



‘A CLINICAL STUDY OF ASCERTAINING EFFICACY OF HOMOEOPATHIC MEDICINES IN THE MANAGEMENT OF TONSILLITIS’

Dr. Poorav Desai^{1*}, Dr. Rakesh Gohel², Dr. Abhay Dharamsi³, Dr. Zankhana Desai⁴, Dr. Veerbhadrappa C⁵.

¹*PhD Scholar, Jawaharlal Nehru Homoeopathic Medical College, Faculty of Homoeopathy, Parul University. Email: - poorav.desai@paruluniversity.ac.in,

²Guide: Prof. Dr. Rakesh Gohel - Faculty of Homoeopathy, Parul University
Email:-rakesh.gohel@paruluniversity.ac.in

³Co-guide: Prof. Dr. Abhay Dharamsi-- Faculty of Pharmacy, , Parul University
Email:-abhay.dharamsi@paruluniversity.ac.in

⁴Professor Dept. Community Medicine, JNHMC- Parul University
Email:-zankhana.desai@paruluniversity.ac.in

⁵Associate Professor & PG Guide, Dept. Practice of Medicine, GHMC, Bengaluru.
Email:-drveeru9@gmail.com

***Corresponding Author:** Dr. Poorav Desai

*PhD Scholar, Jawaharlal Nehru Homoeopathic Medical College, Faculty of Homoeopathy, Parul University. Email:- poorav.desai@paruluniversity.ac.in,

Abstract:

Background: Tonsils are the group of lymphoid tissue found around the oropharyngeal isthmus. They are the most important structures to ensure the self-defense mechanism of the body. The inflammation of the tonsils are called Tonsillitis, having much prevalence in children between the age group of 5 to 15. By Allopathy the tonsillitis is either managed temporary by administering antibiotics or by removed surgically. Homoeopathic medicines are found to be very effective in the management of tonsillitis permanently. It can not only prevent the unindicated surgery of tonsils but also preserve the self-defense mechanism of the body among the children and proven to be a boon for them. This study was taken to ascertain the effectiveness of these indicated homoeopathic medicine in the management of Tonsillitis.

Methodology: Prospective, Open trial, clinical study was conducted in the OPD of Jawaharlal Nehru Homoeopathic Medical College Hospital, Limda, Dist. Vadodara. Total 75 samples of pre-diagnosed or cases with clinical presentation of tonsillitis between 5- 45 years of age irrespective of gender were included in the study. Samples were given indicated homoeopathic medicines for Tonsillitis.

Results: Homoeopathic medicines namely, the Merc Sol, Kali Bich, Belladonna, Hepar sulph, Phytolacca, Bar. Carb, Lachesis, Silicea, Lac Can, Calc Carb, Lyco and Nit Acid were found to be indicated medicines in the management of tonsillitis.

Conclusion: In this study Homoeopathic Medicines were found very effective in the treatment of tonsillitis.

Keywords: Tonsillitis, Homoeopathy, Well indicated Homoeopathic Medicines, Tonsillectomy, Clinical study

INTRODUCTION

The tonsils are composed of lymphoid tissues located at the back of the throat. They are the part of lymphatic system. They contain several types of T-cells and B-cells, the type of white blood cells, which play a role of protection of body from external infection.

Inflammation of Tonsils is called Tonsillitis, which is characterized by following **sign and symptoms:**

- Throat pain which may last for more than 48 hours and it may sometimes referred to the ears.
- There is soreness and tenderness during swallowing of anything. Even empty swallowing also causes pain.
- Foul odour from the mouth called Halitosis.
- Severe lethargy, feverishness or low-grade of fever accompany with acute tonsillitis.
- High to moderate fever followed by chill may found in case of sepsis on the tonsils.
- Hoarseness of voice or changes in the voice or dry cough may associate with it.
- A whitish coating on the tongue, and a grey membrane covering tonsils may be found.
- Pinpoint red spots on soft palate with painful ulceration on the throat may be seen.
- Mild to severe Headache may be found.
- The sub maxillary lymph nodes are enlarged and tendered in case severe acute tonsillitis
- There is snoring in children if the adenoids are enlarged.
- The chronic sinus hypertrophied condition with adenoid can causes sleep disorders like apnoea
- On Examination shows intense redness of tonsils and pharynx.
- There is poor appetite, increased irritability also notice in small children having tonsillitis.

