

**A review: on homoeopathic management in acute and recurrent tonsillitis in
paediatric age group of 2 to 15 yrs.**

**Una revisión: sobre el manejo homeopático de la amigdalitis aguda y recurrente
en el grupo de edad pediátrica de 2 a 15 años.**

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Abstract

Tonsillitis is the most common condition found in children between the age group of 2 to 15 years. Tonsillitis can attack once a year in acute condition or repeated attacks of acute condition annually more than one attack can lead to recurrent tonsillitis. This can lead to further severe complications in children. A homoeopathic medicine gives better results in treating tonsillitis both in acute & recurrent episodes. To treat the acute condition of tonsillitis and to control the recurrent attacks of tonsillitis there are 3 major requirements for a homoeopath, which are remedy, potency and dose. Out of these 3, the most important and difficult part is the selection of potency for his patient. So, according to the susceptibility of a patient, it guides us in the selection of the most suitable potency. The cases were treated with higher potencies. This study shows that Homoeopathic Remedies are very effective in high potencies in treating Acute and Recurrent Tonsillitis. As conclusion, homoeopathic Remedies are very effective in high potencies in treating Acute Recurrent Tonsillitis in Paediatric age group of 2 to 15 years.

Keywords: Acute Tonsillitis, Recurrent Tonsillitis, Homoeopathy, Higher Potencies

RESUMEN

La amigdalitis es la afección más común que se encuentra en niños de entre 2 y 15 años. La amigdalitis puede atacar una vez al año en una condición aguda o ataques repetidos de una condición aguda anualmente, más de un ataque puede provocar amigdalitis recurrente. Esto puede provocar más complicaciones graves en los niños. Un medicamento homeopático da mejores resultados en el tratamiento de la amigdalitis tanto en episodios agudos como recurrentes. Para tratar la afección aguda de la amigdalitis y controlar los ataques recurrentes de amigdalitis, existen tres requisitos principales para un homeópata, que son remedio, potencia y dosis. De estos 3, la parte más importante y difícil es la selección de la potencia para su paciente. Así, según la susceptibilidad de un paciente, nos

orienta en la selección de la potencia más adecuada. Los casos fueron tratados con potencias más altas. Este estudio muestra que los remedios homeopáticos son muy eficaces en altas potencias en el tratamiento de la amigdalitis aguda y recurrente. Como conclusión, los remedios homeopáticos son muy eficaces en altas potencias en el tratamiento de la amigdalitis aguda recurrente en el grupo de edad pediátrica de 2 a 15 años.

Palabras clave: amigdalitis aguda, amigdalitis recurrente, homeopatía, potencias superiores

INTRODUCTION

Tonsillitis is the inflammation of the tonsils. Areas of the back of the throat include the pharyngeal tonsils, the adenoids, and the lingual tonsils rarely get involved, get infected and inflammation occur. Tonsillitis caused due to viral or bacterial infections or any other immunological factor [1].

Signs and Symptoms 2: Sore throat, coughing. Red and swollen tonsils, Pain on swallowing, high grade fever, Headaches, Tiredness, Pain extending to ears or neck, Pus filled spots on tonsils, Tender cervical lymph nodes and neck stiffness (often found in acute tonsillitis), dehydration 2.

Types of Tonsillitis 3: Acute Tonsillitis: It is the acute inflammation and infection of the tonsil i.e. Palatine tonsils. The patient presents with a sore throat, dysphagia i.e. difficulty swallowing, and odynophagia i.e. painful swallowing, foul breath, fever, and tender cervical lymph nodes. Swelling causes mouth breathing, snoring, and sleep apnoea. Malaise feeling and letharginess 2.

Recurrent tonsillitis: In recurrent tonsillitis, there are multiple episodes of acute tonsillitis in a year 2.

Chronic tonsillitis: Chronic tonsillitis is the repeated attacks of acute tonsillitis in which permanent damage of the tonsils or it can be due to incomplete resolution. If there are 3 to 4 attacks of acute tonsillitis in a year is considered chronic tonsillitis. The patient presents with complaints of chronic sore throat, halitosis, tonsillitis, and cervical nodes that are persistently tender 3.

Tonsillitis Complications [5]: Acute Tonsillitis often resolves within 3 to 4 days. Fever and other symptoms usually subside within a week and if the symptoms do not improve or it gets worse afterward.

Recurrent tonsillitis or Chronic tonsillitis severely affects a person's daily activities. It can also affect growth and development.

