

Efficacy of Homoeopathic Medicines in Cases of Acute Tonsillitis in Children

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Abstract: Acute Tonsillitis is affecting millions of children every year. Acute tonsillitis itself is usually not a grave condition but can lead to complications if left untreated. Homoeopathy can be used as a good alternative to the conventional methods in treating both acute and viral tonsillitis cases with early resolution of symptoms and reducing the chances of complications. Objective of the study is to analyze the effectiveness of prescribing similimum in different types of cases of acute tonsillitis in children. **Result:** In my study of 50 cases, 34 cases showed recovery that is 68%, 9 cases showed improvement that is 18%, and only 7 cases showed no relief that is 14%. Most prescribed medicines were Belladonna, Merc sol, Hep sulph, Aconite etc. visual analogue scale both before and after the treatment was used to assess the intensity of changes in the symptoms felt by the patient. **Conclusion:** Present study showed significant results with recovery in 34 cases and improvement in 9 cases. Homoeopathic approach in treating cases of acute tonsillitis cases on the basis of individualization and totality of symptoms shows remarkable success. Homoeopathy was only not only successful in annihilating the disease but also prevent its reoccurrence and complications.

Keywords: Palatine tonsils, Acute Tonsillitis, Homoeopathy, viral, Bacterial

1. Introduction

Acute tonsillitis is an upper respiratory tract infection affecting millions of children each year. It is one of the prevalent ailments with typically rapid onset, the implications of which disrupt day to day life of children. Acute tonsillitis itself is usually not a grave condition but can lead to complications if left untreated. The purpose of the study is to know the efficacy of homoeopathic medicine in treating both viral and bacterial acute tonsillitis cases rapidly. Although acute viral tonsillitis infection is self limiting, it might deeply affect the quality of life.

Acute bacterial tonsillitis and their complications are most prevalent cause of antibiotic prescribing in the primary care. Antibiotic resistance is a global public health issue. The prevalence of resistant bacteria is rising. In the light of antimicrobial resistance, homoeopathy offers alternative approach in overcoming the development of antibiotic resistance. Dr Clark states that tonsils enlargement is generally due to some constitutional weakness, and must be treated constitutionally. The lymphatics, therefore, not only deal with the waste of body, they attack the products of diseased action, and so far as they can, destroy the virus of disease.

2. Materials and Methods

Source of data

The study has been conducted on the patient attending OPD/IPD and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital.

Sample size

A sample size of 50 was selected on the basis of non randomized sampling method. Children up to 12 years of age, of both sexes and irrespective of the socio economic status were selected.

Type of study

Exploratory study.

Inclusion criteria

Children up to 12 years. Patients with a clinical diagnosis of pharyngotonsillitis.

Exclusion Criteria

Acute tonsillitis with acute glomerulonephritis, subacute bacterial endocarditis, rheumatic fever, peritonsillar abscess (quinsy) etc.

Treatment method

After proper case taking medicine has been selected following homoeopathic principles. Repetition and Change of Potency has been done according to instructions given in Organon of Medicine, Diet and Regimen was set according to instructions given in Organon of Medicine by Dr. Samuel Hahnemann.^[4] Follow up and assessment of the case was done every 5 days. Diagnosis was made on the basis of clinical history, examination findings and lab investigations. Medicine was prescribed on the basis of individualization, symptoms similarity and totality of symptoms after proper repertorisation and references from various sources of Material Medica.

3. Results

The treatment results showed full recovery/improvement in maximum cases and only 14% of cases had no improvement. The three symptoms taken into consideration for evaluation were pain, swallowing and swollen throat were measured using VAS scale before and after treatment. The most common symptoms present in all the cases were pain and difficulty swallowing. The statistical evaluation of the symptoms both pre and post treatment were done and it showed us significant result in cases after taking homoeopathic prescription.

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4. Conclusion

During my study, I found that medicines selected considering the totality of symptoms of the individuals strictly according to the homoeopathic principles are very effective in treatment of cases in acute tonsillitis in children. Homoeopathic remedies not only annihilate the disease but also prevent further complications associated with it and prevent reoccurrence of this condition.

5. Acknowledgment

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6. Conflict of interest

The author declare that there is no conflict of interest.

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