Point favoring homeopathic treatment to manage tonsillitis

- Homeopathy medicines are very safe and without any side effects and ensure the recovery in a very smooth and holistic way.
- It can be given to all age group. For children, it is very palatable and thus favorite.
- It not only cure the tonsillitis, but also cures person as a whole.
- It gives rapid relief in compare to other therapy and also offers a long term cure.

Here are some common homeopathy medicines given for tonsillitis

❖ BARYTA CARB :-

- Indicated in infancy and old age. [II]
- Patient subject to quinsy, take cold easily, or with every, even least, cold have an attack of tonsillitis, prone to suppuration. [I]
- Submaxillary glands and tonsils swollen. [II,IV]
- Takes cold easily with stitches and smarting pain. [II,IV]
- Tonsils inflamed with swollen vein. [III,IV,V]
- Suppuration tonsils from every smarting pain. [III,IV,V]
- Enlarged tonsils, Quincy smarting pain when swallowing, worse from empty swallowing. [I,II,III,IV,V]
- Feeling of a plug in pharynx. Can swallow liquid only. [I,II,III,IV,V]
- Swelling and indurations, or incipient suppuration of glands, especially cervical. [I,III]
- Great sensitiveness to cold. [I]
- Tonsils are affected by every cold, or < during menses. [V]
- Spasm of esophagus as soon as food enters esophagus, causes gagging and choking. [II,IV,V]
- Sudden water brash. [IV]
- Throat troubles from overuse of voice. [III,IV,V]
- Stinging pain in tonsils, pharynx and larynx. [IV]

- Much burning in throat. [IV,V]
- Painful swelling of parotid and of submaxillary gland. [III]

- **MODALITIES :-**
 - < Cold drinks, food, change of weather, thinking of own element, open air.

❖ **BELLADONA**

- Indicated in acute tonsillitis. [II,III]
- Dry, hot and enlarge tonsils. [IV]
- Tonsillitis worse on right side.[I II IV V]
- Dry, as if glazed, angry- looking congestion. [IV]
- Redness, worse on right side. [II,IV]
- Throat feel constricted, swallowing difficulty, worse liquids. [IV]
- Muscles of swallowing very sensitive. [I,III,IV]
- Patient drinks in sips. Must take a drink to swallow solid food. [IV]
- When swallowing, bends head forward and lift up knees. [II,IV]
- Esophagus is dry, feels contracted with spasm in throat. [I,II,III,IV,V]
- Urging to swallow with choking and scraping sensation. [IV,V]
- Hypertrophy of mucous membrane. [II,IV]
- Aphthous patches on tonsils. [II]
- Red fiery tonsils and throat enlargement of uvula, dry swollen tongue protruded. [II]
- Swelling of parotid with shoot and tractive pains, which extend even to throat. [III]
- Sudden onset and sudden disappearance of symptoms. [I,II,III,IV,V]
- Modalities:
 - < Touch, motion, jar, draught
 - >Semi erect position

❖ **CALCAREA CARB**

- Indicated remedy for chronic and recurrent tonsillitis. [II,III]
- Patient has very sensitive throat, every cold settles into throat. [II]
- Tonsil glands are enlarged, inflamed and associated with multiple pustules. [III]
- Chronic throat troubles, worst due to cold drinks, cold food, cold milk. [I,III]
- Sore throat, as if from a plug or a swelling in gullet. [III]
- Constriction in throat and cramp like contraction of gullet. [III]
- Inflammatory swelling of gullet and uvula, which are deep red color and covered with vesicles. [III]
- Swelling of tonsils and submaxillary glands, stitches on swallowing and hawks salty mucus. [II,IV,V]
- Small ulcers spreading up to palate. [IV,V]
- Modalities:
 - < Cold in any form, cold drinks, cold food, fruits
 - >By day time, warmth in general.