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

- At least 7 episodes of tonsillitis in a year
- At least 5 episodes in two years
- At least 3 episodes in three years

Peritonsillar abscess - The abscess presents as a pus-filled sac, also called quinsy.

Spread of infection results in inflammation and infection of the surrounding structures.

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

In Recurrent tonsillitis - the enlargement of the tonsils leads to snoring, disturbed sleep, and mouth breathing. This is called obstructive apnea.

Streptococcus Streptococcal infection of the tonsils leads to complications such as rheumatic fever Tonsillitis is caused by viruses and therefore the use of antibiotics is generally not (affecting the heart valves and the joints) and glomerulonephritis (kidney infection)[5].

Treatment: Tonsillitis can be cured with the homoeopathic medicines with permanent restoration of health. Many severe cases of Recurrent Tonsillitis where tonsillectomy is advised homoeopathic medicines play a great role and surgical intervention can be avoided².

Homeopathy, invented by Samuel Hahnemann (1755-1843), is based on the principle "like cures like" [4], which in Greek means "like a disease", and is based on the seven principles:

1. Similia similibus curentur, let like cure like
2. Minimum dose
3. Potentized remedy
4. Proving or experiments using healthy people
5. Theory of Chronic Diseases
6. The theory of Vital Force
7. Doctrine of Drug Dynamisation.

MATERIALS AND METHODS

A comprehensive search for clinical research on human beings related to Acute and Recurrent Tonsillitis was carried out.

The clinical studies related to the veterinary system of treatment were excluded but allopathic and other complementary therapies (Homoeopathy, Ayurveda, Unani) were included in this review.

Search methods for identification of studies

Electronic search: For all human clinical research and review papers, a thorough literature search was done in the major worldwide search databases such Pub-Med, Research Gate, Google Scholar, and Thieme. Additionally, direct searches were conducted on individual peer-reviewed journal websites that publish articles on homoeopathy.

Search terms: For this search all keywords related to Tonsillitis such as Tonsillitis, Acute Tonsillitis, Recurrent Tonsillitis, Upper Respiratory Tract Infection, Sore Throat Homoeopathic/ Homeopathy, Ayurvedic, Allopathic were used.

REVIEW OF LITERATURE

1. Malapane E, Solomon EM, Pellow J. Efficacy of a homeopathic complex on acute viral tonsillitis. The Journal of Alternative and Complementary Medicine. 2014 Nov 1;20(11):868-73. Acute viral tonsillitis is self-

limiting, and traditional remedy alternatives are typically palliative. Homeopathic treatments are, providing in advanced symptom resolution, cost-effectiveness, and less detrimental effects. The study was a randomized, double-blind, placebo-controlled, 6-day pilot study. 30 children, aged 6 to 12 years, with acute viral tonsillitis were recruited from a primary school in Gauteng, South Africa. Participants took two tablets of the medication four times daily. The treatment group received the homeopathic complex (Atropa belladonna D4, Calcarea phosphoricum D4, Hepar sulph D4, Kalium bichromat D4, Kalium muriaticum D4, Mercurius protoiodid D10, and Mercurius biniodid D10). The Wong-Baker FACES Pain Rating Scale was used to measure pain intensity, and a Symptom Grading Scale assessed changes in tonsillitis signs and symptoms. The homeopathic complex used in this study is significant anti-inflammatory and anti-analgesic qualities in children with acute viral tonsillitis.

2. Jain S. Homeopathic Management of Tonsillitis in Paediatric Age Group: A Review. *Journal of Medical and Pharmaceutical Innovation*. 2020 Oct 23; 7(36):9-11. The disease of the tonsils is the most common problem are more prevalent in children of low socioeconomic countries like India due to poor nourishment, poor orodental hygiene and congested surroundings. Infection of tonsillar disease on a child's health leads to a major threat of morbidity and mortality due to local and systemic complications. Homoeopathy views disease in a 'Holistic Way' as it is based on Similia Similibus Curentur (Let likes be cured by like) is the basic principle of homeopathy. This is achieved through similar medicines, which act in the dynamic plane.

