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Aiswarya Sekhar
PG Scholars, Department of
Paediatrics, Sarada Krishna
Homoeopathic Medical
College, Kulasekharam,
Tamil Nadu, India

PR Sisir
Professor & HOD, Department
of Paediatrics, Sarada Krishna
Homoeopathic Medical
College, Kulasekharam,
Tamil Nadu, India

Lekshmi B
PG Scholars, Department of
Paediatrics, Sarada Krishna
Homoeopathic Medical
College, Kulasekharam,
Tamil Nadu, India

Corresponding Author:
Aiswarya Sekhar
PG Scholars, Department of
Paediatrics, Sarada Krishna
Homoeopathic Medical
College, Kulasekharam,
Tamil Nadu, India

An observational retrospective study on prevalence of tonsillitis in children below 15 years

Aiswarya Sekhar, PR Sisir and Lekshmi B

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Abstract

Tonsillitis is a common upper respiratory tract infection among children in school. Predictable therapy options are usually conservative because this ailment is self-limiting. In diagnosis of acute upper respiratory tract infections in children, homoeopathic medicines are a functional alternative to conventional pharmaceuticals, offering quicker symptoms resolution, cost-effectiveness, and less side effects. This study meant to determine the efficacy of homoeopathic medicines on the symptoms of tonsillitis in children below 15 years. The results of this study concluded that tonsillitis is more prevalent in male children between 10-15 year of age, and the leading remedies were Streptococcinum and Belladonna which gave a long standing improvement in the condition among children.

Keywords: Children, homoeopathic medicines, Streptococcinum, tonsillitis, upper respiratory

Introduction

Tonsillitis is most usually caused by a viral infection, with bacterial infections accounting for between 5% to 40% of cases. It's called strep throat when it's caused by the group A streptococcus bacteria. Bacteria like Neisseria gonorrhoeae, Corynebacterium diphtheriae, or Haemophilus influenza may be the cause in rare cases.

In any three-month period, about 7.5 percent of adults get a sore throat. It is particularly common among school-aged youngsters and occurs during the cooler fall and winter months. With or without medicine, the majority of the people make progress. Symptoms resolve in 40% of people after three days, and in 80% of people within one week, regardless as to whether streptococcus is detected. Swollen tonsils, a sore throat, difficulty swallowing, and tender lymphatic system on the sides of the neck are all signs and symptoms of tonsillitis.

Need of study

However, in recent years, the clinical relevance of surgical intervention has been questioned. Tonsillectomy has been demonstrated in studies to lower the number of ATIs, although the benefit is small and only shown in children that are more seriously affected. At the same time, the procedure's hazards must be evaluated, as tonsillectomy is linked to a minor but considerable risk of main and secondary bleeding, as well as being incredibly uncomfortable for adults.

Following these conversations, using complementary and alternative medicine (CAM) to treat recurrent tonsillitis could be a viable choice. Homeopathic treatment has been demonstrated to decrease the number of acute tonsillitis episodes. However, more research into the use of homoeopathy to treat recurrent tonsillitis is required.

Materials and Methods

An observational clinical study in a retrospective pattern was done by taking 60 cases between the months- May 2021 to October 2021. The cases were studied from unit VA, VB, I B and VI of Sarada Krishna Homoeopathic Medical College. Children up to 15 years were included for the study. A detailed study regarding the concerned patients were collected and analyzed for its prevalence and frequency of medicines given, among children.