❖ **HEPAR SULPH**

- Remedy for peritonsillar abscess with stitches pain in throat with sensation of throne in throat.[II,III]
- Chronic tonsillitis with hardness of hearing. [III,IV]
- Follicular pharyngitis with loss of voice. [IV]
- Quinsy, sensation as of a fish bone or splinter sticking in throat, extending to ears on yawning and swallowing. [I,II,III,IV,V]
- Hawks up some yellow tenacious mucus. [II,IV,V]
- Modalities:

- < Cold dry air, cold in general, winter, cold draft wind,
- > Heat, damp weather

❖ **KALI BICH**

- Indicated remedy for acute as well as chronic tonsillitis. [II,III]
- Uvula edematous, relaxed, bladder like. [I,II,IV,V]
- Neck swollen, inflammation of tonsils with suppuration. [III,IV,V]
- Aphthae, diphtheria with profound prostration and soft pulse. [IV]
- Tonsils swollen with deafness in children. [I,II,III,IV,V]
- Discharge from mouth and throat, tough and stringy. [II,III,IV]
- Hawks up thick mucus, must wipe it away. [V]
- Pseudomembranous deposit on tonsils and soft palate. [II,IV]
- Modalities:
 - < Cold, damp weather, open air
 - >Heat, pressure

❖ **LAC CAN**

- Indicated remedy for tonsillitis, quinsy, diphtheria. [II]
- Symptoms are alternate sides, it go from right to left then back again or reverse. [I,II,III,IV,V]
- Tonsils inflamed, sore has glistening patches of china whiteness or red glistening tonsillitis empty swallowing. [V]
- Sore throat beginning and ending with menses. [II,IV,V]
- Yellow or white patches, pains shoot to ear. [I,III,IV,V]
- Shining glazed appearance of deposit, pearly white or like pure white porcelain. [IV]
- Sensitive to touch externally, constant inclination to swallow painful almost impossible. [III]
- Modalities:
 - < Cold air, draft of wind, during menses.
 - >Open air, cold drinks.

❖ **LACHESIS**

- Tonsillitis & quinsy <left side, swallowing liquids.[II,III,IV]
- Very painful< slight pressure, touch is even more annoying.[II]
- Tonsil purplish livid colour of throat.[II,III,IV,V]
- Pain in ear esp. left sided worse by swallowing liquids & saliva.[II,IV]
- Much slimy saliva.[III]
- Feels constriction around neck; collar & neck band must be loosen up.[IV]
- Swallowing painful, the wrong way; returns throat, nose;< by empty swallowing, less from liquids & ameliorates by solids.[V]
- Pain in throat more < by hot liquids.[I,II,III]

❖ **LYCOPodium**

- In tonsillitis ulceration of tonsils.
- Begins on right side.[I]
- Burning pain in throat with nocturnal thirst.[III]
- Sensation of constriction in throat with obstructed deglutition.[III]
- Dryness of throat with excoriating pain.
- Sore throat < cold drinks.[V]
- Feeling as of a hard body in esophagus.
- A ball rises & Sticks in throat.[V]
- Chronic enlargement of tonsils.[V,IV]
- Modalities:
 - Throat pain > warm drinks.[IV]