3. Babita R. A clinical research study on the efficacy of homoeopathic medicines in cases of recurrent Tonsillitis. *Research Journal of Recent Sciences*. 2015;4:13-5. Tonsillitis is a inflammation of the pharyngeal tonsils, the small glands at the back of the throat behind the tongue. The cause of tonsillitis is a bacterial, viral infection and immunological factors. Tonsillitis is most commonly found in children, who have at least one episode in a year and in recurrent condition at least 5 attacks per year. It can cause a significant impairment in quality of life. This clinical study was done with the aim of proving the efficacy of homoeopathic medicines in cases of recurrent tonsillitis in which 30 cases were included, maximum cases were below 18-20 years of age. Homoeopathic medicine like Baryta carb, Silicea, Hep Sulph, Bella, lachesis, Psorinum, Ars alb were prescribed on the totality of symptoms that helped the cases and thus, with the holistic approach, proved that homoeopathic medicine is very effective in treating the cases of recurrent tonsillitis.

4. Furuta SE, Weckx LL, Figueiredo CR. Randomized, double-blind trial on the efficacy of homeopathic treatment in children with recurrent tonsillitis. *Revista de Homeopatia*. 2017 Oct 3;80(3/4):136-41. A clinical trial that includes 40 children between the ages of 3 to 7 years old. 20 were treated with homeopathic medication and 20 children placebo was given. Follow-up was taken 4 months per child. Homeopathic treatment was effective in children in cases of acute recurrent tonsillitis as compared to placebo, 14 children (78%) were not advised.

5. Volinsky A A. A clinical case of chronic tonsillitis treatment using homeopathy and autosodes. *International Journal of Homoeopathic Sciences*, accepted. 2021. . Tonsillitis is an inflammation of the tonsils. Recurrent infection of acute respiratory diseases leads to develops chronic tonsillitis which is accompanied by inflammation of the mucous membrane of the pharynx. In this article, the author explains a clinical case of successfully treating chronic tonsillitis using homeopathic remedies and autosodes prepared from tonsil stones.

After treatment with autosodes and homeopathic complex preparation Phytocyanatus, the number of exacerbations decreased.

6. Ganganagar S. A Brief Study of Efficacy of Homoeopathic Medicines in Controlling Tonsillitis in Paediatric Age Group. The study group of 30 was selected based on the sampling method. This is a before and after without control type of experimental study. The overall response of the treatment was assessed with the help of 10 Homoeopathic medicines. It was observed that out of 30 patients, 18 (60%) patients were cured, 10 (33%) patients improved, and 2 (7%) patients showed no response. This study shows the predominance of Psoric Miasm in cases of Tonsillitis. Out of 30 cases, 14 (46.67%) cases were purely Psoric, 13 (43.33%) cases were Syphilitic, 1 (3.33%) cases were Tubercular, and 2 (6.67%) cases were Syphilis. Homeopathic constitutional remedies are very effective in treating tonsillitis in the paediatric age group.

7. Riswana, A (2018) A Clinical study to Understand the Role of Susceptibility in the Homoeopathic Treatment of Acute Tonsillitis. Masters thesis, Sarada Krishna Homoeopathic Medical College, Kulasekharam. Acute Tonsillitis is a common condition in children & this condition is well treated with homeopathic medicines in everyday practice. Most major 3 requirements for treating this condition are the knowledge of remedy, potency & dose. The most difficult task is the selection of suitable potency. This study aims to quantify the nature of susceptibility of patients with acute tonsillitis and to study the effectiveness of the potency prescribed based on this quantification. Common remedies indicated for acute tonsillitis are RHUS TOXICODENDRON, MERCURIUS SOLUBILIS, SILICEA TERRA, and TUBERCULINUM. Out of 30 cases of acute tonsillitis 17 cases (57%) indicated as high susceptibility, 13 (43.33%) moderate susceptibility, and 0% with low susceptibility. It shows susceptibility is high for Acute Tonsillitis. The cases were treated with potencies of 200 and 1M. This study shows that 1M potency is more indicated. In all the cases the intensity of the symptoms has markedly reduced within 3 days of the treatment. This study proves that quantification and assessment of susceptibility are useful for the selection of potency in the treatment of acute tonsillitis.

8. Geethi, S Gopinath (2018) *A Clinical study on the role of Mercury Group Remedies in the Management of Acute Tonsillitis in Children*. Masters thesis, Sarada Krishna Homoeopathic Medical College, Kulasekharam. 30 cases with an acute episode of tonsillitis, 26 cases responded well to Mercurius solubilis while 4 cases responded well to Mercurius Iodatus flavus. Coming to the significance of potencies, 200C was given to 25 indicated cases, of which 24 showed a marked improvement and 1 case showed a moderate improvement. 30C was given to 3 cases and 1M was given to 2 cases. All these five cases had a marked improvement in their symptoms. This study shows that remedies in the Mercury group were found to be very effective in managing acute tonsillitis in children.

