

**Review Article****Tonsillitis Cured by Homoeopathy****Dr. M.P Sharma**

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ABSTRACT

Tonsillitis is inflammation of the tonsils. Your tonsils and adenoids 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.

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.

Symptoms

The symptoms of tonsillitis include:

- Painful and sore throat
- Dysphasia or pain and discomfort while swallowing
- Fever over 38°C (100.4°F)
- Cough
- Weakness
- Headache and jaw pain

In most cases, tonsillitis resolves within three to four days. If a child suffers from symptoms or a high fever for more than four days without improving, it is important to consult a physician. Complications include high fever, convulsions due to fever, inability to eat or drink and shortness of breath.

Diagnosis and treatment

Diagnosis is commonly made on the basis of clinical symptoms and examination of the back of the throat which may reveal swollen and inflamed tonsils. Since most of the cases are due to viral infection, microbial culture of swabs taken from the surface of the tonsils may not yield any useful results.

However, in some cases, bacterial infection is the underlying cause and swab analysis can reveal the type and strain of bacteria and therefore the most appropriate antibiotic.

Treatment usually involves alleviating symptoms such as pain, fever and difficulty in swallowing. Belladonna, Phytolacca, Hepar sulph30 can reduce pain and fever.

Adequate hydration with drinking fluids and bed rest are also important for recovery.

People with recurrent tonsillitis or chronic tonsillitis, may require surgery to remove the tonsils (tonsillectomy).

Tonsillitis refers to inflammation of the tonsils as a result of infection, usually viral infection. The condition is most commonly seen among children, although adults may also be affected. In some susceptible children, tonsillitis may occur every time they have an upper respiratory tract infection. This recurrent or chronic tonsillitis may significantly impact on the child's quality of life and cause problems such as absenteeism from school.

Some of the common symptoms of tonsillitis include:

- Severe sore throat - Sore throat is an indication of infection in 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.
- Swallowing and eating or drinking may become painful. This is called dysphasia. Smaller children may refuse to eat due to severe pain.
- Cough
- Runny nose and eyes are typical in viral infections causing tonsillitis.
- Pain from the throat may also radiate towards the head and cause headache.
- Difficulty in speaking and hoarseness of voice.
- A temperature of over 30° C is another common feature of tonsillitis. There may be also being chills or shivering.
- Fever is 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.

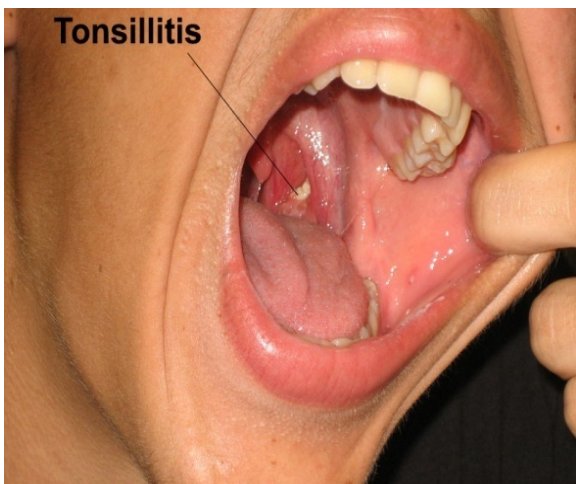


Figure 1:

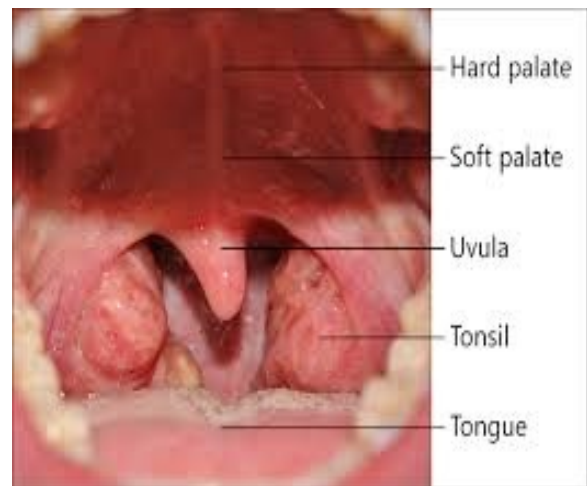


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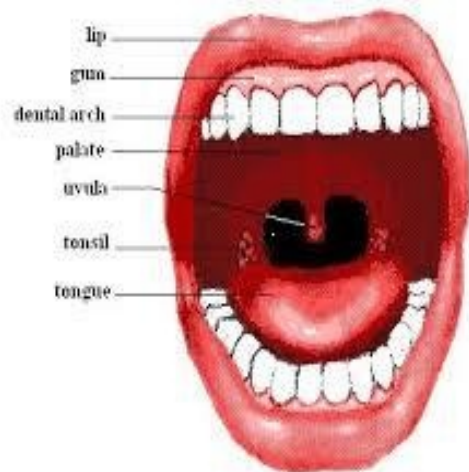


