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## A case report of recurrent attack of acute tonsillitis treated with psorinum 1M: A case report

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### Abstract

A clinical case report to assess the role of Homoeopathic medicine Psorinum 1M for the recurrent attack of tonsillitis. Tonsillitis is an inflammation of the tonsils. It is a viral infection and sometimes it may be bacterial also<sup>[1, 2]</sup>. The common symptoms of tonsillitis are sore throat, fever, enlargement of the tonsils, trouble in swallowing and lymphadenopathy<sup>[3, 4]</sup>. Recurrent attack of acute tonsillitis happens in every 3 months and it is most common among school-aged children and occurs in the autumn and winter<sup>[5]</sup>. Homoeopathic remedy Psorinum 1M is beneficial for the treatment of urinary tonsillitis with recurrent attack. It will relieve the patient's symptoms. No adverse effect was recorded while administering homoeopathic remedy.

**Keywords:** Homoeopathy, tonsillitis, psorinum

### Introduction

Tonsillitis is an infection-related disease that causes inflammation in the tonsillar tissue. Tonsils are also called palatine tonsils, are oval-shaped lymphatic tissue bundles situated in the lateral oropharynx<sup>[6]</sup>. Also with the adenoids, tubal tonsil and lingual tonsil, are a part of Waldeyer's ring<sup>[7]</sup>. Along with the pharyngeal tonsils, the adenoids and the lingual tonsils also get inflamed. Tonsillitis may be caused due to viral or bacterial infection or by any immunological factor. This is very common in India and among children<sup>[8]</sup>. The main mode of spread is through air-borne, droplet infection through throat or nasal fluids etc. The incubation period is 2-4 days.

Although the criteria for defining severe recurring throat infections are arbitrary, modern definitions of severe tonsillitis include five or more phases of genuine tonsillitis each year, symptoms that last at least a year, and episodes that are incapacitating and interfere with daily activities. Acute tonsillitis is diagnosed clinically, and it can be challenging to distinguish between viral and bacterial infections. Although more reliable tests take longer to produce findings, rapid antigen testing has a relatively poor sensitivity in the diagnosis of bacterial tonsillitis. Bacteria are cultivated from a small number of tonsillitis patients. Infectious mononucleosis brought on by Epstein-Barr virus infection, CMV, toxoplasmosis, HIV, hepatitis A, and rubella are other causes<sup>[9]</sup>.

Homoeopathy has an important role in treating tonsillitis cases and preventing the recurrence of the tonsillitis. The main symptoms include fever may be high, Headaches, Tiredness, Pain extending to ears or neck, Pus-filled spots on tonsils, Tender cervical lymph nodes and neck stiffness (often found in acute tonsillitis), Signs of dehydration.

### Case presentation

A 3-year-old male child presented with recurrent attacks of tonsillitis since 1 year, which get worse every 3-4 months. The child presented with inflammation of both tonsils, fever and pain while swallowing, pain in the ear. The complaint gets worse with change of weather, and taking cold things. While asking about the physical generals, he has appetite but can't eat, has constipation. Foul smell from the mouth and dribbling of saliva with bad smell from the mouth, lymphadenopathy. Weakness of the child to lie down and he didn't cover even in cold season.

### Homoeopathic analysis

The patient was treated and followed up with systemic manner by homoeopathic medicine, that was shown in the table.4. The medicine was selected according to the present totality of symptoms. The periodic follow-up was done through frequent intervals.

**Table 1:** Analysis of symptoms

Common symptoms	Uncommon symptoms
Enlargement of the tonsils Fever Pain while swallowing Lymphadenopathy Tonsils tender to touch	Aversion to covering Appetite increased but not able to eat Dribbling of saliva with offensiveness Constipation Sad face Irritable Aversion to bathing Sensitive to cold Recurrence of disease Enlargement of tonsils, < after taking food Teeth fall out Washes his hands constantly Recurrent quinsy Eructations smells liked rotten eggs Desires sour and acid things Bed wetting Obstinate dirty, itching, skin

**Table 2:** Evaluation of symptoms

Mental generals	Physical generals	Particulars
Sad face Irritable obstinate	Aversion covering Appetite increased Dribbling of saliva with offensive smell Stool constipated Urine: Bed wetting Aversion to bathing Sensitive to cold climate and things Teeth fall out Wash hands constantly Eructation's offensive and smells like rotten eggs Desir sour and acid things Dirty. Itchy skin	Enlargement of both tonsils Fever Pain while swallowing, pain extends to the ear Recurrent quinsy

**Table 3:** Totality of Symptoms

Irritable
Desire to wash hands constantly
Inflamed tonsils
Pain while swallowing
Fever
Recurrent quinsy
Eructation's offensive and smells like rotten eggs
Bed wetting
Aversion covering
Sensitive to cold climate and things

**Synthesis app - Clipboard [Psorium]**

[K] = Kuenzli dot.