9. Sharma J, Sharma S, Kushwah NS. Lesser known homoeopathic medicines of tonsillitis. Tonsils are the immune system and the first line of defense mechanism against viruses and bacteria. Tonsillitis is a common clinical condition and its recurrence or frequent attacks suggest low immunity in an individual. Homoeopathy is highly effective and safe in treating tonsillitis. Some lesser-known homeopathic medicines are used in this article and are effective and useful in cases of tonsillitis. Homoeopathic medicines like Agraphis nutans, Echinacea angustifolia

(Rudbeckia), Elaps corallines, Fagopyrum esculentum, Guaiacum officinale (Guajacum officinale), Gun powder, Indium metallicum, Mancinella, Mercurius iodatus flavus, Mercurius iodatus ruber, Polyporus pinicola, Raphanus sativus, Sinapis nigra (Brassica nigra), Streptococcinum. Homeopathic medicines are commonly used in cases of tonsillitis to avoid unnecessary surgical removal of tonsils. There are always a common set of homeopathic medicines which are used as a part of prescriptions for tonsillitis, but we need to enhance our knowledge about medicines & should expand our knowledge of choice of prescription. This will guide us about the action & effectiveness of these lesser-known medicines in practice.

10. Ramchandani NM. Homoeopathic treatment of upper respiratory tract infections in children: evaluation of thirty case series. *Complementary Therapies in Clinical Practice*. 2010 May 1; 16(2):101-8. Acute respiratory tract infections (ARTIs) are common condition and it leads to complications. Most children experience between 3 to 6 years of age ARTIs annually. Although these infections are self-limiting.. Many treatments are used to control symptoms and shorten illness duration. Most have minimal benefit and may lead to adverse effects. Oral homeopathic medicinal products could play a role in childhood ARTI management & established the evidence for effectiveness.

11. Rajeswari KR. A clinical study in homoeopathic management of acute tonsillitis. Acute tonsillitis is an infectious disease that causes inflammation in the tonsillar tissues. It is the acute infections of the palatine tonsils that can affect people of any age but most commonly affects school-aged children. Most commonly patients with acute tonsillitis affected in the age range of 3 to 30 years, both sexes, were the inclusion criteria. The symptoms of acute tonsillitis are caused by a bacterial or viral infection which includes a sore throat that gets worse while swallowing, difficult or painful swallowing, fever, enlarged tender lymph nodes in the neck, body aches, and a general feeling of malaise. Homeopathic treatments are high effectiveness and can help prevent tonsillitis complications and recurrence. Drugs like Mercurius solubilis followed by Hepar sulph that was prescribed most frequently in the cases.

12. Sailakwal D, Saxena IG. Tonsillitis: Cross repertorization & homoeopathic. Tonsillitis is an inflammation of the tonsils, which are two lymph nodes located on either side at the back of the throat. As they are part of the immune system they act as a filter trapping the germs that enter the airways and cause infection. They produce antibodies to fight against infection. This is an article about Tonsillitis focusing on classification, etiology, clinical type, and homeopathic medicines related to various rubrics in different repertories by Cross Repertorization. The Rubrics for Tonsillitis From Different Repertories Are As Follows: Boenninghausen Repertory [9] Throat, Tonsils (23), Bogar Repertory [10] Throat (And Gullet): Inflamed: Tonsils: (44), Kent Repertory [11] Throat, Inflammation, Tonsils (67), Complete Repertory [12] Throat, Inflammation, sore throat Tonsils (162), Murphy Repertory [13] Throat, Tonsillitis, infection, tonsils (67), Phatak Repertory [14] Tonsils (20), Boericke Repertory [15] Throat, Tonsils, Inflammation (Tonsillitis) Acute (38), Repertorial Result Based on the above-given rubrics of tonsillitis from different repertories. 1. Mercurius Solubilis 7(23) 2. Baryta Carb 7(20) 3. Mercurius Iodatus Ruber 7(18) 4. Phytolacca 7(18) 5. Baptisia Tinctoria 7(16) 6. Sulphur 7(13) 7. Nitricum Acidum 6(21) 8. Belladonna 6(19) 9. Lachesis 6(19). These

are some top remedies found through cross Repertorization. Homeopathy helps to prevent the surgical removal of tonsils in more than 70% of cases and helps to maintain and improve the immunity of the child with homeopathy.