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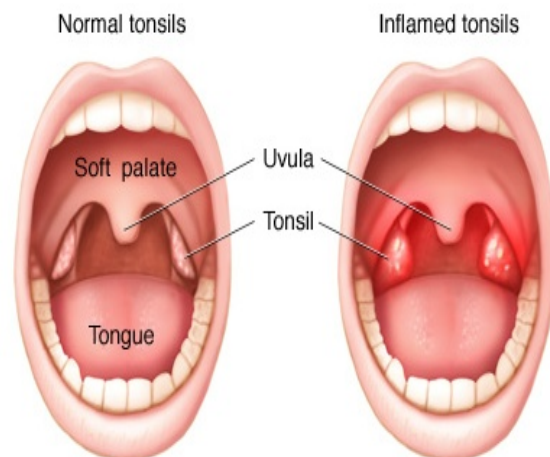


Figure 4:



Figure 5:



Figure 6:

Tonsillitis Causes

The tonsils are small glandular structures located on either side of the back of the throat that provide a first line of defense against microbes. Most viruses and bacteria access the body via the nose and mouth. Healthy tonsils filter out these bacteria and also produce defensive immune cells against the invading microbes.

These defensive blood cells (macrophages) present in the tonsils engulf the infective organisms and secrete digestive enzymes that destroy them. If the infection is serious, this can lead to pain and inflammatory changes such as redness, soreness and fever. Fever is actually a sign that the body's immune defenses have been activated. This immune function of the tonsils starts to decline after puberty, which may be why tonsillitis is so rare among adults. Tonsillitis is most common between preschool age and the mid-teenage years. Children of school age are exposed to bacterial or viral pathogens on a frequent basis, which also increases the likelihood of tonsillitis in this

- Age group.
- Tonsillitis is usually caused by viral infection, although bacterial infection can also be the cause. The tonsils proper may be affected or the throat and surrounding areas including the back of the throat or the pharynx may be involved. It is rare for bacterial infections to cause tonsillitis. One of the most commonly feared bacterial causes of tonsillitis is infection with Group A *streptococcal* bacteria, which can result in strep throat. Other types of bacteria that can cause tonsillitis include *Hemophilus influenzae* and *neisseria*.
- Of the viruses, two of the most common causes of tonsillitis are adenovirus and influenza. Other causative viruses include rhinovirus (also causes the common cold), par influenza virus, enter viruses (cause hand, foot and mouth disease), adenoviruses (cause diarrhea), the measles virus and Epstein-Barr virus (causes glandular fever).
- Tonsillitis may also be caused by an over-reactive and aberrant response of the immune system to the normal bacterial environment in the mouth and the throat. This is the reason why some people are more prone to tonsillitis than others.
- **Bacterial tonsillitis**
- A person, who suddenly becomes unwell with a fever and develops a severe pain in the throat, may well have bacterial tonsillitis, which is also referred to as strep throat. *Streptococcus pyogenes* is a type of bacteria that exists harmlessly in the nose and throat in around 15% of healthy individuals. These people have no symptoms of strep throat but are classed as carriers of the infection and can pass the bacteria onto others.
- Although, this bacteria usually exists in the throat and mouth without causing any harm,
- the “bug” can start to cause symptoms if the immune system is under strain. If a person is stressed, exhausted or already off a virus, for example, the immune system may be weakened, which allows toxins and inflammatory substances produced by the strep organisms to suddenly start causing symptoms such as a sore throat, bad breath, difficulty swallowing, red and swollen tonsils and white pus on the tonsils.
- Bacterial tonsillitis usually clears up within a few days without requiring any treatment. Painkillers can be used to relieve symptoms while the immune system fights off the infection.

- **Infectivity**

- Depending on what is causing the tonsillitis, this condition may or may not be contagious. If it is caused by viral infection, tonsillitis is usually contagious, although it may not be if a person happens to have been exposed to that virus previously.

- Tonsillitis is also highly contagious when it is caused by bacterial infection. In cases where the condition is caused by chronic illness such as allergic rhinitis or sinusitis, for example, tonsillitis is unlikely to infect others.