Inclusion Criteria

- Age group 1-15 yrs
- Children of both sexes

Exclusion criteria

- Patient below 1 year and above 15 yrs
- Unwilling patients

Results

Table 1: Distribution of cases according to age group

Sl No	Age Groups	No of Patients
1	1 TO 5	5
2	5 TO 10	21
3	10 TO 15	35

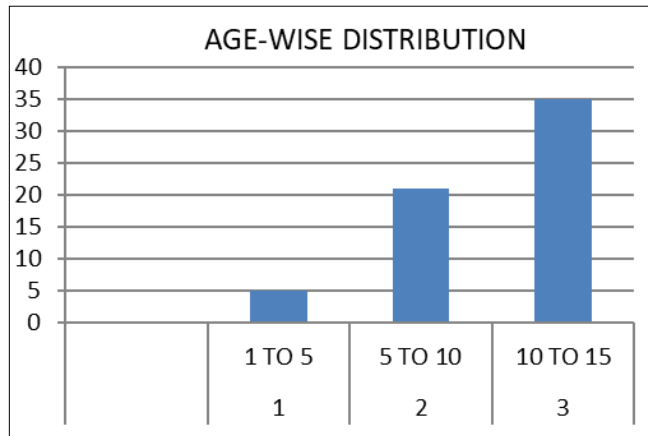


Fig 1: Age-wise distribution of cases

Table 2: Sex of the patient

Sl. No	Male	Female
1	33	27

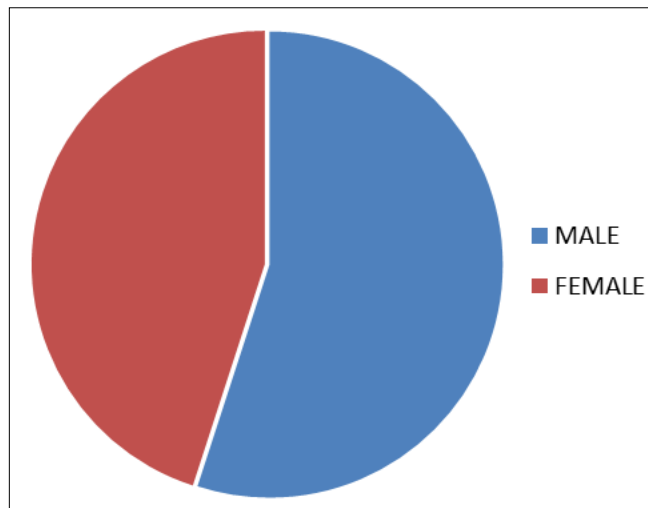


Fig 2: Distribution of patient based on sex

Table 3: Distribution of medicines used in tonsillitis

Sl No	Medicines	No of cases
1	Streptococcinum	13
2	BELL	8
3	HEP SULPH	6
4	PULS	6
5	ARS ALB	6
6	MERC SOL	5
7	CALC CARB	5
8	LYCO	2

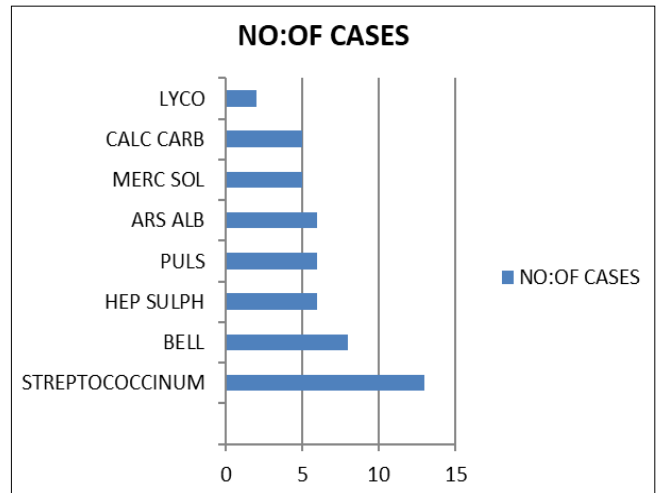


Fig 3: Distribution of medicines used in tonsillitis

Discussion

Cases were taken from the Sarada Krishna Homoeopathic Medical College and Hospital OPDs of units VA, V B, IB and VI with 11, 22, 14 and 13 cases respectively. Most commonly used medicines were Streptococcinum (21%), Belladonna (13%) and Hepar Sulphur (10%). The medicine Streptococcinum were prescribed on the basis of enlarged swollen tonsils, infected tonsils with purulent matter. Belladonna was prescribed on the basis of great congestion and redness of throat. Hepar Sulphur was prescribed on the basis of splinter in throat, stitches in throat extending to the ear when swallowing and patient was chilly. As per the occurrence of tonsillitis in children, children aged 10-15 years are more susceptible to tonsillitis, according to the study's findings. Out of 60 cases 35 children are between 10-15 years that is 58% are between this age group. So we can conclude that tonsillitis is more prevalent in 10-15 years of age group. Males are more commonly affected than females. Most commonly used medicines were Streptococcinum, belladonna, and Hepar Sulphur, Pulsatilla, and Arsenicum Album and Mercurius Solubilis. The medicine Streptococcinum has shown marked improvement on 9 patients among the 13 patients given. Overall, based on the findings of the study, children between the ages of 10 and 15 are more susceptible to tonsillitis. According to the sex, males are more affected than females, and most commonly used medicine Streptococcinum, Belladonna, Hepar Sulphur showed fast symptomatic improvement.

Outcome of the study

The results of the study show that individualised homoeopathic medicines have a significant impact on the treatment and management of tonsillitis in children. Rapid and accurate detection, early treatment with specific homoeopathic therapy, management of co-morbid conditions, and efforts at primary prevention all help to reduce the acuteness and intensity of tonsillitis in children.

Conclusion

The retrospective study on prevalence of tonsillitis in children conducted during the period (May 2021 to October 2021) in selected opds of Sarada Krishna Homoeopathic Medical College concludes that tonsillitis is more prevalent in male children between 10-15 year of age, and the leading remedies were Streptococcinum and Belladonna which gave a long standing improvement in the condition among children.

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