13. Sekhar A. An observational retrospective study on prevalence of tonsillitis in children below 15 years. Tonsillitis is a common upper respiratory tract infection among children in school. Predictable therapy options are usually conservative because this ailment is self-limiting. In the diagnosis of acute upper respiratory tract infections in children, homeopathic medicines are a functional alternative to conventional pharmaceuticals, offering quicker symptom resolution, cost-effectiveness, and fewer side effects. This study was meant to determine the efficacy of homeopathic medicines on the symptoms of tonsillitis in children below 15 years. The retrospective study on the prevalence of tonsillitis in children was conducted during the period (of May 2021 to October 2021). The results of this study concluded that tonsillitis is more prevalent in male children between 10-15 years of age, and the leading remedies were Streptococcinum and Belladonna which gave a long-standing improvement in the condition among children.

14. Choudhary P, Vyas P, Shrivastav AK. Role of Physical General Symptoms in Acute Homeopathic Prescribing of Tonsillitis. *Journal of Medical and Pharmaceutical Innovation*. 2020 Oct 11;7(34). This article tried to explore the role of physical general symptoms in acute homeopathic prescribing. In homeopathy selection of the right medicine is not an easy task, especially in acute cases. In acute pathological symptoms are more prominent and disturbing to the patient. In cases of tonsillitis particular or pathological symptoms are more prominent and have been presented by the patient with the complaints but from the homeopathic prescribing point of view, only these pathological symptoms are not sufficient for the selection of the remedy. Physical general symptoms include appetite, desire, aversion, etc. They help in the selection of a homeopathic remedy. As these physical general symptoms along with particular symptoms of tonsillitis reflect the individuality of the patient which is the most important in homeopathic case-taking.

15. Chakraborty S, Uchat UG, Ghosh P, Singh NK, Koley M, Saha S. Agraphis nutans in Treatment of Chronic Tonsillitis: Randomised, Pragmatic, Equivalence Trial. *Homœopathic Links*. 2022 Jun;35(02):113-24. An open, randomized, pragmatic, equivalence trial was conducted to compare the effects of AN with IHMs. Agraphis nutans (AN) is a potential homeopathic medicine in the treatment of chronic tonsillitis. This trial attempts to compare the effects of AN with individualized homeopathic medicines (IHMs) in the treatment of chronic tonsillitis in adults. 60 adults suffering from chronic tonsillitis were randomized to receive either AN (n = 30) or IHMs (n = 30). Three visual analog scales (VASs) in the sore throat pain model (STPM) – sore throat pain intensity scale (STPIS), difficulty swallowing scale (DSS), and swollen throat scale (swots)—were used as the primary outcome while tonsil and adenoid health status instrument (TAHSI) and Glasgow benefit inventory (GBI) as the secondary outcomes; and they were measured after 6 and 12 weeks. The intention-to-treat sample was analyzed to detect non-inferiority of AN against IHMs and group differences using two-way (split-half) repeated measure analysis of variance and unpaired t-tests. Reductions in all three STPM-VASs, TAHSI, and GBI total and subscale scores were significant in the IHMs group (all $p < 0.001$, except TAHSI halitosis and nocturnal breathing subscale scores), but not in the AN group.

Still, except for GBI, non-inferiority was exhibited by AN against IHMs in the rest of the outcomes after 6 and 12 weeks (all $p < 0.001$). Hepar sulphuris calcareum ($n = 11$; 36.7%) and Mercurius solubilis ($n = 3$; 10%) were the most frequently prescribed remedies in the IHMs group. Conclusion AN performed non-inferior to IHMs in the treatment of chronic tonsillitis in adults; however, it may result from suppression of symptoms. Rigorous and larger trials are warranted.

CONCLUSION

Study shows the effectiveness of homeopathic medicines in treating cases of Acute and Recurrent tonsillitis and helps in preventing complications and recurrence. Many common remedies, specifically, autosodes were used in treating tonsillitis in children. Cross-repertories of different repertories were used, which increases the knowledge of rubrics related to tonsillitis according to the different repertories. Studies have proved that the homeopathic system is the superior and holistic system of treatment method for treating acute and recurrent tonsillitis, and also proved that it is not just a placebo effect.

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