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Tonsillitis its homoeopathic management and treatment

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Abstract

Tonsillitis is a type of pharyngitis that has a rapid onset. It is most commonly caused by a viral infection and about 5% are caused by a bacterial infection. Symptoms include sore throat, swollen tonsils, chills, pain with enlargement of the tonsils and tender lymph nodes around neck and jaw. Complications include Peritonsillar abscess and middle ear infection. Homeopathic medicines are very effective in acute tonsillitis as well as in recurrent tonsillitis.

Keywords: Tonsillitis, quinsy, inflammatory reaction, homoeopathy

Introduction

Tonsillitis is an acute inflammatory viral infection in which there is an inflammation of the tonsil. Tonsils are two round, small lumps present symmetrically at the back of the throat. Tonsils are the first line of defense against infection, helps in fighting against illness^[1]. It is also known as “tonsil inflammation”. It is a very common disease and infects almost everyone at least once in a lifetime. It is a very painful condition causing difficulty in swallowing, halitosis, malaise, chills, etc. As the child’s immunity develops and gets stronger, the tonsils become less significant and usually shrink after the age of 4-6years.

Causes

The pathogens that trigger tonsillitis can pass to others, and a variety of common viruses and bacteria can cause it.

Viral tonsillitis

- Viral tonsillitis is caused.
- Adenoviruses.
- Rhinovirus.
- Influenza viruses.
- Parainfluenza virus.
- Cytomegalovirus.
- Epstein-Barr virus.
- Herpes simplex virus.
- HIV.

Generally, viral tonsillitis is more common and less severe than bacterial tonsillitis, about 70% of cases are viral tonsillitis^[2].

Bacterial tonsillitis

Most common cause of bacterial tonsillitis is group A Streptococcus bacteria. Bacterial tonsillitis can lead to a painful condition called quinsy. It occurs when an abscess grow around the tonsil, pushing it toward the center of the throat^[3].

Tonsillitis contagious or not?

Tonsillitis itself is not contagious, but the bacteria and viruses that causes tonsillitis can sometimes be spread to other people.

Viruses are spread through coughing or sneezing which causes liquid droplets to travel to another person coming into close contact with someone who's infected^[4].

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Difference between tonsillitis and streptococcal throat infection

Strep throat is another common name for bacterial tonsillitis. You can get strep throat even if you don't have your tonsils anymore.

Tonsillitis

- Sore throat.
- Fever.
- Painful swallowing.
- Swollen, tender cervical lymph nodes.
- Inflamed, red tonsils, sometimes with areas of pus.
- Headache.
- Bad breath.

Strep throat

- Swollen, tender cervical lymph nodes.
- Fever.
- Inflamed, red tonsils, commonly with areas of pus.
- Painful swallowing.
- Nausea and vomiting.
- Headache.
- Abdominal pain [5].

Risk factors

- Age-Young children aged 5-15 years.
- Recurrent cold.
- Germ exposure.
- School going children are more prone to germ exposure [6].

Incubation period

Acute tonsillitis: 72 hours Sub acute tonsillitis-2-3 days.

Chronic tonsillitis: 4-6 days.

Recurrent tonsillitis: 1-2 weeks.

Signs and Symptoms

Common signs and symptoms of tonsillitis include:

- Pain on swallowing.
- Soreness in throat.
- Red, congestive tonsils.
- White, yellow covering or spots on the tonsils.
- Fever-High grade.
- Red, swollen tonsils.
- Running nose.
- Impaired voice.
- Swollen cervical lymph nodes.
- Halitosis.
- Pain in ear and head.
- Tenderness in jaw and neck due to swollen lymph nodes [7].

Diagnosis

- Throat swab-A cotton swab can be used to detect the presence of causative agent.
- Complete Blood Count (CBC).

Complications

- Tonsillar cellulitis.
- Peritonsillar abscess-A complication of tonsillitis in which the infection spreads behind the tonsils. It is also known as quinsy.
- Obstructive sleep apnea.
- Middle ear infection [1].

