



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2023; 7(1): 504-506

Received: 15-01-2023

Accepted: 25-02-2023

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Symptomatic management of acute tonsillitis through homoeopathy: A case report

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DOI: <https://doi.org/10.33545/26164485.2023.v7.i1h.798>

Abstract

Acute Tonsillitis is the inflammation of tonsillar tissue, acute infection of palatine tonsils mostly it occurs in school going children but affect people at any age. Disease caused by Bacterial and Viral Infection, the Symptoms includes acute tonsillitis include sore throat, Mild rise of temperature, Difficulty of deglutition, Mild tenderness of lymph nodes.

Aim & Objective: Effectiveness of acute tonsillitis by Homoeopathic treatment and to Prevent recurrence and complication of tonsillitis.

Results: The severity of symptoms decreased significantly.

Conclusion: In addition to effectively treating tonsillitis, homoeopathic medication can also be used to avoid complications and recurrence.

Keywords: Once every day, twice a day, acute tonsillitis

Introduction

Tonsillitis is the condition when viral and bacterial infection occurs, Tonsils are two in number, each tonsil is an ovoid mass of lymphoid tissue situated in the lateral wall of oropharynx between anterior and posterior pillars.

Tonsils extend upward into the soft palate, downwards into the base of tongue and anteriorly into palatoglossal arch. A Tonsil presents two surfaces medial & lateral, two poles Upper and Lower. Lateral surface of the tonsils presents a well defined fibrous capsule it helps easy to dissect the tonsils in the plane during Tonsillectomy. It is also the site of collection of pus in peritonsillar abscess. Upper pole of tonsils extends into soft palate formed supratonsillar fossa. Lower pole tonsils are attached to the tongue.

Function: They act to guard foreign particles like virus, bacteria and other antigens coming into contact through inhalation & ingestion. Acute Tonsillar Infection may involve following components like surface epithelium, crypts, lymphoid tissue ^[1].

Classification

1. Acute catarrhal or superficial Tonsillitis
2. Acute Follicular Tonsillitis
3. Acute Parenchymatous Tonsillitis
4. Acute Membranous Tonsillitis

Causes

Most commonly infecting organism Hemolytic Streptococcus, other cause staphylococci, Pneumococci, H-influenza

Symptoms:

The Symptoms vary with severity of infection-Sore Throat, Difficult in swallowing, Fever, Earache.

Sign:

1. Breath foetid & tongue coated
2. Hyperaemia of pillar, soft palate & Uvula
3. Tonsils are red & swollen

Case Report

On the 23rd of February, a 29-year-old female patient came to the OPD with the following complaints: She had symptoms of pain in the throat, worse on the right side, inflamed tonsils,

she has multiple spiking fever 39 °F, pain with swallowing, a lump sensation in the throat, a mild cough, and throat pain more at night for the last two days. She came to our OPD for Homoeopathic treatment.

Past History: Nothing as such

Family History: Both Mother and Father were healthy.

Personal History: Patient occupation is Teacher, Belongs to Middle class Family.

Generals: Her appetite is normal, but it has been lost for the past two or three days due to throat pain. She had also disturbed sleep, normal thirst, and regular feces & urine. Generally feeling sluggish.

Local & Systemic Examination

Mild tenderness was present in external throat by palpation, along with other normal vital sign. She was tachycardia and her blood pressure was 100/64 mmHg. She had bilateral inflammation tonsils, right tonsil is more affected than the left

Analysis of the case

After analyzing the case manifestations, the present complaints were considered while framing the overall picture. Sore throat, Lump sensation throat, Fever, swallowing difficulty inflamed tonsils worse at right.

At the initial visit, I was given Belladonna 30 BD for 2 days depending on symptoms of William Boericke Materia Medica & Repertory.

Follow Up

No of Follow up	Symptoms	Prescription
25/02/23	<ul style="list-style-type: none"> ▪ 90% improve Throat pain ▪ No Fever ▪ No Pain During swallowing ▪ Lump sensation throat present 	Calcarea Carbonicum 200 OD X 2Days.
27/02/23	<ul style="list-style-type: none"> ▪ No Symptoms of Lump sensation in throat. 	SL 30 OD X 3 days



No Congestion

Result & Discussion

A 29-year-old female patient presented with symptoms along with throat pain, painful swallowing with fever and a lump in the throat, dry cough that got worse at night, congestion, and red tonsils that were worse on the right side by inspection, as well as mild throat tenderness on palpation. All of these symptoms have been present for the past two days.

When choosing a medication, I used William Boericke's Materia Medica 2 to take into account the above said symptoms. Belladonna 30 BD for two days was prescribed, as it almost completely covered all of the symptoms. When the next follow-up patient arrived, all previous symptoms had improved with the exception of a lump in the throat

At my follow-up appointment, I was given a prescription calcarea carbonicum 200 based on Dr. Kent's second prescription³ and the use of R. Gibson Miller's Connection of Remedies and Sides of the Body (Boericke D. &, 2006)^[4] to help me choose my medication. Calcarea carbonicum improves the therapeutic value of bellaonna. In the following follow-up, all symptoms were better and there was no throat lump sensation. I was given SL 30 OD for three days. Organon of Medicine Aphorisms Nos. 245 to 263 is used to determine the dosage, strength, and frequency of medication administration^[5].

Acute tonsillitis is common in children million of children affected every year, homoeopathy can be use of both acute and viral tonsillitis cases with early reduce the symptoms and chances of complication, most prescribed medicine were Belladonna, Merc Sol, Hepar Sulph, Aconite etc^[6].

Homoeopathy is a branch of medicine which depends on the low of similar, dispensing medication based on the totality of symptoms. Homoeopathy also treats chronic tonsillitis by focusing first on mental problems, then on physical symptoms^[7]

Conclusion

The purpose of this research was to demonstrate the excellent effectiveness of homoeopathic treatment in cases of acute tonsillitis as well as improve the associated symptoms and prevent the complication also seen the action of complementary medicine.



Mild Congestion of Tonsils

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

Sahoo U. Symptomatic management of acute tonsillitis through homoeopathy: A case report. International Journal of Homoeopathic Sciences. 2023;7(1):504-506.

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