, hay fever, rhinitis and catarrhs of all kinds, purgative action.
- Acute fluent coryza.
- Cold symptoms, sore throat. Inflammations/ affectations of the catarrhal or lungs, such as sinusitis, tracheitis, laryngitis and bronchitis.
- Allergy reaction, catarrhs.
- Thick secretion from posterior nose to throat, ozaena with ulceration of septum, runny nose.
- Nose bleeding, chronic catarrhal diseases of the middle ear.
- Inflammation and degeneration of mucous membranes, chronic catarrh with small hemorrhages.
- Dryness of nasal membrane, hay fever, incessant sneezing.

**Medicinal Ingredients:**
- Each tablet contains:
  - **Key Ingredient:** Luffa operculata D6 .......................................................... 20 mg
  - **Accompanying ingredients:**
    - Allium cepa D6 .......................................................... 10 mg
    - Mercurius sulfuratus ruber D4 ........................................... 20 mg
    - Eupatorium perfoliatum D9 ............................................ 10 mg
    - Hydrastis canadensis D4 ............................................ 20 mg
    - Natrum muriaticum D6 .................................................. 10 mg
    - Phosphorus D6 ............................................................ 10 mg
    - Sticta pulmonaria D2 .................................................. 10 mg

**Non-Medicinal Ingredients:** Lactose, magnesium stearate, starch (potato/Solanum tuberosum)

**Caution/Warnings:**
Consult a health care practitioner if symptoms persist or worsen.

**Clinical Pearls:**
In chronic sinusitis conditions, it is advisable to investigate for gastrointestinal disorders including food sensitivities, parasites, dysbiosis and candidiasis. Also, bladder infections, dental problems (including cavitations and root canals) have shown correlations with chronic sinusitis. Consider using probiotics.

For sinusitis, take 1 tab of Luffa tabs with 1 to 2 drops of Hydrastis Nasal Drops several times daily.

In cases of allergies with sinus involvement, take 1 tab of Luffa tabs and 10 drops of Allernest three times daily with Hydrastis Nasal Drops at 1 to 2 drops in each nostril several times daily.

Refer to sinusitis, allergy, and cold and flu protocols for more details.