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Dr. Tummala Aarathi Reddy

Assistant Professor,
Department of Obstetrics and
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

Homoeopathic approach in tonsillitis

Dr. Tummala Aarathi Reddy

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Abstract

Tonsillitis is inflammation of tonsils. Tonsillitis is either caused by viral or bacterial infection. Tonsillitis is the most common presenting complaint. Commonly seen at the age of 5 years- 15 years of age group. It is also seen in adults. Sore throat annual incidence is of 100 in 1000 with tonsillitis. Usually common *Oryza* triggers into tonsillitis. These are two oval shaped padded tissues which are on either side of throat. When they are infected leads to tonsillitis. Homoeopathy is a system where the probability of regression happens and also there is permanent cure for tonsillitis. Homoeopathy is prescribed based on symptom similarity and is treated on the grounds of root cause, so recurrence is avoided.

Keywords: Tonsillitis, homoeopathy, throat, pain, soreness, aggravation (AGG), amelioration (AMM)

Introduction

Tonsillitis is the major burning problem commonly seen from childhood to adult age group. Common causative bacteria include Hemolytic streptococcus, staphylococcus, hemophilic influenza and Pneumococcus. Maximum are prone to tonsillitis at least once in their childhood. Not only Children are exposed to this even adults do get exposed. In few cases there is recurrence due to usage of antibiotics, antipyretics, analgesics, anti-inflammatory and majority steroids are being used to suppress the infection. This reduces the inflammation over the mucous membrane temporarily, as there is immune compromise tonsillitis may recur again and again. In such condition homoeopathy is selected on the Totality of Symptom and in accordance with the Law of Similar advice for the treatment of acute and recurrent Tonsillitis. Homoeopathy has a great role in prevention of its recurrence. In getting affected by any disease, individual susceptibility and general immunity play important role, if we can boost the general health status, immunity and susceptibility of an individual through homoeopathic treatment we can offer the individual a long lasting protection from recurrent similar infections as tonsillitis. Homoeopathy plays a vital role in treating tonsillitis.

Triggering factors

1. Dry Cold weather
2. Cold drinks
3. Ice-creams
4. Oily food
5. Damp weather

Types of Tonsils

1. Pharyngeal tonsil
2. Palatine tonsils
3. Lingual tonsils
4. Tubal tonsils

Types of Tonsillitis

1. Acute tonsillitis
2. Chronic tonsillitis
3. Recurrent tonsillitis

Clinical features

1. Sore throat
2. Difficulty in swallowing

Corresponding Author:

Dr. Tummala Aarathi Reddy

Assistant Professor,
Department of Obstetrics and
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

3. Pain in throat
4. Fever with chills
5. Earache
6. Hoarseness of voice
7. Tenderness in cervical region
8. Redness and swelling
9. Headache
10. Coryza

On examination tonsils are red in color and swollen. They may have white spots on them. Lymph nodes at the site of neck, jaw line may be swollen and tenderness is noted.

Homoeopathic Management

1. **Belladonna:** Indicated in enlarged tonsils. Constricted feeling in the throat. Difficulty in swallowing, dry, congestion noted in right side of throat. sensation as if something is inside the throat, Dry cough which is more during night, Soreness feelings in the larynx, Hoarseness of voice, Child moans at every breath. Swelling of glands on either sides of neck, Pain in the nape of neck with stiffness. Fever is like heat sensation all over the body. Agg by touch, lying down, afternoon. Amm by sitting in semi erect position.
2. **Apis mellifica:** Acts on edematous condition of mucous membranes. Swollen uvula giving an appearance of sac. Tonsils are swollen inside and outside. Redness with ulcers on tonsils. Sensation as if fish bone is lodged inside the throat. Hoarseness, suffocation. Fever on exposure to heat. Can't concentrate. Tearfulness, Jealous, Grief. Agg by Heat, touch, pressure. Amm by open air, uncovering.
3. **Calcarea fluorica:** Indicated in hard stony glands. Soreness in throat. Plug like sensation in the throat. Pain and Burning sensation in throat. Follicular tonsillitis with soreness in throat. There is continuous formation mucus plugs in the crypts of tonsils. Hoarseness of voice. Cough with expectoration of tiny lumps of yellow mucus with tickling sensation. Mentally patient has Great depression. Agg by Rest, changes of weather. Amm by Warm applications.
4. **Mercurius Iodatus Flavus:** Indicated in superficial part of the tonsil is involved. Exudates are cheesy in nature with offensive breath. Swelling begins on right side. Inflammation of pharynx and fauces. Thickly coated tongue. Agg by Right sided tonsil. Tenacious mucus. Difficulty in swallowing.
5. **Silica:** Pricking type of pain inside the throat and tonsils. Cold is settled in throat. Swelling of cervical glands with severe pain in throat, which stinging type in nature. Mucopurulent discharge which is profuse. Violent type of cough which is more on lying down. Agg by New moon, morning from washing. Amm by warmth, summer, wrapping.
6. **Sulphur:** Burning and redness in the throat. Sensation as if ball is closing in the throat. Severe pain in the throat with dryness. Itching like sensation in the throat. Dislike water. Dyspnea in the middle of nights. Agg at rest, warmth, bathing, washing. Amm by dry warm weather, lying on right side.
7. **Thuja:** Indicated in spongy tumors. It has a variety of action as an antibacterial. Soreness in throat. Dry, hacking type of cough in afternoon with pain in pit of stomach. Chronic tonsillitis. Agg by night, 3am-

3pm. Amm by Left side, while drawing up of limb.

8. **Bacillinum:** Indicated in chronic tonsillitis. Attacks of suffocation especially during nights with cough. Frequent attacks of cold. Dyspnea with mucopurulent discharges. Enlarged glands noted in neck region and tenderness is noted. Agg. by night, cold air.
9. **Bromium:** Raw sensation in throat. Hoarseness in throat towards evening. Severe pain in tonsillar region on swallowing. Deep redness with tickling sensation in throat during inspiration. Spasmodic type of cough with rattling of mucus in the larynx. Suffocative sensation with burning sensation behind the sternum, great dyspnea. Aggravation by evening, midnight, sitting in warm room. Amm by motion, exercise, sea.
10. **Phytolacca:** Swollen tonsils especially in right side. Sensation of lump inside the throat. Dark red or bluish red appearance in the throat. Severe pain at root of tongue, can't swallow hot things. Hacking and tickling sensation while coughing which is worse at night. Pain in the chest while coughing. Agg by getting wet in rain, exposure to damp, cold weather, night right side. Mm by warmth, dry weather, rest.

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