

Role of Homoeopathic Medicines In Case Of Acute Tonsillitis

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Abstract: Background: Background-Homoeopathic accept as true in enhancing the body's own immune system since the disease is not painstaking to be limited to a single organ but of the entire life, a dissonance in the constitution of the individual which makes him susceptible to reduced immune response and hence susceptible to infection, tonsillitis being one of them depending on the most susceptible organ presented to the infection. So a Homoeopathic approach is made to treat the infection, examine all the factors leading to the increased susceptibility of the individual, so that once the helplessness is removed the body would be healthy enough to render itself immune to infections. Material And Method: Prospective, Randomized, Clinical Trial, Sampling Method- Simple Random, follow-up criteria: Potency selection depends on individual susceptibility. Periodical assessment and evaluating were done every 3 days. They were asked to report even before the scheduled date, in the event of experiencing any troublesome symptom or serious illness. Each time changes were noted down regarding presenting complaints or new symptoms. Remedy repeated only if necessary and new remedy considered on the basis of change of symptoms if necessary. Result: concluded that homoeopathy is highly acceptable in cases of acute tonsillitis, the well selected medicine given internally and show improvement in patients and also prevent vigorous surgical procedure such as tonsillectomy and the master Hahnemann is also against of such procedures. [Joshi H Natl J Integr Res Med, 2023; 14(6):8-11, Published on Dated: 28/12/2023]

Key Words: Tonsillitis, acute disease ,homoeopathic

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Introduction: In homoeopathy, we believe to restore the health of a person with protecting his body's own tissues and structures. Treating tonsillitis with internally prescribed medicines will not only relieves symptoms of patients but also gives him/her internal relief with gentle cure. In this way, we can also prevent the further progression of tonsillitis in need of surgical procedure like tonsillectomy.

Tonsillitis is inflammation of tonsils, a common clinical condition caused by either bacteria or viral infection. Visible white streaks of pus on tonsils characterize acute tonsillitis, and the surface of the tonsils may become bright red color. The bacterial tonsillitis is caused mainly by β -haemolytic Streptococcus, called strep throat and to a lesser extent by Staphylococcus aureus and several other bacteria.

Acute tonsillitis is primarily affect children between 5 to 15 years old. The peak incidence of acute tonsillitis occurs between this age group.

Here, there are numerous cases of tonsillitis available among school-going children who are willing to take homoeopathic medicines for their restoration of health, as health of children is the important aspect of community. So through

homoeopathic approach, it's my honour to treat patients in our surroundings who are suffering from tonsillitis with complete restoration of health.

Homoeopathy is the system of medicine which demands thorough analysis and evaluation of case, making totality of symptoms and create a portrait of disease through which we directed towards most suitable homoeopathic remedy.

Aim is to study the role of homoeopathic medicines in case of acute tonsillitis. Primary objective: to study the role of homoeopathic treatment therapeutically in case of acute tonsillitis. Secondary objective: to study the indicated homoeopathic medicine in an individual case of acute tonsillitis

Material & Methods: Type Of Study: Prospective, Randomized, Clinical Trial

Site of Study: Matruchhaya Complex; Mahila College Circle; Bhavnagar; Gujarat 364001; India
Sample Size: 30 Patients

Selection Of Tools: Case Performa, Clinical Examination

Inclusion Criteria: Age- Patients up to 50 years, Sex- Patients of Both sexes are included. Patients irrespective of ethnic group, occupation and socio-economic status will be considered. All the

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patients with sign and symptoms of acute tonsillitis will be considered. Acute exacerbation in chronic disease

Exclusion Criteria: Patients with chronic tonsillitis, Patient with any other systemic illness, Patient with Ca tonsils and patients with tonsillitis who needed tonsillectomy. **Withdrawal Criteria:** Case without proper follow-up., Patient did not come at regular interval for follow-up., Patient did not take medicines properly.

Sampling Technique: Simple Random

Treatment Intervention:

- **Data analysis:** Every patient included in the study was interrogated in detail and the history and examination findings are recorded in the case record. In all cases, a detailed analysis and evaluation were done for erecting the totality. The miasmatic basis of the symptoms was also considered to understand the miasmatic influence in each case.
- **Approach:** Non-Repertorial as well as Repertorial
- **Remedy Selection:** If Repertorial approach will taken then Selection of medicine will make after considering the reportorial analysis and further differentiation with Materia Medica. If Non-reportorial approach will taken Then Selection of medicine will made after completely going through materia medica.
- **Potency selection** will be in regards to posology.

Auxiliary Management: Patients were given instructions regarding diet and regimen. They were advised to avoid cold food and drinks, cold exposure, to do hot salty gargling.

Follow-Up Criteria:

- Potency selection depends on individual susceptibility.
- Periodical assessment and evaluating were done every 3 days. They were asked to report even before the scheduled date, in the event of experiencing any troublesome symptom or serious illness.
- Each time changes were noted down regarding presenting complaints or new symptoms. Remedy repeated only if necessary and new remedy considered on the basis of change of symptoms if necessary.