Tonsillitis Treatment

Tonsillitis is usually caused by viruses and therefore the use of antibiotics is generally not

Effective in treating the infection. Treatment is usually aimed at alleviating symptoms, preventing secondary bacterial infections and preventing recurrence. Symptoms such as inflammation, pain and redness usually resolve within a week.

Some of the approaches to managing tonsillitis include:

Gargling with a solution of warm water and salt can also reduce pain and swelling.

Patients should be encouraged to take complete bed rest and plenty of clear fluids.

Tonsillitis Complications

Tonsillitis often resolves within three to four days, with fever and other symptoms usually subsiding within a week. In some individuals however, the symptoms do not improve or may even worsen after this time. Some of the complications of tonsillitis include:

Recurrent tonsillitis

In some individuals, tonsillitis occurs repeatedly every time they develop an upper respiratory tract infection. This is called recurrent tonsillitis or chronic tonsillitis and can severely affect a person's daily activities. Recurrent illness can also affect growth and development.

Chronic or recurrent tonsillitis is usually diagnosed when a person has experienced one of the following:

- At least seven episodes of tonsillitis in the preceding year
- At least five episodes in each of the preceding two years
- At least three episodes in each of the preceding three years

Peritonsillar abscess

Some people may develop an abscess several days after onset of tonsillitis symptoms. Also called quinsy, the abscess presents as a pus-filled sac that forms between the wall of the throat and the back of one of the tonsils.

Spread of infection

The infection may also spread to areas around the tonsils, resulting in inflammation and infection of the surrounding structures. For example, bacteria present in the abscess may penetrate the nearby jugular vein, infecting the blood and giving rise to septicemia. This condition is called Lemierre's syndrome and can be fatal if not treated quickly and appropriately.

Infection from the tonsils may also spread to the middle ear resulting in otitis media or middle ear infection.

Crypt formation

The bacteria can also accumulate in the pits on the surface of the tonsils resulting in the formation of crypts, which produce yellow or white, foul smelling stones called tonsillitis.

Breathing difficulty

Recurrent tonsillitis causes the tonsils to enlarge leading to snoring, disturbed sleep and mouth breathing. This is called obstructive apnea.

Streptococcus

Streptococcal infection of the tonsils may lead to complications such as rheumatic fever. Tonsillitis is usually caused by viruses and therefore the use of antibiotics is generally not (affecting the heart valves and the joints) and glomerulonephritis (kidney infection).

Homeopathic treatment for tonsillitis

Homeopathy is one of the most popular holistic systems of medicine. The selection of remedy 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 signs and symptoms from which the patient is suffering.

The aim of homeopathy is not only to treat tonsillitis but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several remedies are available to treat tonsillitis that can be selected on the basis of cause, sensations and modalities of the complaints. For individualized remedy selection and treatment, the patient should consult a

qualified homeopathic doctor in person. There are following remedies which are helpful in the treatment of tonsillitis:

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.

Tonsils tend to suppurate, specially the right. Chronic induration of tonsils.

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.

Alumina – predisposition to tonsillitis, catarrh of fauces and throat; throat sore and dry when talking or swallowing fluid; pricking sensation in both sides of throat and great dryness.

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

Calcaria Phos – chronic tonsillitis with inflammation of the middle ear; throat pains more worse when swallowing.

Calcaria Carb – elongation of valve and inflammation of the tonsils; sensation as if the throat were contracted when swallowing. Pain in throat extending to the ear.

Baryta Iod –hypertrophy of tonsils; chronic enlargement and induration of tonsils; swelling of lymphatic glands, it often prevents suppuration.

Apis Mel – stinging burning pain when swallowing; dryness in mouth and throat; red and highly inflamed tonsils; worse heat or hot drinks, better from cold or cold drinks.

Silicea – deep ulcers, even gangrene; tonsils swollen each effort to swallow distorts face; tonsillitis, when the suppurating gland will not heal; pricking in throat, as from a pin, causing cough; left side.

Lachesis – great remedy for tonsillitis; pus from tonsils; tonsils swollen, left worse with tendency to right; inability to swallow, threatening suffocation.

Lac can – tonsils inflamed, shining very sore, swollen so as almost to close the throat; suppuration from left to right, or changing from side to side, or both tonsils equally affected; whole posterior portion of throat edematous.

Psorinum – tonsillitis, sub maxillary glands swollen; throat burns, feels scalded, pain when swallowing saliva, ulcers on right side, with deep-seated pain and burning in fauces

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