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## Tonsillitis: A clinical and homeopathic insight (A case report)

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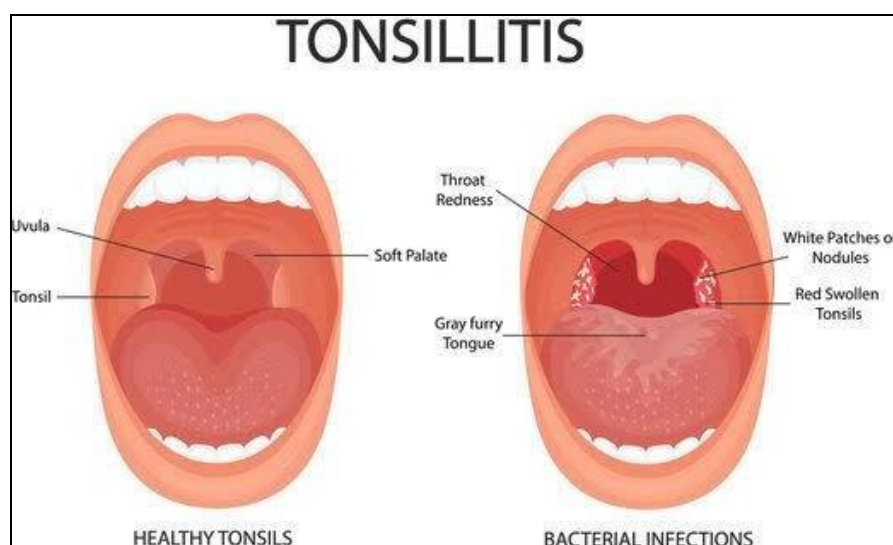
### Abstract

Tonsillitis is a common upper respiratory tract infection, most prevalent among children but also affecting adults. It may result from viral or bacterial agents, predominantly Group A  $\beta$ -hemolytic streptococcus, or non-infectious irritants. Recurrent cases often impair quality of life and may lead to complications or surgical consideration. This case report presents a 6-year-old male with recurrent tonsillitis, marked by enlarged tonsils nearly touching the uvula, painful swallowing, and impaired speech. Previous treatments had been unsuccessful, and tonsillectomy was advised. Homeopathic evaluation revealed characteristic symptoms including sweets craving, night salivation, and desire for company. Based on totality, *Mercurius solubilis* was prescribed, followed by individualized remedies during follow-ups. Over successive months, tonsillar swelling reduced significantly, dysphagia resolved, and surgery was avoided. This case highlights the potential of individualized homeopathic treatment in managing recurrent tonsillitis, offering symptomatic relief, prevention of complications, and a non-surgical therapeutic alternative for children.

**Keywords:** Tonsillitis, difficulty in swallowing, fever, homeopathic treatment

### Introduction

Tonsillitis is a prevalent upper respiratory tract infection that primarily affects children but can also occur in adults. The tonsils, part of Waldeyer's ring, are integral to the body's immune defence but can become inflamed due to infections<sup>1</sup>.



### Aetiology

#### 1. Infectious Causes

- **Viral:** Adenovirus, Epstein-Barr virus, Influenza, Parainfluenza.
- **Bacterial:** Group A beta-haemolytic Streptococcus (GABHS).

#### 2. Non-infectious Causes

- Irritants like smoking or air pollution.

### Epidemiology

- **Age:** 5-15 years most commonly affected, may occurs in adults also.
- **Season:** Winter and early spring.
- **Transmission:** Spread through respiratory droplets.
- **Recurrence:** Common in children with repeated upper respiratory infections.

### Classification

- **Acute Tonsillitis:** Sudden onset, viral or bacterial, lasting <2 weeks.
- **Chronic Tonsillitis:** Persistent or recurrent inflammation.
- **Peritonsillar Abscess (Quinsy):** Complication of acute tonsillitis.

### Clinical Features

- Sore throat, difficulty swallowing.
- Fever and chills.
- Enlarged, red tonsils (sometimes with exudate).
- Tender cervical lymph nodes.
- Bad breath. Malaise, headache.

### Homeopathic Approach

Homeopathy treats tonsillitis by stimulating the body's natural healing, focusing on individualised symptomatology 5-8.

### Common Remedies

- **Belladonna:** Sudden, high fever, red swollen tonsils.
- **Hepar sulphuris:** Suppurative tonsillitis, sharp pain.
- **Mercurius solubilis:** Foul breath, drooling, swollen tonsils with ulcers.
- **Phytolacca:** Dark red tonsils, pain extending to ears.
- **Baryta carbonica:** Chronic tonsillitis, enlarged tonsils, frequent infections.

