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Lesser known homoeopathic medicines of tonsillitis

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Abstract

Tonsils are the immune system's first line of defence against bacteria and viruses that enter in mouth. Tonsillitis is a very common clinical condition and its recurrence or frequent attacks suggests low immunity of an individual. Homoeopathy is safe and highly effective in treating tonsillitis. Some lesser known homoeopathic medicines are suggested in this article and these are effective and useful in cases of tonsillitis.

Keywords: Tonsillitis, homoeopathy

1. Introduction

Tonsillitis is an inflammation of the tonsils caused by viral and bacterial infection. It usually happens in childhood, and approximately 1.3% of the total outpatients are suffered with this [1].

2. Etiology

Tonsillitis is generally the result of an infection, which may be viral or bacterial. Viral etiologies are the most common. The most common viral causes are usually those that cause the common cold, including rhinovirus, respiratory syncytial virus, adenovirus, and coronavirus. These typically have low virulence and rarely lead to complications. Other viral causes such as Epstein-Barr (causing mononucleosis), cytomegalovirus, hepatitis A, rubella, and HIV may also cause tonsillitis [1].

Bacterial infections are typically due to group A beta-hemolytic Streptococcus, but Staphylococcus aureus, Streptococcus pneumoniae, and Haemophilus influenzae have also been cultured [2].

3. Type of tonsillitis [3].

3.1 Acute tonsillitis: A bacteria or virus infects the tonsils, causing swelling and a sore throat. The tonsil may develop a gray or white coating (exudate).

3.2 Chronic tonsillitis: Persistent infection of the tonsils, sometimes as a result of repeated episodes of acute tonsillitis.

3.3 Peritonsillar abscess: Due to infection pus is created next to tonsils, which pushes the tonsils towards the opposite side. Peritonsillar abscesses must be drained urgently.

3.4 Acute mononucleosis: It is caused by the Epstein-Barr virus, which causes severe swelling in the tonsils, fever, sore throat, rash, and fatigue.

3.5 Strep throat: Bacteria streptococcus infects the tonsils and throat. Fever and neck pain can occur along with sore throat.

3.6 Enlarged tonsils: Large tonsils reduce the size of the airway, making snoring or sleep apnea more likely.

3.7 Tonsilloliths (tonsil stones): Tonsil stones are formed when trapped debris hardens, or calcifies.

4. Symptoms [2].

- Sore throat.

- Swollen and very red tonsils with a yellowish coating.
- Difficulty swallowing.
- Swollen and painful lymph nodes in the neck.
- High fever
- Headache.
- Fatigue and tiredness.
- Loss of appetite.
- Bad breath.

5. Complications ^[2].

- Quinsy
- Sinusitis
- Septicaemia
- Rheumatic fever
- Acute glomerulonephritis
- Otitis media

6. General treatment ^[2].

- Rest
- Warm saltwater gargling for soothing effect.
- Plenty of liquids to avoid painful swallowing of solid food.

7. Avoid

- Acidic drinks like cold beverages.
- Tin packed foods with preservatives.
- Spicy and chilly foods.
- Smoking & alcoholic drinks.

8. Homoeopathic medicines

8.1 Agraphis nutans: Catarrhal conditions; obstruction of nostrils. Adenoids, throat deafness. Enlarged tonsils. Throat and ear problems with a tendency to free discharge from the mucous membranes ^[5].

8.2 Echinacea angustifolia (Rudbeckia): Tonsils purple or black, gray exudation extending to posterior nares and air passages. Ulcerated sore throat ^[5].

8.3 Elaps corallinus: Thick, very offensive, dry, greenish-yellow crusts on the posterior pharyngeal wall and extremely foul breath. Tonsils swollen so that no passage is visible, deglutition impossible, throat sensitive to touch ^[4].

8.4 Fagopyrum esculentum: Soreness and feeling of excoriation, deep down in the pharynx. Uvula elongated, tonsils swollen ^[5].

8.5 Guaiacum officinale (Guajacum officinale): Rheumatic sore throat with weak throat muscles. Throat dry, burns, swollen, stitches towards the ear. Acute tonsillitis. formation of abscesses; pus has a horrid taste ^[4].

8.6 Gun powder: Septic tonsillitis ^[5].

8.7 Indium metallicum: Left tonsil swollen, pain and difficulty in swallowing, amel. From eating and drinking cold water, destructive ulceration of tonsils, uvula and soft palate; stinging soreness in throat ^[6].

8.8 Mancinella: Great swelling and suppuration of tonsils, with danger of suffocation; whistling breathing; yellowish-white ulcers on tonsils, with violent burning pain; great elongation of uvula; offensive breath ^[6].

8.9 Mercurius iodatus flavus: Hypertrophy of tonsils with enlargement of cervical and salivary glands and inflammation of the mucous membrane of mouth and pharynx, which is succulent and freely secreting; ptyalism; foetor oris; swallowing difficult ^[6].

8.10 Mercurius iodatus ruber: Scalded feeling in throat, dark-red fauces, left tonsil most affected; extensive implication of submaxillary glands ^[6].

8.11 Polyporus pinicola: Enlarged tonsils with dysphagia and constant inclination to swallow ^[5].

8.12 Raphanus sativus: Sensation as if a hot ball (globus) rising from the uterus to the throat and then stopping there. Heat and burning in the throat ^[4].

8.13 Sinapis nigra (Brassica nigra): Feels scalded, hot, inflamed. Asthmatic breathing. Loud coughing spells with barking expiration ^[4].

8.14 Streptococcinum: Adenopathies of the neck. Quinsy; acute and chronic laryngitis. Persistent redness and pain in the throat, palate and uvula ^[4].

9. Conclusion:

Homoeopathic medicines are most commonly used in the cases of tonsillitis to avoid unnecessary surgical removal of tonsils or tonsillectomy. There are always a set of homoeopathic medicines which are usually part of prescriptions for tonsillitis, but we need to explore our knowledge about medicines & should expand the range of choice. This will make us aware about action & effectiveness of these lesser known medicines in practice.

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