

## Review Article

# Homeopathic Management of Tonsillitis in Paediatric Age Group: A Review

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### ABSTRACT

Diseases of tonsils are among the most common problems seen by physicians who care for children. Tonsillitis is more prevalent in children of low socioeconomic countries like India due to poor nourishment, poor orodental hygiene and congested surroundings. It is a major threat of morbidity and mortality due to local and systemic complications. The impact of both infection and obstruction from tonsillar disease on child's health may not be localized just to the tonsils alone major ill effects on related anatomic structures of the nose and paranasal sinuses, the upper respiratory and digestive tract, and Eustachian tube-middle ear complex are well established. Homoeopathy views diseases in a "Holistic Way" and evolved a therapeutic plan for its treatment in the same view point. This is achieved through the similar medicines, which act in the dynamic plane. Similia Similibus Curetur (Let likes be cured by like) is the basic principle of Homoeopathy. This therapeutic law of homoeopathy derived from Nature's Law. The treatment is for the diseased individual not for the disease alone.

**Keywords:** Tonsillitis, Homoeopathy, Management



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### INTRODUCTION:

Life expresses itself through harmonious interaction and expenditure of vital energy. If its regular movement be disturbed by inimical forces, health is soon impaired and disease appears.

Children are born into this world not of their choice. It is therefore the duty of the parents and the society to develop them into healthy citizens. A healthy child develops into a healthy adult and becomes an asset to the society.

Diseases of tonsils are among the most common problems seen by physicians who care for children. Tonsillitis is more prevalent in children of low socioeconomic

countries like India due to poor nourishment, poor orodental hygiene and congested surroundings. It is a major threat of morbidity and mortality due to local and systemic complications. The impact of both infection and obstruction from tonsillar disease on child's health may not be localized just to the tonsils alone major ill effects on related anatomic structures of the nose and paranasal sinuses, the upper respiratory and digestive tract, and Eustachian tube-middle ear complex are well established.

In Allopathic tonsillitis is often treated by antibiotics and symptomatically from time to

time when recurs. Surgery is often intervened when child stops responding to medicines and in obligatory conditions. The most frequent surgeries performed on children in ENT practice is tonsillectomy.

Tonsils are believed to play protective role in early life by providing host resistance against infections, there by maintaining integrity of organism. Therefore cutting away tonsils will hamper natural defensive process provided by nature to the child.

Homoeopathy regards tonsillitis as constitutional dyscrasia. It believes that the life and disease of tonsils come from within because organism works from center to periphery. Therefore local pathological changes seen in tonsils are considered as outlets of inner sickness. Hence by evolving constitutional approach the treatment is given to the diseased child and not to the disease in child.

The modern medicine tries to treat only the effects leaving apart the very cause that allows the disease to occur. Their line of treatment is to control infection and pain by giving anti-biotic and analgesics. As the complications develop, the only alternative left will be tonsillectomy and its dangerous complications are haemorrhage, surgical trauma to the pillars, soft palate, teeth, etc.

Hence homoeopathy views diseases in a "Holistic Way" and evolved a therapeutic plan for its treatment in the same view point. This is achieved through the similar medicines, which act in the dynamic plane. Similia Similibus Curentur (Let likes be cured by like) is the basic principle of Homoeopathy. This therapeutic law of homoeopathy derived from Nature's Law. The treatment is for the diseased individual not for the disease alone. Similimum not only stops the progress of pathology, but even may regress the pathology and thus bring back the individual to healthy state.

The word tonsil derives from Latin *tonsilla*, a mooring post. There are three so named anatomical structures forming part of Waldeyer's ring of lymphoid tissue encircling the entrance from the mouth of nasal passages to the pharynx; Palatine tonsils, nasopharyngeal tonsils and lingual tonsils.

In British otolaryngology the word tonsil has long been understood as referring extensively to *faucial* (palatine) *tonsils* in practice. The nasopharyngeal tonsils are customarily called *adenoids*, while the two *lingual tonsils* retain their full title.

