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## A case of adenoid treated with individualizing homoeopathic medicine

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### Abstract

Pharyngeal tonsil also known as nasopharyngeal tonsil or adenoid is the super most part of the tonsil. It is a mass of lymphoid tissue located behind the nasal cavity. Hypertrophied nasopharyngeal tonsil is known as adenoid. Usually seen in children between 3 and 5 yrs of age. They start to shrink when children reach around 5 to 8 years of age.

**Keywords:** Adenoid, homoeopathy, calc iodatus, nasopharyngeal, homoeopathic medicine

### Introduction

Adenoids are located in the passage that connects the back of nasal cavity to the throat. They produce antibodies to help your body fight against infections. Adenoids that become infected usually become enlarged but it returns to its normal size when infection subsides. Enlarged adenoid can cause a number of symptoms including blockage of nose, mouth breathing, snoring, sore throat, otitis media with effusion etc.

### Case report

A 6 year old male has reported to clinic on 9 July 2023 with the complaint of nasal obstruction, recurrent attack of sneezing, mouth breathing snoring, recurrent attack of otalgia etc. He is very much sensitive to cold.

### History of presenting complaints

Complaint of the patient started since 3 years as recurrent attack of sneezing, nasal obstruction, snoring, otalgia, mouth breathing etc. He has cold intolerance. He is very much forgetful, anxious, and obstinate. Tired easily on slightest exertion. Aversion to meat desires sweets.

### Physical generals

- Appetite-Increased
- Thirst-Increased for cold water
- Sleep-Normal
- Stool-Constipated
- Urine-Normal
- Sweat-Profuse on whole body

### Mental generals

- Forgetful.
- Anxious.
- Obstinate.

### Evaluation of symptoms

- Anxious.
- Forgetful.
- Appetite increased.
- Thirst increased for cold water.
- Constipation.

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**Therapeutic intervention****9/7/23**

Sneezing watery discharge from nose  
 Nasal obstruction  
 Mouth breathing  
 Snoring  
 Constipation  
 Otagia bilateral ear  
 Profuse sweat on whole body  
 O/E ear tympanic membrane appears congested in bilateral ear  
 O/E nasal mucosa appears congested hypertrophied turbinate present bilaterally  
 X ray of nasopharynx lateral view shows adenoid hypertrophy  
 RX  
 CALC CARB 200/1D  
 BT 1-1-1

**12/8/23**

Sneezing slightly better but persist  
 Nasal obstruction better than before  
 Constipation persists  
 Snoring persist  
 Mouth breathing persist  
 Otagia better  
 RX  
 CALC CARB 200/1D  
 BT 1-1-1

**4/9/23**

Sneezing better than before  
 Nasal obstruction better  
 Constipation better  
 Snoring persist  
 Otagia better  
 Rx  
 CALC CARB 200/1D  
 BT 1-1-1

**9/10/23**

Sneezing better  
 Nasal obstruction better  
 Constipation better but persist  
 Snoring persist  
 Mouth breathing persist  
 Rx  
 CALC CARB 1M/1D  
 BT 1-1-1

**8/11/23**

Sneezing better  
 Nasal obstruction better  
 Constipation better  
 Snoring better than before  
 Mouth breathing better than before  
 RX  
 SL/2D  
 Weekly 1D  
 BT1-1-1

**6/12/23**

Sneezing better  
 Nasal obstruction better

Constipation better

Snoring better than before but persist

Mouth breathing better but persist

RX

CALC CARB 10M/1D

BT 1-1-1



Before



After

**Conclusion**

Case of adenoid by symptom similarity and individualized homoeopathic medicine the complaints resolved.

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