

## Review Article

# Homeopathic Approach for Enlarged Adenoids in Children: A Review

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### ABSTRACT

Adenoids are the pads of lymphatic tissues present at the back of your throat. These help to trap and prevent the virus and bacteria from entering our body through the mouth and the nose. While in this process, sometimes these Adenoids get infected and become inflamed. This condition is referred to as Adenoiditis. Usually, these swollen Adenoids comes to normal size after some time, whereas in a few cases due to severe infection stay inflamed and leads to several bothering symptoms. Homeopathy treatment for Adenoids is non- invasive and works by improving immunity. Homeopathic medicines treats them effectively. These remedies work in two phases, in the first phase, these remedies aim at controlling the infection and inflammation of the adenoids and later in the second stage, Homeopathic remedies aim to eliminate their risk of reoccurrence by improving immunity.

**Keywords:** Adenoids, Homoeopathic medicine, treatment

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### INTRODUCTION:

Adenoids are small lumps of tissue at the back of the nose, above the roof of the mouth. Adenoids are part of the immune system (lymph node), which help fight infection and protects the body from bacteria and viruses. Only children have adenoids. They start to grow from birth and are at their largest when a child is around three to five years of age. By age seven to eight, the adenoids start to shrink and by the late teens, they're barely visible. By adulthood, they will have disappeared completely.

**Aetiology:** Few children have enlarged Adenoids from birth, whereas others can get due to causes like

Allergies

Infections due to virus and bacteria

Weak immunity

### Clinical features:

If there is swelling in the adenoids, nasal breathing becomes difficult as they interfere with airflow through nose so that the child has to breathe from his or her mouth which can cause heavy snoring at night. Nasal tone in speech can also be there when there are swollen adenoids. For normal sound articulation the cavities of mouth and nose must be normal and the air

passage should be unobstructed. When patient takes breath through mouth it can also cause dryness, and the child may feel thirsty all the time. Stuffy nose, Breathing through mouth, Ear pain, infections

Few children with enlarged Adenoids also have a headache along with high fever and chills

### Complications

When adenoids are swollen they can cause blockage in the Eustachian tubes; these run through the skull bones from the middle ear to the pharynx. The main function of tube is to equalize the pressure inside the middle ear with the outside pressure. When there is blockage of tube, the pressure cannot be balanced, and in this condition secretions in the ear cannot drain from the inside which cause "glue ear", in which hearing apparatus becomes stuck together by secretions inside. And when secretions become infected, causes otitis media. This is a very painful condition and may cause hearing impairment in the child permanently. If it is untreated, the eardrums often burst to release infection. If left untreated, these Enlarged adenoids can affect your child's quality of life. In long run, these enlarged Adenoids can cause ear

infections and can even cause hearing loss.

### **Diagnosis**

Examination of postnasal space is possible in some young children and an adenoid mass can be seen with a mirror. A rigid or flexible nasopharyngoscope is also useful to see details of the nasopharynx. Soft tissue lateral radiograph of nasopharynx will reveal the size of adenoids and also the extent to which nasopharyngeal air spaces has been compromised. Detailed nasal examination should always be conducted to exclude other causes of nasal obstruction.

### **Homeopathic management**

Homeopathy is one of the most popular holistic systems of medicine. The selection of homeopathic medicine for adenoid hypertrophy is based upon the theory of individualization and symptoms similarity by using holistic approach. This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering. The aim of homeopathic medicine for adenoid hypertrophy is not only to treat enlarged/infected adenoid but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several remedies are available to treat enlarged/infected that can be selected on the basis of cause, sensations and modalities of the complaints. There are following remedies which are helpful in the treatment of enlarged/infected adenoids

**Baryta Carb:** For enlarged adenoids (along with tonsils) with patients' tendency to catch cold. It is suitable for timid and slow children with delayed physical and mental development, speech or language delay.

**Calcarea Carb:** Calc. Carb is suitable for children with adenoid problems. The patients are flabby (sometimes lean & thin as well) with a large head. They get tired easily. They have tendency to recurrent sore throat and middle ear infections, enlarged soft lymph nodes, chronic constipation, eczema and they are slow and fearful.

**Agraphis Nutans:** Homeopathic medicines for enlarged adenoids with prominent ear complaints. Ear complaints such as deafness and ear discharges (otorrhea) can be managed very well with Agraphis Nutans. Nasal blockage may be present. Tonsils may also be enlarged in such cases.

**Tuberculinum:** One of the best Homeopathic remedy for hypertrophied adenoids with great sensitivity to cold air and low temperatures. There may be a tubercular history in the family.

The child may seem to be mentally deficient. **Thuja:** Suitable for enlarged Adenoids with greenish discharge. When there is a greenish discharge from the nose and the mucous membranes, Thuja is one of the best homeopathic remedies for adenoid enlargement. There may be a feeling of painful pressure at the root of the nose.

**Sanguinaria Nitrica:** Remedy for swollen adenoids with sense of obstruction. In cases where there is a constant sense of obstruction, Sanguinaria Nitrica is one of the best homeopathic medicines for swollen adenoids

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