



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
Impact Factor (RJIF): 5.96  
[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)  
IJHS 2025; 9(3): 943-944  
Received: 23-05-2025  
Accepted: 29-06-2025

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## Healing the throat naturally: Homoeopathic approach to acute follicular pharyngitis

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**DOI:** <https://www.doi.org/10.33545/26164485.2025.v9.i3.O.1767>

### Abstract

Acute follicular pharyngitis is an inflammatory condition of the pharyngeal mucosa characterized by the formation of lymphoid follicles or exudative patches on the posterior pharyngeal wall. It commonly presents with sore throat, difficulty in swallowing, and visible granules or follicles. While modern medicine relies on antibiotics and symptomatic relief, homoeopathy offers individualized treatment targeting not only the local pathology but also the systemic susceptibility. This article explores the nature of the disease and its management through key homoeopathic principles and remedies.

**Keywords:** Acute follicular pharyngitis, homoeopathy, sore throat, constitutional treatment, belladonna, hepar sulphuris

### Introduction

Pharyngitis is a frequent condition encountered in both children and adults. In follicular pharyngitis, the inflammation leads to hypertrophy of lymphoid follicles in the posterior pharyngeal wall, visible as discrete, reddish or yellowish granules. When acute, this condition may be viral or bacterial in origin, and is often self-limiting, but causes significant discomfort.

Homoeopathy emphasizes *the totality of symptoms* and the patient's *constitutional makeup*, offering safe and effective treatment even in acute inflammatory states.

### Etiology

#### Infectious agents

- *Viral:* Rhinovirus, Adenovirus, Influenza
- *Bacterial:* Group A  $\beta$ -hemolytic Streptococcus (less commonly in follicular type)

#### Predisposing factors

- Exposure to cold or dry air
- Recurrent upper respiratory tract infections
- Smoking or environmental irritants
- Low immunity
- Chronic sinusitis or nasal blockage

### Clinical Features

- Sudden onset of sore throat
- Pain on swallowing, radiating to ears in some cases
- Granular appearance of the posterior pharynx (visible follicles)
- Redness and congestion of throat and pharyngeal walls
- Dryness or rawness in throat
- Fever, malaise, and headache may accompany
- Hoarseness of voice if larynx is involved
- Post-nasal drip, especially in recurrent cases

### Homoeopathic Perspective

In homoeopathy, acute follicular pharyngitis is viewed as a local manifestation of a systemic

disturbance. The acute episode is often the surface expression of underlying miasmatic tendencies (primarily psoric or sycotic). The choice of remedy is based on:

- Location, sensation, modalities, and concomitants (LSMC)
- Mental and physical generals
- Past history of similar episodes
- Family history and miasmatic background

### Key Homoeopathic Remedies

#### 1. Belladonna

- Sudden onset with high-grade fever
- Red, inflamed pharynx with dryness
- Burning, constrictive sensation in throat
- *Worse on swallowing, from slightest touch*
- Throbbing carotids, flushed face

#### 2. Ferrum phosphoricum

- First stage of inflammation
- Mild, gradual onset
- Red throat with moderate pain
- Useful when Belladonna picture is not fully developed

#### 3. Hepar sulphuris calcareum

- Sharp, splinter-like pain in throat
- Pain radiates to ears while swallowing

- *Worse from cold air or drinks; better from warmth*
- Sensitivity to touch and drafts

#### 4. Mercurius solubilis

- Ulcerated follicles, offensive breath
- Profuse salivation, swollen glands
- *Worse at night, from both heat and cold*
- Tongue flabby with imprints

#### 5. Phytolacca decandra

- Dark red or bluish pharynx with follicular swelling
- Pain radiating to ears on swallowing
- Throat feels sore and bruised
- *Worse from hot drinks; better with cold fluids*

#### 6. Kali muriaticum

- Chronic follicular pharyngitis
- Whitish follicles and thick, white mucus in throat
- *Lack of acute inflammation, more catarrhal*
- Indicated in slow, lingering cases

#### 7. Lachesis mutus

- Left-sided throat pain or spreading from left to right
- Cannot bear anything tight around neck
- Swallowing liquids more painful than solids

Comparative Remedy Table

Symptom / Remedy	Belladonna	Hepar sulph	Merc sol	Phytolacca	Lachesis
	Onset	Sudden	Gradual	Moderate	Gradual
	Sudden	Gradual	Moderate	Gradual	Sudden
Symptom / Remedy	Belladonna	Hepar sulph	Merc sol	Phytolacca	Lachesis
Pain on swallowing	Marked	Splinter-like	Raw, burning	Radiating to ears	Intense

Follicle appearance Bright red Swollen, pus Ulcerated  
Dark/redPurplish Modalities < touch, noise < cold air < night < hot drinks < pressure

### Repertorial Rubrics (from Synthesis Repertory)

- Throat – Inflammation – Pharynx – Follicular: Bell., Hep., Phyt., Merc.
- Throat – Pain – Swallowing – liquids agg.: Lach., Bell.
- Throat – Sensation – Splinter, as from: Hep., Arg-n.
- Generalities – Cold – air – aggravates: Hepar, Kali-m., Merc.

### Dosage and Potency

- In acute cases: 30C or 200C, repeated depending on severity and response
- In recurrent or chronic cases: Higher potencies may be used based on constitutional similarity
- Remedy should be ceased upon noticeable improvement; resume if relapse occurs

### Case Management and Prevention

- Advise warm fluids, rest, and avoidance of irritants
- Gargling with warm saline water may help symptomatically
- Address recurrent tendency with constitutional treatment post-acute phase
- Consider miasmatic remedy if recurrences are frequent (e.g., Sulphur, Thuja, Tuberculinum)

### Conclusion

Acute follicular pharyngitis, though often self-limiting, can cause significant discomfort and distress. Homoeopathy provides an individualized and holistic approach to its

treatment, aiming not just at symptom relief but at preventing recurrence through constitutional care. Accurate remedy selection based on totality and acute phase presentation is key to effective resolution.

### Conflict of Interest

Not available

### Financial Support

Not available

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### How to Cite This Article

Kaur K, Mukherjee S. Healing the throat naturally: Homoeopathic approach to acute follicular pharyngitis. International Journal of Homoeopathic Sciences. 2025;9(3):943-944.

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