

Role of Homoeopathic Medicines in the Treatment of Adenoid Hypertrophy

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Abstract: *The adenoids are present at birth and enlarge throughout childhood, reaching peak size by age seven. In most individuals, they will regress in size during puberty and may be nearly absent by adulthood. For this reason, adenoiditis is commonly a problem of childhood and adolescence. Adenoiditis occurs when there is inflammation of the adenoid tissue resulting from infection, allergies, or irritation from stomach acid. Adenoiditis rarely occurs on its own and is more often involved in a more extensive disease process such as adenotonsillitis, pharyngitis, rhinosinusitis, etc. Continual irritation may lead to adenoid hypertrophy which is responsible for many of the complications of adenoid disease. The role of homoeopathic medicines is very important because study shows remarkable improvement in patients suffering from adenoid hypertrophy. Out of 50 patients, 36 patients were markedly improved, 13 patients were improved and 1 patient didn't show any improvement. The outcome was assessed every month. overall recovery was measured by size of adenoid glands and change in symptoms.*

Keywords: adenoid hypertrophy, homoeopathic medicines, lymphatics, children

1. Introduction

The adenoids are believed to play a role in several infectious and non infectious upper airway disorders in children. Adenoid hypertrophy have a significant influence on the health of child. The estimated prevalence of adenoid hypertrophy among children aged between 6 months to 15 years has been reported to be 19 to 58%. Enlarged adenoids are a concern in young children as they can be major source of recurrent infections like sore throat, middle ear infections and sinusitis and form a bulk of pediatric cases in day to day practice.

The conventional system of medicine recommends surgery as a solution for enlarged adenoids, but it is not a definite solution to the problem as it prevents the Upper Respiratory Tract Infections but paves way for recurrent lower respiratory tract infections.

With the help of homoeopathic medicines, there is marked improvement in cases of adenoid hypertrophy and reduction in the need for adenotomy.

2. Materials and Methods

Source of data

The study was 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 cases were selected on the basis of randomized sampling method. Patients of both sexes were selected irrespective of socioeconomic status.

Type of study

Exploratory study

Inclusion criteria

Cases where adenoid hypertrophy is diagnosed in the

children presenting with signs and symptoms of it.

Exclusion criteria

Any other cases where symptoms are similar to that of adenoid hypertrophy but not pertaining to adenoid hypertrophy

Treatment method

After proper case taking, medicine has been selected following homoeopathic principles. Repetition and change of potency is done according to the instructions given in the organon of medicine. Follow up and assessment of the case was done every 15 days. Diet and regimen was given according to each case and aggravating factors of the patient. Medicine was prescribed on the basis of individualization, symptom similarity, and totality of symptom after proper case taking and repertorization after taking reference from various sources of material medica.

3. Result

Out of 50 patients, 36 patients were markedly improved, 13 patients were improved and 1 patient didn't show any improvement.

4. Conclusion

This study was conducted to determine the efficacy of homeopathic medicines in the treatment of adenoid hypertrophy. Out of 50 patients, 36 patients were markedly improved, 13 patients were improved and 1 patient didn't show any improvement. Homoeopathy is not only effective in treating the disease but also improving the quality of life.

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6. Conflict of interest

The author declares that there is no conflict of interest

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