



Efficacy of homoeopathic medicines in cases of recurrent tonsillitis-a research study

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Abstract

Tonsillitis means the inflammation of the pharyngeal tonsils, the small glands at the back of the throat behind the tongue. Bacterial, Viral infections and other immunologic factors are responsible for tonsillitis and its complications. Nearly all children experience at least one episode of tonsillitis. Multiple episodes of tonsillitis disturb the quality of life and may lead to other complications. This Clinical study was undertaken with an aim to prove the efficacy of Homoeopathic medicines in cases of Recurrent Tonsillitis at Rajasthan Vidyapeeth Homoeopathic Medical College and Hospital, Dabok and at my own clinic, in which 30 cases were included, maximum cases were below 18-20 years of age, Homoeopathic Medicines Baryta carb, Silicea, Hep. Sulph, Bella, Lachesis, Psorinum. Ars alb were prescribed on the totality of symptoms which proved beneficial for all the cases and thus the efficacy of Homoeopathic Medicines was proved in the treatment of Recurrent Tonsillitis.

Keywords: Inflammation tonsils, peritonsillar abscess, tonsillitis

Introduction

Tonsillitis is the inflammation of the pharyngeal tonsils. Along with the pharyngeal tonsils, the adenoids and the lingual tonsils may also get inflamed involve other areas of back of throat including the adenoids and the lingual tonsils. Tonsillitis may be caused due to any viral or bacterial infections or any other immunological factor. It is very common in India. Children are more commonly affected. It spreads through air borne droplet infection through throat or nasal fluids etc. The incubation period varies from 2-4 days. In severe or recurring cases of tonsillitis removal of tonsils i.e Tonsillectomy is advised.

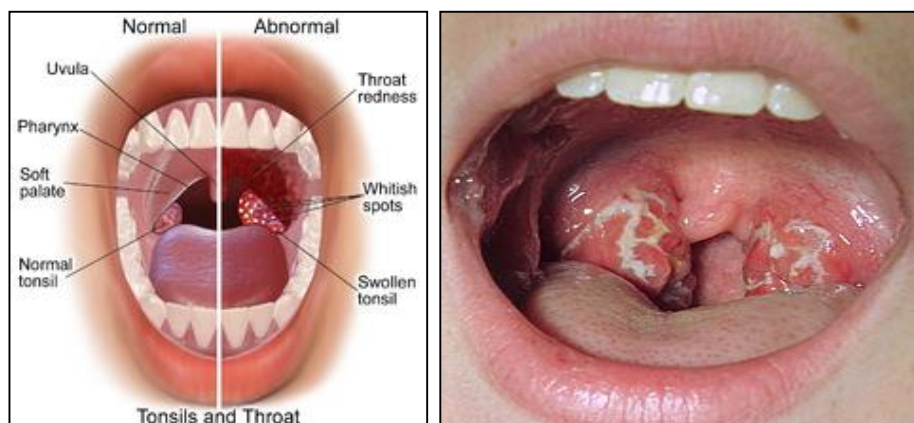


Fig 1

Due to advancement in medical sciences the complications are rare. Surgical intervention can also be avoided using homoeopathic medicines. Homoeopathy plays an important role in treating the cases of tonsillitis and preventing their recurrence with permanent restoration of health.

Signs and Symptoms

- Sore throat is the main symptom, other symptoms include
- Coughing
- Red and swollen tonsils
- Pain on swallowing
- Fever may be high
- Headaches
- Tiredness
- Pain extending to ears or neck
- Pus filled spots on tonsils
- Tender cervical lymph nodes and neck stiffness (often found in acute tonsillitis)
- Signs of dehydration

Types of tonsillitis

1. **Acute tonsillitis:** Patient presents with sore throat, dysphagia (difficulty swallowing), odynophagia (painful swallowing), foul breath, fever and tender cervical lymph nodes. Swelling may cause mouth breathing, snoring, sleep apnoea. Malaise feeling and letharginess.
2. **Recurrent tonsillitis:** In this type of tonsillitis there are multiple episodes of acute tonsillitis in a year.
3. **Chronic tonsillitis:** Patient presents with chronic sore throat, halitosis, tonsillitis, and cervical nodes are persistently tender.