❖ **MERC.SOL:**

- In quinsy after pus has formed.[II]
- Ulcers & inflammation appearing at every change in weather. [II,V]
- Putrid sore throat, sore, raw, smarting, burning in throat.[II,III]
- Burning in throat as from hot vapor ascending.[II,III,IV]
- Worse right side, stiches into ear. On swallowing, fluids return through nose.[II,III,IV,V]
- Constant desire to swallow with fetid odor from mouth. [II,III]
- Hawks large lumps from throat.[V]
- Painful dryness of throat, which impedes speech. [III,IV]
- Pain in throat < by empty deglutition as well as at night, in fresh air & when speaking. [III]
- Often accompanied by salivation.[I,II,III,IV,V]
- Great thirst with moist tongue. [I,II,III,IV]
- Modalities:
 - < At night, on rt. side, change of weather, cloudy damp weather.
 - > Moderate temperature, rest.

❖ **NITRIC ACID:**

- In tonsillitis, tonsils red swollen, uneven with small ulcers here on. [III,IV,V]
- Sticking pain as from splinters; into ears < swallowing. [I,II,III,IV,V]
- Hawks out mucus from posterior nares. [III,IV,V]
- Great dryness & heat in throat < by swallowing liquids. [III,IV,V]
- Offensive & putrid smell from mouth. [III,IV]
- General modalities:
 - < Change of weather, at night, mercury, damp weather.
 - > Mild weather [IV].

❖ **PHYTOLACCA:**

- In quinsy, tonsils & fauces swollen with burning pain.[II III V]
- Throat feels rough, narrow, hot. [II]
- Tonsils swollen esp. right, dark red appearance.[I,II,IV]
- Cannot swallow anything hot. [II,IV,V]
- Ulcerated sore throat & diphtheria throat feels very hot, pain at root of tongue, extending to ear. [II,III]
- White gray spots on fauces. [III,V]
- Hoarseness & sore throat after diphtheria. [IV,V]
- Sensation of lump in throat also indicated in follicular pharyngitis. [II,III,IV]
- Modalities:
 - > By warmth.
 - <Cold; right side, damp weather.

❖ **SILICEA:**

- Indicated remedy for glandular enlargement esp. tonsils & cervical glands [II,III,V]
- It has wonderful control over the suppurative process. [I,II]
- In periodical quinsy when there is sensation of pricking as of a pin in tonsil. [I,II,III,IV,V]
- Swallowing is painful, difficult & hysterical. [IV]
- Stinging pain on swallowing. [I,II,III,V]
- Hard, cold swelling of cervical glands.[II]
- Great sensitiveness to take cold every time cold settles in the throat.[I,II,III,IV,V]
- Tendency of food to ascend into nasal fossae during deglutition.[III,IV]
- Food is ejected through nose. [III,IV]
- Hawks foul lumps.[III,IV]

- Causation: change of weather, cold air, draft, damp weather. [I,IV]
- Modalities:
 - >Warm room, warm wrap, by covering head in wet & humid weather.[IV]
 - < Change of weather, cold air, draft, damp.[IV]

AIMS & OBJECTIVES

Aim: A clinical study of indicated homoeopathic medicines in the management of tonsillitis

Objective:

- **Primary Objectives:**
 - To make a clinical study of indicated Homoeopathic medicines in management of tonsillitis.
- **Secondary Objectives:**
 - To assess the effectiveness of these indicated Homoeopathic medicines in management of Tonsillitis.

MATERIALS & METHODS:

- **Type of Study:** Clinical trial
- **Site of study:** The study was conducted in the OPD of Jawaharlal Nehru Homoeopathic Medical College Hospital and Parul Sevashram Hospital, Limda, Dist. Vadodara.
- **Study design:** Prospective clinical trial.
- **Sample size:** 75

- **Exclusion criteria:**
 - Patients with other co-existing systemic illnesses
- **Inclusion criteria:**
 - Patients between 05- 45 years age are included irrespective of gender
 - Cases pre-diagnosed or with clinical presentation of tonsillitis

- **Follow-ups Criteria:**

Total of the cases will be done at an interval of 3-14 days, as per gravity of the case for the duration of minimum 3 months.

