

## Review Article

# Tonsillitis and Homoeopathic Approach

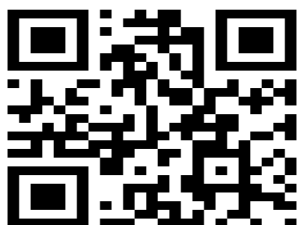
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### ABSTRACT

Tonsillitis is inflammation of the tonsils. Your tonsils and Adenoid are part of your lymphatic system, your tonsils are in the back of your throat and your adenoids are higher up behind your nose. They help protect you from infection by trapping germs coming in through your mouth and nose. Sometimes your tonsils and adenoids become infected themselves. Enlarged adenoids can be sore, make it hard to breathe and cause ear problems.

**Keywords:** Homoeopathy, tonsils, remedies



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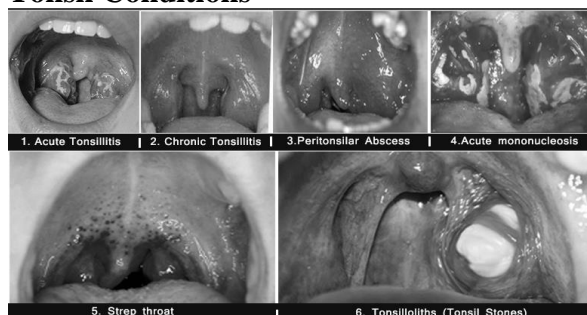
## INTRODUCTION

What is Tonsillitis?

Tonsils are small glands that lie on either side of the back of the throat. They are essentially glands that help maintain immunity and protect the oral inlet from invading pathogens.

Tonsillitis describes a condition where these tonsils have become infected and/or inflamed. This most commonly occurs as a result of viral infection and more rarely, arises due to bacterial infection. Tonsillitis is one of the most common childhood conditions in the world. It may also affect adults, especially those with a lowered immunity.

### Tonsil Conditions



**Acute tonsillitis:** Acute condition of tonsil

infection caused either by bacteria or virus called the acute tonsillitis. In this condition tonsils are swelled, inflamed, pain during deglutition and develop a grey or white coating of exudates.

**Chronic tonsillitis:** Persistent infection of the tonsils at slightest exposure develop the condition of chronic tonsillitis. Here the tonsils are always in large size due to the repeated episode of acute infection.

**Peritonsillar abscess:** An infection creates a pocket of pus next to the tonsil, pushing it toward the opposite side. It is called the peritonsillar abscess

**Acute mononucleosis:** Usually caused by the Epstein-Barr virus. Mononucleosis causes severe swelling in the tonsils, fever, sore throat, rash, and fatigue.

**Strep throat:** Streptococcus, a bacteria when infects the tonsils and throat is called as Strep throat.

**Tonsilloliths (tonsil stones):** Tonsil stones, or tonsilloliths, are formed when the trapped debris in the tonsillar crypts get hardens, or calcifies.

### Symptoms

Painful and sore throat

Dysphasia or pain and discomfort while swallowing

Fever over 38 C (100.4°F).

Weakness

Headache and jaw pain

Severe sore throat-Sore throat is an indication of infection the upper respiratory tract in the pharynx and larynx Sore throat due to tonsillitis is usually much more severe than that arising from a common cold.

Pain that may be described as a stabbing pain at the back of the throat, back of the jaws and possibly also radiating up towards the ears.

Smaller children may refuse to eat due to severe pain.

Runny nose and eyes are typical in viral infections causing tonsillitis.

Pain from the throat may also radiate towards the head in cause headache.

Difficulty in speaking and hoarseness of voice.

Fever Associated with weakness dizziness, listlessness and muscle pain.

There may be swelling of the eyes face and neck due to edema, inflammation and swelling lymph nodes in the neck

On opening the mouth, the tonsils appear red, swollen and coated with white patches of pus. The whole of the back of the mouth and throat may appear red and raw. There may be difficulty in opening the mouth and bad breath due to the infection. The tongue appears coated and furry.

In very young children, there may be stomach upset with diarrhea, nausea and vomiting.

### **Homoeopathic Remedies**

**Belladonna**-tonsillitis, parts bright red. During swallowing sensation as if throat were too narrow Symptoms of congestion Worse from swallowing liquids. Right side is most affected

**Hepar Sulph**-chronic tonsillitis with hardness of hearing sensation like fish bone in the throat stitches in the throat extending to the ear

**Silicea**-deep ulcers, even gangrene; tonsils swollen each effort to swallow distorts face, tonsillitis, when the suppurating gland will not heal, pricking throat, as from a pin,

causing cough left side.

**Baryta Carb**-after each cold, attack of tonsillitis: is picking sensation when swallowing

Sensation as of a plug in the throat, worse when swallowing solids and from empty swallowing Tonsillitis tend to suppurate specially the right. Chronic induration of tonsils. It is one of the 1st grade medicine for chronic tonsillitis. The tonsils are inflamed, swelled and very painful in acute condition. After the acute attack passed on the tonsils looks larger than with the last cold. The child is weak, not fatty like *Calcarea carb.* Physically and also mentally he is weak. He/she has a tendency to catch cold very easily. But the most important symptom is whenever he catch cold first it attack to the tonsil or throat. So it is written in *Allen's materia medica* that every cold settles in the throat. The person sweats more from the feet. Every cold change inflames the tonsils, and in children they very soon enlarge.

**Apis Mel**-Stinging burning pain when swallowing: dryness in mouth and throat; inflamed tonsils: worse heat or hot drinks, better from cold or cold drinks

**Lachesis**-Great remedy for tonsillitis, pus from tonsils, tonsils swollen, left worse with tendency to right inability to swallow, threatening suffocation.

### **Homoeopathic approach and its uses**

It gives rapid relief to the acute condition of tonsillitis in compare to other therapy

It not only cure the tonsillitis, but cures the allergic sensitivity of the person's immune system so he/she leads a healthy life for life long

Homeopathy medicines are very safe and without any side effects. So it cures the disease in a very smooth and holistic way

It is given to all age group from 1 day infant to 80 years old person.

It is very palatable and thus favourite for small children. The little kids are very fond of taking these round sugar pills.

Homeopathy offers a long term cure to the tonsillitis condition as it modify the hypersensitive nature of person's immune system to a healthy functioning immune

system

### **Home remedies**

Tonsillitis is highly contagious. To decrease your risk of getting tonsillitis, stay away from people who have active infections. Wash your hands often, especially after coming into contact with someone who has a sore throat, or is coughing or sneezing. If you have tonsillitis, try to stay away from others until you are no longer contagious.

Drink plenty of fluids

Get lots of rest

Gargle with warm salt water several times a day

Use throat lozenges

Use a humidifier to moisten the air in your home

Avoid smoke

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