Complications

Complications are uncommon, but some of the problems that can occur are

- **Peritonsillar abscess:** Sometimes the abscess formation occurs with severe throat pain, drooling and fever. The abscesses can spread to the surrounding areas, such as the roof of mouth, neck, chest and lungs.
- **Swelling of the face and neck:** Usually occurs in cases of Chronic tonsillitis and leads to airway obstruction and causes difficulty in breathing and may lead to disturbed sleeping patterns.
- **Otitis media (Middle ear infection):** can also occur in severe cases.
- **Septicaemia/ Blood poisoning:** May also occur in severe cases if bacteria get into bloodstream and multiply.
- **Lemierre's syndrome:** It is very rare and fatal complication in which bacteria from throat enters into the major veins in neck and travel through bloodstream to lungs, joints and bones.
- **Glomerulonephritis:** It is a very rare complication.

Treatment

Tonsillitis can be cured with the help of homoeopathic medicines with permanent restoration of health. Even in many severe cases of Recurrent Tonsillitis where tonsillectomy is advised homoeopathic medicines play a great role and surgical intervention can be avoided. Homoeopathy is based upon Nature's law "Similia Similibus Curanter" which means let likes be treated by likes.

Actually, removal of tonsils is not cure, If we remove the tonsils, it's like removing the guards who are safeguarding us, which is not wise.

Homoeopathy has no side-effects. In homoeopathy, medicines enhances our resistance to fight and give no chance for recurrence due to re-infection of same bacteria or virus.

The earlier the treatment started, the speedier and more complete is the cure. In this, the immune power is increased against disease, so that recurrence can surely be avoided. In homoeopathy, medicines are usually selected with mode of onset and character of disease, exciting cause, thirst, sweat, shivering, mental restlessness appetite etc. A well selected remedy quickly supports the body mechanism and clears the complaints at the earliest.

Some of common medicines used against tonsillitis are Aconite, Belladonna, Bryonia, Rhus tox, Thuja, Apis mel, Nux vom, etc. These medicines should be taken under advice of a qualified homoeopath.

Materials and Methods

The study was undertaken at Rajasthan Vidyapeeth Homoeopathic Medical College and Hospital, Dabok and at my own clinic in which 30 cases were included and the study was undertaken for a period of six months. Detailed case was taken, analysis and evaluation following Homoeopathic principles was done.

Observations

Table 1: Distribution of cases according to sex

Sex	No. of Patients	Percentage %
Male	15	50.0%
Female	15	50.0%
Total	30	100.0%

In the above table we can observe that male and female % is equal i.e 50-50 %

Table 2: Distribution of cases according to age groups of patients

Age-Group in Years	No. of Patients	Percentage %
00-05	06	20.0%
06-10	09	30.0%
11-15	05	16.7%
16-20	08	26.7%
21-30	02	06.6%

In the above table we can observe that 6 patients were studied between age group of 0 to 5 years, 9 patients were studied between the age group of 6 to 10 years, 5 patients were between age group of 11 to 15 years, 8 were between 16 to 20 years and 2 were between age group of 21 to 30 years.

Table 3: Distribution of cases according to patients who dropped out during treatment

Patients	No. of Patients	Percentage %
Continued till recovery	28	93.3%
Dropped Out	02	06.7%
Total	30	100 %

In the above table we can observe that only 2 patients dropped out during treatment out of 30.

Table 4: Distribution of cases according to medicines used by no. of patients

Name of Medicine	No. of Patients	Percentage %
Baryta carb	06	20%
Silicea	05	16.6%
Hep sulph	04	13.7%
Belladonna	03	10%
Lachesis	03	10%
Psorinum	03	10%
Ars alb	02	6.7%
Ignatia	02	6.7%
Merc sol	01	3.3%
Nitric acid	01	3.3%

In the above table we observe that 6(20%) patients were prescribed Baryta carb, 5 cases (16.6%) were prescribed Silicea, 4(13.7%) were given Hep sulph, 9(30%)patients: 3(10%) each were given Belladonna, Lachesis and Psorinum, 4(13.7%) patients: 2(6.7%)each were given Ars alb and Ignatia and the rest used Merc sol and Nitric acid 1-1 each.

Conclusion

During the study it was observed that in almost all the cases the homoeopathic medicines responded well and the patient not only got rid of the main complaints of Tonsillitis but also got rid of the associated complaints with restoration of health. With the help of use of homoeopathic medicines even surgical intervention was avoided. Thus we can conclude that Homoeopathic medicines used with holistic approach are very effective in treating the cases of Recurrent Tonsillitis.

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