**1 MIND - IRRITABILITY**

**2 MIND - WASHING - desire to wash - hands; always washing her**

**3 THROAT- HAWKS up cheesy lumps [K]**

**4 THROAT - INFLAMMATION - Tonsils**

**5 THROAT - PAIN - swallowing - agg.**

**6 STOMACH - ERUCTATIONS; TYPE OF - eggs; like spoiled**

**7 BLADDER - URINATION - involuntary - night**

Remedies	Sum Sym	Sum Deg	Symptoms
psor.	7	13	1,2,3,4,5,6,7
sep.	7	12	1,2,3,4,5,6,7
hep.	6	15	1,3,4,5,6,7
sulph.	6	14	1,2,4,5,6,7
sil.	6	13	1,2,3,4,5,7
merc.	6	12	1,2,3,4,5,7
phos.	6	12	1,3,4,5,6,7
lyc.	6	11	1,3,4,5,6,7
tub.	6	10	1,2,3,4,5,7
bell.	5	13	1,4,5,6,7

**Fig 1:** Repertorial chart

**Repertorial chart**

**Table 4:** Rearranging totality for the final selected remedy

Sl. No	Repertorial totality	Sl. No	Repertorial result
1	Mind- Irritability	1	Psorinum 13/7
2	Mind- Washing- desire to wash- always ashing her	2	Sepia 12/7
3	Throat- Hawks up cheesy lumps	3	Hepar sulp 15/6
4	Throat- Inflammation- Tonsils	4	Sulphur 14/6
5	Throat- Pain- swallowing- agg	5	Sil. 13/6
6	Stomach- Eructations- Type of- eggs like spoiled	6	Merc. 12/6
7	Bladder- Urination- involuntary -night	7	Phos 12/6



**Fig 2:** Tonsils enlarged and pus pockets are seen **Fig 3:** Inflammation of tonsils get decreased and pus pockets are diminished **Fig 4:** Tonsils became normal

**Homoeopathic analysis**

Patient was treated as whole by considering similimum by constructing a symptom totality by considering his mental, physical and particular symptoms as shown in the table 1 and then repertorise the totality and make the rubrics as shown in table 2. After examining the Repertorial result first prescription is done.

**Result and Discussion**

A 3year old male child presented with complaints of recurrent attack of tonsilitis with fever and pain while swallowing this complaint get increased since 1 week with inflamed tonsils and cant take food. After taking complete case PSORINUM was selected as the miasmatic remedy and

1M potency is selected according to the susceptibility of the patient. So she was treated with the Psorinum 1M 1dose, after one day of administration of medicine the complaint got reduced completely. On the next visit his complaint got reduced completely and placebo was administrated daily one dose.

We can assess the case by seeing the photographs in the fig.1 it is evidenced that the tonsils are enlarged and pus pockets are seen and on the fig.2 we can see the changes that the pus pockets are diminished and inflammation starts to reduced and on fig.3 the complaint got completely cured. From this we can say that homoeopathic medicine Psorinum plays a great role in recurrent attack of tonsilitis and that was provided with evidance.

**Table 5:** Chart of Medicine Prescribed and Regular Follow-up

Date of follow-up	Symptoms	Prescription
12-1-2023 (First visit)	Tonsils enlarged with pus pockets Fever Cervical lymph node enlarged Pain radiating to the ear Can't able to take food Urine: bed wetting Appetite: increased	Rx 1.PSORINUM 1M/1D 2.B. PILLS 3-0-3 3.B.TAB 3-0-3
14-1-2023	Tonsil's enlargement became decreased Pus pockets are diminished Fever better Cervical lymph node present Radiating pain better Appetite: increased	Rx 1.SL/1 DOSE 2. B. PILLS 3-0-3 3.B.TAB 3-0-3
18-1-2023	General: good Tonsils are normal Cervical lymph node are normal Generals: good Bed wetting better	Rx 1.SL/1 DOSE 2. B. PILLS 3-0-3 3.B.TAB 3-0-3

## Conclusion

In this case study it is understood that the action of homoeopathic medicine in recurrent attack of tonsillitis. Case taken is done by the prescribed homoeopathic format and medicine was prescribed according to the totality. After repertorisation the totality was considered and PSORINUM 1M potency was selected according to the susceptibility and similimum. The result was seen within one week. From that it is evidenced that homoeopathy plays an important role in recurrent attack of tonsillitis and that was provided with evidences.

## Conflict of Interest

Not available

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Not available

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