Management

- Drink plenty of fluids.
- Get proper rest.
- Eat soft foods if it hurts to swallow solid ones.
- Take warm liquids.
- Gargle with saltwater [4].

Homoeopathic therapeutics for Tonsillitis

Homoeopathy is based on similibus. It will cure the patient harmoniously in any type of disease. It is based on the philosophy of treating the diseased person based on mind, and life force. It is a holistic approach. Homoeopathy take signs and symptoms which are related or not related to a particular disease. This is the reason homoeopathy cures more efficiently. In homoeopathy selection of medicine depends upon the individuality of the patient, physical as well as mental symptoms. Homoeopathic medicines are very helpful in reducing the tonsillitis symptoms and give proper cure to the patient by not harming the individual. Homoeopathy is very efficient in treating the disease with its root cause. Here are some medicines that can be very useful for treating tonsillitis.

Baryta Carbonica

It is one of the best remedy for tonsillitis. Quinsy. Suppurating tonsils from every cold Stinging pain in tonsils, pharynx or larynx. Tonsils inflamed, with swollen veins. Feeling of a plug in pharynx [9].

Belladonna

Belladonna is the best and most common prescribed medicines for tonsillitis. Throat congested, red, inflamed, dry burning, Worse left side, *difficult deglutition*; worse, liquids. Scraping sensation in throat. Sensation of a lump, Continual inclination to swallow Muscles of swallowing very sensitive [9].

Hepar Sulphur

It is indicated when there is Quinsy, with impending suppuration. There is a constant sensation as if a plug in the throat. *Splinter like pain in throat*. Stitching pain in throat that extends to the ear when swallow. Over sensitiveness in throat [9].

Kalium Muriaticum

Tonsils inflamed, swollen, can hardly breathe. Hospital sore throat. Eustachian catarrh, *Follicular tonsillitis*. Grey colour patches or spots are present in the throat and tonsils [9].

Mercurius Solubilis

Mercurius solubilis is a wonderful medicine for tonsillitis. Whole mouth *moist* Bluish-red swelling *Ulcers in mouth, tongue, throat*. Stitching pain in ear on swallowing. Quinsy, with difficult swallowing. *Great thirst, with moist mouth, tongue moist*. There is throbbing sensation in throat and painful sore throat *after pus has formed*. *Offensive smell* from mouth, can smell it all over room. Pain occurs usually at night [9].

Mercurius Iodatus Flavus

This remedy is indicated when there is painful swallowing and only superficial part of the tonsil is involved. There is patched on tonsils, pain *worse on right tonsil*, Sensation of a lump in throat. *Constant inclination to swallow* [9].

Mercurius Iodatus Ruber

This medicine is indicated in parenchymatous tonsillitis. Will often abort peritonsillitis if given frequently. Profuse salivation. Early stages of cold, especially in children ^[9].

Phytolacca Decandra

It is also an important remedy for tonsillitis. *Tonsils swollen*, especially right; dark-red appearance. There is a hot, burning feeling in *throat, pain at root of tongue extending to ear* on swallowing. *Throat feels rough, narrow, hot Follicular pharyngitis* ^[9].

Sanguinaria Canadensis

There is dry and constricted feeling in throat. There is burning sensation in the mouth and fauces. Tongues usually white and feels scalded. Tonsils are swollen, worse, right side ^[9].

Conclusion

Tonsillitis, though common and often painful, is typically manageable and tends to resolve on its own with time and proper care. Understanding the causes, symptoms, and risk factors associated with tonsillitis aids in early detection and appropriate treatment. While viral and bacterial infections are the primary culprits, distinguishing between them is crucial for effective management. Additionally, exploring alternative therapeutic options like homeopathy can offer complementary approaches to alleviate symptoms and promote holistic healing. With timely intervention, supportive care, and possibly alternative treatments, individuals can navigate through bouts of tonsillitis with greater ease, minimizing its impact on overall well-being.

Conflict of Interest

Not available

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