#### **HOMOEOPATHIC APPROACH:**

Homoeopathy, as its Greek derivation implies, is a system of treating likes by likes. In other words, a remedy is prescribed which is capable itself of producing in the healthy similar symptoms to those in the patient. "Similia Similibus Curentur" - let likes be treated with likes, as a system of drug - therapeutics based on the law of similar.<sup>24</sup>

The successful applications of the law of similar is depends entirely on the concepts of Individualization and susceptible constitutions which form the cornerstone of homoeopathic practice. The concept of individualization takes into consideration the total response of the organism to the unfavorable environment. This total response is seen through signs and symptoms on three planes: Emotional, Intellectual (spiritual), Physical where the life-force manifests itself. The disease primarily is a disturbance in the vital force which governs and regulates all the organs and parts of the body. In health this vital force maintains normal growth and co-ordination of all organic functions. When, from some disease-producing cause, this force becomes disturbed, sickness or disharmony of function results. The causes of disturbance may be infections, injuries, exposure, climatic conditions, violent emotions, errors in diet, or others.

#### **ROLE OF BELLADONNA IN TONSILLITIS:**

Belladonna acts upon every part of the nervous system, producing active congestion, furious excitement, perverted special senses, twitching, convulsions and pain. It has a marked action on the vascular system, skin and glands. Belladonna always is associated with hot, red skin, flushed face, glaring eyes, throbbing carotids, excited mental state, hyperæsthesia of all senses, delirium, restless sleep, convulsive movements, dryness of mouth and throat with aversion to water, neuralgic pains that come and go suddenly (Oxytropis). Heat,

redness, throbbing and burning. Great children's remedy. Epileptic spasms followed by nausea and vomiting. Scarlet fever and also prophylactic. Here use the thirtieth potency. Exophthalmic goitre. Corresponds to the symptoms of "air-sickness" in aviators. Give as preventive. No thirst, anxiety or fear. Belladonna stands for violence of attack and suddenness of onset.

Belladonna is the most common and hugely prescribed homeopathy medicines in tonsillitis. Belladonna has the best anti-inflammatory action and thus helps a lot to relieve the symptoms both in acute and chronic condition.

The key symptoms by which belladonna is prescribes are – pain in throat at the time of wallowing, red congested and swelling of tonsils, mild to moderate fever associates with tonsillitis, headache and malaise also present. The tonsils are been affected by taking any cold things like chilled drink or ice cream or cold drink or exposing to cold air etc.

The throat pain is slightly relieved after taking any sort of warm drink. If all those symptoms are prominently found in a tonsillitis patient then belladonna is the suitable medicine for that person.

#### **ROLE OF CALCAREA CARB. IN TONSILLITIS:**

This great Hahnemannian anti-psoric is a constitutional remedy par excellence. Its chief action is centered in the vegetative sphere, impaired nutrition being the keynote of its action, the glands, skin, and bones, being instrumental in the changes wrought.

Increased local and general perspiration, swelling of glands, scrofulous and rachitic conditions generally offer numerous opportunities for the exhibition of Calcarea. It covers the tickling cough, fleeting chest pains, nausea, acidity and dislike of fat. Gets out of breath easily. A jaded state, mental or physical, due to overwork. Abscesses in deep muscles; polypi and exostoses. Pituitary and thyroid dysfunction.

Raised blood coagulability (Strontium). Is a definite stimulant to the periosteum. Is a hæmostatic and gives this power probably to the gelatine injections.

Easy relapses, interrupted convalescence.

Persons of scrofulous type, who take cold easily, with increased mucous secretions, children who grow fat, are large-bellied, with large head, pale skin, chalky look, the so-called leuco-phlegmatic temperament; affections caused by working in water. Great sensitiveness to cold; partial sweats. Children crave eggs and eat dirt and other indigestible things; are prone to diarrhoea. Calcarea patient is fat, fair, flabby and perspiring and cold, damp and sour.

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