### General Management

- Warm fluids, rest, hydration.
- Avoid irritants.
- Constitutional treatment to prevent recurrences 5-8.

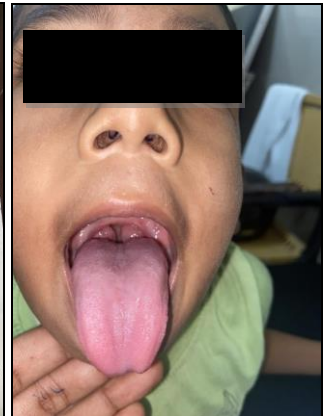
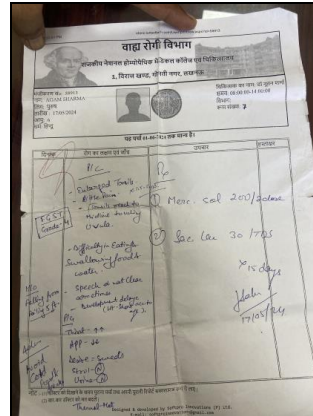
### A Case Report

**Name:** Xyz (06 years old, male, from Lucknow, Uttar Pradesh)

**Chief Complaint:** Pain in throat with enlarged tonsils almost touching to mid line upto uvula.

**Additional Symptoms:** Difficulty in swallowing food and water, speech not clear sometimes.

**History and Diagnosis:** The complaint first occurred 1.5 years ago after recurrent cold/coryza. He has gone through many treatments where advised him for the tonsillectomy, then after they come for the homoeopathic treatment as last option.



### Homoeopathic Case Analysis

#### Miasmatic Analysis

**Sycosis:** Proliferation of Tonsils, Obstinate

**Psoric:** Sweets Craving, sour perspiration.

**Syphilitic:** Salivation at night.

**Psoro-Sycotic:** Tonsillitis.

#### Totality of Symptoms

Tonsils enlarged Thirsty

Desire sweets Company desire

Salivation at night during sleep

#### Rubrics Considered

[Mouth and Throat] Throat and gullet: Tonsils: Enlarged, swollen, etc.:

[Stomach] Thirst:

[Stomach] Desires: Sweets:

[Mouth] Salivation: Night:

### Reportorial Analysis (Homopath: Firefly)

Repertorisation								
Filters Applied: Sort by Totality								
Symptoms: 4				Remedies: 221				
Remedy Name	Merc	Arg-n	Rhus-t	Sulph	Bar-c	Nux-v	Nat-m	Chin
Totality / Symptoms Covered	10 / 4	8 / 3	7 / 3	7 / 3	6 / 4	6 / 4	6 / 3	6 / 2
[Boenning ] [Mouth and throat]Throat and gullet:Tonsils,;Enlarged, swollen, etc.: (29)	3				2	2		
[Kent ] [Stomach]Thirst: (211)	3	3	3	3	2	2	3	3
[Kent ] [Stomach]Desires:Sweets: (36)	1	3	2	3	1	1	1	3
[Kent ] [Mouth]Salivation:Night: (14)	3	2	2	1	1	1	2	

**Homoeopathic Treatment and Follow-Ups**

Frist Prescription (17/05/2024) Mercurius solubis 200/1 dose Saccharum Lactis 30/TDS for 15 days

General Management: Avoid cold food and drinks

**Follow-Up Progress**

Date	Observation	Medication
06/06/2024	Slight decrease in swelling of tonsils, difficulty in swallowing decreases	Rubrum Met. 200/1 dose, Saccharum Lactis 30/TDS for 15 days
27/08/2024	Swelling of tonsils persists, no difficulty in swallowing food and water	Merc Sol 1M/1 dose, Saccharum Lactis 30/TDS for 15 days
15/09/2024	Swelling reduced significantly, feverish feeling past one day	Rubrum Met. 200/1 dose, Saccharum Lactis 30/TDS for 15 days, Advised General Management for Fever
16/10/2024	Tonsil size reduced, presenting complaint of fever since 2 days, loose stool	Calcarea Carbonica 200/1 dose, Saccharum Lactis 30/TDS for 15 days
11/11/2024	Tonsil size reducing up to tonsillar pillars, no other complaints	Rubrum Met. 200/1 dose, Saccharum Lactis 30/TDS for 15 days

**Before****After****How to Cite This Article**

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**Conclusion**

Tonsillitis is a common and often recurrent illness in children. Homeopathy offers an individualised, holistic approach that can reduce symptoms and prevent complications, especially in chronic or recurrent cases.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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