

## Review Article

# Role of Physical General Symptoms in Acute Homeopathic Prescribing of Tonsillitis

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### ABSTRACT

Selection of right Homoeopathic medicine is not an easy task especially in acute cases where pathological symptoms are more prominent and disturbing to the patient. In this article we have tried to explore the role of physical general symptoms in acute homeopathic prescribing specially in tonsillitis. In tonsillitis cases we usually found particular or pathological symptoms which are more prominent and patient too comes with the same complaints but from homeopathic prescribing point-of-view only these pathological symptoms are not sufficient enough for the selection of the remedy. Here physical general symptoms include thirst, appetite, desire for food, physical desire, aversions etc. They could serve as a quick guide in the selection of the right homoeopathic remedy. As these physical general symptoms along with particular symptoms of tonsillitis reflect the individuality of the patient which is our main objective in a case taking.

**Keywords:** Physical general symptoms, holistic, individualize, tonsillitis



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### INTRODUCTION:

A true homeopathic prescription cannot be made on pathology or on morbid anatomy because proving has never been done in that direction.

In homeopathic prescribing, symptoms play the most important role especially the symptoms which expresses the patient as a whole that is the individuality of the patient. In acute diseases also where no doubt the pathological symptoms are more prominent and affecting the patient the most but being a true homeopathic physician we should always give more importance to the general symptoms as because these general symptoms represent the patient as a whole.

These general symptoms are of two types:-

1. Mental generals
2. Physical generals

Mental generals include symptoms relating to will, emotion, intellect, understanding and Memory.

Physical generals include symptoms related to menstrual sphere or sexual sphere, thirst, appetite, desires, aversions, symptoms affecting the whole body like perspiration, fever, thermal, hot and cold etc.

Now in a given case extracting, mental is more difficult for a homeopath as compared to physical generals because interpretation of emotions and feelings is more difficult.

Many times patient may not be very sure of his or her emotions and feelings. But patient would definitely be surer of his thirst, appetite, general modalities that is surer of his physical generals. So extracting physical general symptoms is easier than extracting mental generals in a given case and especially in acute cases we have not much time for thorough case taking so through the physical generals we could reach to the individuality of the patient quickly.

### Significance of General Symptoms

The value of general symptoms lies in their nature as expressions throughout the person as a whole. Their significance becomes clear when we examine the homeopathic understanding of disease. A natural disease is never to be regarded as some noxious matter situated somewhere inside or outside the person. Rather natural disease is endangered by a spirit like inimical pretense that disturb as if by a kind of contact of contagion the spirit like life principle that rains with its instinctual governance in the entire organism. Samuel Hahnemann organ of the medical art aphorism 148.

### Example

Like in cases of acute tonsillitis cases most prominent symptoms with which patient reports us are mostly particular symptoms like difficulty in swallowing, pain in throat on both sides, redness and swelling on both sides of the throat, fever etc. These are the particular or common symptoms which we would in every case of tonsillitis, but along with these symptoms there are symptoms which expresses the patient general state like thirst, appetite, physical desire, aversions, feeling hot and cold, difficulty in swallowing liquids more than solids, burning sensation like hot ball of fire inside the throat, splinter like sensation inside the throat, thirst unquenchable for cold water in large quantities, desire for hot fluids or hot drinks, dryness inside the throat patient is chilly or hot etc. All these symptoms help us clearly quickly and precisely to reach the correct homeopathic remedy more easily.

For example in **Belladonna** along with the common symptoms of acute tonsillitis, pain in throat, redness on both sides, swelling on both sides, fever of high grade There are physical general symptoms which easily help in selecting belladonna if the patient of acute tonsillitis is having tendency of taking cold easily patient is having desire for cold drinks cold food aggravates there is aversion to eat food thirst increased and it is often or extreme fever with chills general aggravation from cold touch noise and aggravation by open-air perspiration profuse. These symptoms along with acute tonsillitis helps in quick selection of Belladonna.

Another example of **Phytolacca** in acute tonsillitis along with the common symptoms of tonsillitis, there is burning sensation in throat as of from a coal, there is a sensation of a lump inside the throat there is general aggravation from hot application hot fluids and at night all complaints aggravates so these symptoms helps in these physical general symptoms helps in quick selection of vat on liquor in acute tonsillitis

In **Hepar Sulph** along with pain in throat there is splinter- like sensation inside the throat, patient cannot bear to be uncovered, craving for sour things, general aggravation from cold drinks, cold air, touch and amelioration from warm drinks. From covering and desire for warm drinks and ameliorates the pain in tonsillitis. So these physical general symptoms helps in selection of medicine in acute tonsillitis very quickly.

### CONCLUSION

Physical General Symptoms are one of the most useful elements in a complete homeopathic case taking. Certain cases can only be decided easily by giving close attention to the physical general symptoms. Clear general symptoms offer an immediate glimpse into the deepest level of the organism's activity. They are the direct language of the vital force so it serves as a quick guide in the selection of the remedy in acute cases. Especially in acute tonsillitis cases where particular symptoms are more prominent like pain in throat, swelling, difficulty in deglutition etc. But these are

common symptoms which are of least importance in homoeopathic medicine selection. As in homoeopathy we do not select medicine on the basis of disease symptoms or pathological symptoms. Our aim is to individualize the case i.e the patient and this could only be possible through the generalization of the medicine. In acute tonsillitis cases patient is in so much distress so selecting homoeopathic medicine through the physical general symptoms is the easier and quickest way for reaching the individuality by applying the holistic approach.

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