

Tonsillitis its Homeopathic Management

Kollati Nalini Anjaneya Sridhar

BHMS, PG Scholars, Homoeopathic Materia Medica, Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana, Punjab
Email: sridhar57632[at]gmail.com

Abstract: Tonsillitis is inflammation of the tonsils, (two oval-shaped pads of tissue at the back of the throat one tonsil on each side) Homeopathy for tonsillitis is used to lower tonsil inflammation and normalizes the body's defenses. The article discusses the use of homeopathy in the management of tonsillitis.

Keywords: Tonsils, Immunity, Homoeopathy, Children

1. Introduction

Tonsils are two oval-shaped tissue pads located at the back of the throat, one on each side. They serve as the body's first line of defense against bacteria and viruses that enter the mouth, making them susceptible to infection and inflammation. As a child gets older, however, the likelihood of infection decreases as well.

The tissue on either side of the back of the throat, known as the tonsils, aids in the body's ability to fight illness. They create antibodies to fight illness and capture germs and viruses that enter the body through the throat.

When tonsils are infected, tonsillitis refers to tonsil inflammation. Tonsils swell when they are infected with germs or viruses.

Etiology

Tonsillitis can be brought on by bacteria like streptococcus or viruses like cytomegalovirus, herpes simplex, and Epstein Barr.

Risk Factors

Young age (5–15 years) and the school years are risk factors for tonsillitis since they are the years of greatest exposure to germs because of close contact with other children at school at play, exposing them to variety of bacteria and viruses

Classification

Acute Tonsillitis:

Cases of acute tonsillitis include those in which the illness lasts for three days to nearly two weeks.

Recurrent Tonsillitis:

When someone has tonsillitis more than once a year, it is referred to as recurrent tonsillitis.

Chronic Tonsillitis:

The symptoms of chronic tonsillitis last longer than two weeks.

In general, tonsillitis that recurs or is frequent is defined as:

- Over 7 episodes in a single year
- Over 5 episodes every year over a period of 2 years.
- More than three episodes a year throughout the course of three years Preschoolers to middle-aged children are most frequently affected by tonsillitis.

Nowadays, recurrent tonsillitis is one of the leading causes of kids missing school. Due to their child getting sick every two weeks, parents routinely see pediatricians. Depending on the reason, tonsillitis may or may not be contagious.

It is typically communicable if a virus or bacteria is to blame. It is unlikely that tonsillitis is contagious if it is brought on by a chronic disease like sinusitis or allergies.

Clinical Features

- Red swollen tonsils
- White or yellow coating or patches on the tonsils
- Sore throat
- Difficult or painful swallowing
- Fever
- Enlarged, tender glands (lymph nodes) in the neck
- A scratchy, muffled voice
- Bad breath
- Stomach ache
- Neck pain or stiff neck
- Headache
- In young children who are unable to describe how they feel, signs of tonsillitis may include:
- Drooling due to difficult or painful swallowing
- Refusal to eat
- Unusual fussiness

Diagnosis

- Observation- Using a lighted instrument to look at child's throat and likely his or her ears and nose, which also may be sites of infection
- Throat swab to confirm and identify the organism.

Complications

Persistent (chronic) tonsillitis can result with inflammation or swelling of the tonsils, which can lead to consequences like:

- The inability to breathe
- Obstructive sleep apnea, which results in interrupted breathing while sleeping
- Tonsillar cellulitis, an infection that penetrates deeply into the tissue around it.
- An infection that leads to a pus-filled area behind the tonsil (peritonsillar abscess)

General Management

- 1) Both bacterial and viral tonsillitis are spread by infectious microorganisms. Therefore, maintaining excellent hygiene is the best form of preventive.

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- 2) Teach your youngster to:
 - Wash hands frequently and thoroughly, especially after using the restroom and before eating
 - Don't share food, drink, water bottles, or utensils.
 - After tonsillitis diagnosis, change the toothbrush.
 - Teach your youngster to sneeze or cough into a tissue or, if required, into their elbow.
 - Teach your youngster to wash their hands after coughing or sneezing.

Homeopathic Management

In Homeopathy, tonsillitis is viewed as a manifestation of an underlying imbalance in the body's vital force. The goal of homeopathic treatment is to restore this balance and enhance the body's ability to heal itself. Remedies are chosen based on the totality of symptoms, considering both physical and emotional aspects

Common Homeopathic Remedies for Tonsillitis

- 1) **MERC IODATUS RUBER:** For left-sided tonsillitis, Merc iodatus ruber is the best treatment. Swollen tonsils with dark red faces on the left side, a lump sensation in the throat, and a tendency to hawk are all symptoms.
- 2) **LACHESIS:** Tonsillitis can begin in the left tonsil and progress to the right tonsil. The tonsils on the left side are purple, and there is throat pain spreading to the ear. Another characteristic is trouble swallowing drinks. Hot liquids may aggravate the ache.
- 3) **LYCOPODIUM CLAVATUM:** There are enlarged right-sided tonsils that cause intense pain when swallowing. Tonsil ulcers can be found. Cold drinks aggravate the pain, but warm drinks alleviate it. Tonsillitis begins on the right side and progresses to the left.
- 4) **MERC IODATUS FLAVUS:** It is more effective for right-sided tonsillitis. There is thick mucus in the throat and a persistent desire to swallow. There is a lump in the throat, which is relieved by drinking cool fluids. Tonsillitis might begin on the right side and then move to the left.
- 5) **BELLADONNA:** Belladonna is used to treat red, inflamed, swollen tonsils, as well as dry throat and fever. Heat, tightness, and a lump in the throat are among symptoms. Food swallowing is difficult and uncomfortable.
- 6) **CALCAREA CARB:** Calcarea carb is the best treatment for chronic tonsillitis. Calcarea carb has a tendency to get cold when the weather changes. Calcarea carbs are more suited to overweight, flabby children. There is a strong desire for eggs. Calcarea carb is useful for treating posttonsillectomy symptoms such as post-nasal catarrh and cough.
- 7) **MERC. SOL:** It is best for tonsillitis and is used when there is severe burning and smarting discomfort in the throat. The pain spreads from the throat to the ear. Along with this complaint, there is often excessive salivation. There is a continual want to swallow. Tonsils may have white deposits. A fetid or bad odor from the mouth is also possible.
- 8) **HEPAR SULPH:** It is the best treatment for peritonsillar abscess with stitching pain in the throat and throne sensation in the throat. The pain in the throat may spread to the ear. The ache gets worse when you

consume food. The person's voice is hoarse, and he or she may cough up yellow mucus.

2. Conclusion

Homeopathy is a system of medicine which is approach the sick by not considering the single disease entity but its holistic approach. Homeopathy having much efficacy in treating tonsillitis because of its individualistic approach to treat the sick with dynamic and potentised medicine. Tonsillitis bouts can be reduced with homeopathic treatment. It could be possible to prevent (surgical) tonsil removal in more than 70% of cases with homeopathy.

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