Result & Discussion: According to my study, there were 74% cases of acute tonsillitis show improvement by homoeopathic approach, whereas 36% of cases show status quo. Hence, 30% of cases were non-improved. Detail results are displayed in table below:

Fig.1. Distribution of Cases According To Age:

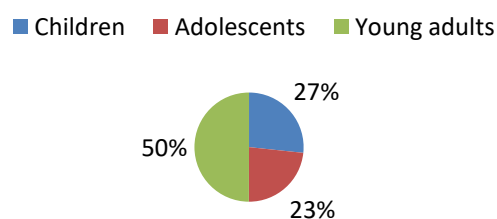


Fig.2. Distribution of Cases According to SEX:

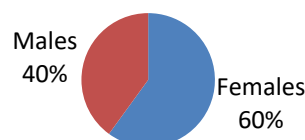


Fig 3. Distribution Of Cases According to treatment by acute medicine

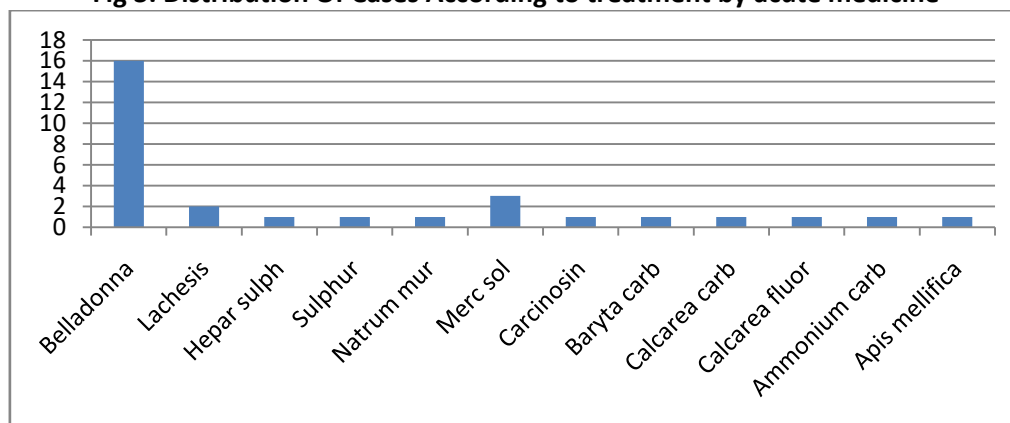


Fig 4. Distribution of cases according to the Prescribed potency of medicine

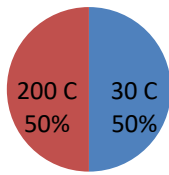


Fig 5. Distribution of cases according to BRODSKY SCALE (Before treatment)

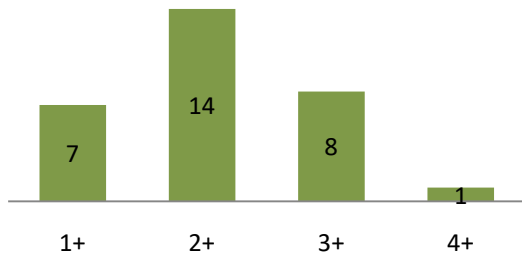
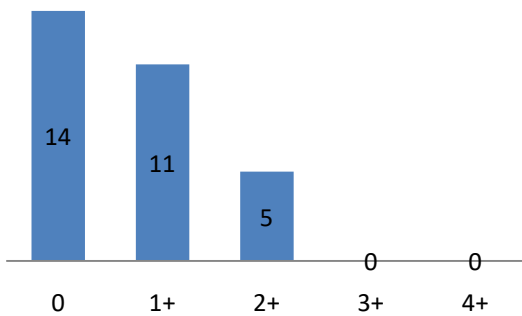


Fig 6. Distribution of cases according to Brodsky scale (After treatment)



VISUAL ANALOGUE SCALE (VAS): It is one of the pain rating scales. It is often used in epidemiologic and clinical research to measure the intensity of symptoms.

Fig 7. Distribution of cases according to VAS scale (Before treatment)

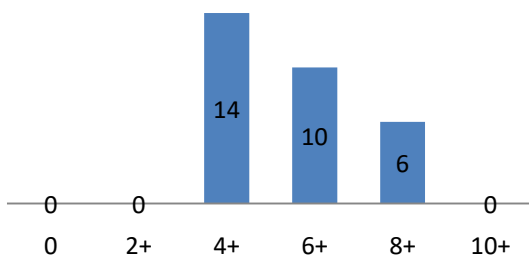
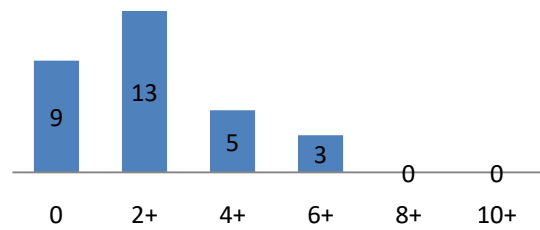


Fig 8. Distribution of cases according to the Prescribed potency of medicine



Conclusion: Among 30 cases of Tonsillitis, Belladonna is regarded as mostly selected acute medicine in acute tonsillitis because Belladonna is an acute and short acting medicine and its peculiar affinity towards tonsil affections help in achieving cure in patient and It gives improved results in given cases.

Although such cases with characteristic symptoms required medicines other than Belladonna such as Lachesis, Hepar sulph, Sulphar, Baryta carb, Calcarea carb, Calcarea flour, Natrum mur, Carcinosis, Merc sol. According to my study, Acute Tonsillitis is commonly affected among young adults between 18-39 years of age. It is commonly affected in female (18 cases) among These 30 cases.

In 15 cases of tonsillitis, we prescribed these acute medicines in 30C potency and remaining 15 cases required 200C potency according to the susceptibility criteria of patient. We prescribed medicine mostly based on the characteristics acute totality of patients which give immense results in most of the cases. Hence, we get to know about instant results of acute homoeopathic medicines in cases of acute tonsillitis very precisely.

This is the best way to study the homoeopathic approach in acute tonsillitis.

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