- **Ethical approval:**

The study was approved by Institutional Ethics Committee, Jawaharlal Nehru Homoeopathic Medical College, Parul University. Patients were informed about type of study and its consequences through Patient Information Sheet and consent of each and every patient was taken on Consent Form.

- **Intervention:**

- Case taking was done as per the guideline of Hahnemann in Organon of Medicine.
- After analysis and evaluation proper totality of symptoms was formed.
- Reportorial as well as non-reportorial approach was taken as per need of the cases. Kent repertory was used for reportorial approach.
- Potency and Repetition: done as per susceptibility and severity of the cases

- **Outcome:**

The following parameters were fixed for the assessment of the cases

- Recovered: Feeling of mental and physical wellbeing and disappearance of all symptoms of tonsillitis without any recurrence during period of study.
- Improved: Feeling of mental and physical wellbeing along with slight improvement in the intensity of symptoms. Frequent recurrence of the symptoms.

- Not improved: No relief of complaints even after a sufficient period of treatment
- *Study duration:* 12 months

OBSERVATIONS & RESULTS:

In this study, a total of 75 cases suffering from Tonsillitis were taken up for analysis and following

Table. No.1. Distribution of cases of tonsillitis as per Age

No	Age group[in years]	cases	Percentage
1	5-10	22	29.33
2	11-15	24	32.00
3	16-20	21	28.00
4	21-25	06	08.00
5	26-30	01	01.33
6	31-35	01	01.33
7	36-40	00	00.00
8	41-45	00	00.00
Total		75	100

Table. No.2. Distribution of cases of tonsillitis as per Gender

No	Gender	Cases	Percentage
1	Male	57	76.00
2	Female	18	24.00
Total		75	100

Table. No. 5. Distribution of cases of tonsillitis as per indicated Homoeopathic medicines

No	Medicine	cases	Percentage
1	Bar. Carb	06	08.0
2	Belladonna	08	10.7
3	Calc Carb	03	04.0
4	Hepar Sulph	07	09.3
5	Kali Bich	10	13.3
6	Lac Can	04	05.3
7	Lachesis	06	08.0
8	Lyco	03	04.0
9	Merc Sol	13	17.3
10	Nit Acid	03	04.0
11	Phytolacca	07	09.3
12	Silicea	05	06.8
Total		75	100.00

Table. No.7. Distribution of cases of tonsillitis as per comparative result with Homoeopathic & Allopathic treatment

Result	With Allopathy		With Homoeopathy	
	Cases	Percentage %	Cases	Percentage %
Recovered	39	52	51	68
Improved	21	28	14	18.7
Not Improved	15	20	10	13.3

CONCLUSION

Homoeopathic medicines are found to be most effective in the management of tonsillitis.

CONFLICT OF INTEREST

Author doesn't want to show any conflict of interest.

SOURCE OF FUNDING

Author himself provide funding to complete this whole clinical trial work.

DISCUSSION

Through this “A Clinical Study of Ascertaining Efficacy of Homoeopathic Medicines in The Management of Tonsillitis”, total 75 cases were taken to develop the evidence-based study of Homoeopathic medicines in the management of Tonsillitis.

Maximum cases were found in age group of 11-15 years i.e. 24 [32.0%], next common groups were 5-10 years i.e.22 cases [29.33%] and 16-20 years 21 cases [28.0%], so study justified review of literature regarding the age incidences. Among these maximum sex incidences was in males i.e. 76.0% against 24.0% of female. Total 12 homoeopathic medicines were found as a indicated medicines for tonsillitis, among these Merc Sol was prescribed in 13 cases [17.3%], Kali Bich, in 10cases [13.3%], Belladonna in 8 cases [10.7%], Hepar Sulph and Phytolacca in 7 cases [9.3%] each, Bar. Carb and Lachesis in 6 cases [8.0%] each, Silicea, in 5 cases [6.8%], Lac Can in 4 cases [5.3%], Calc Carb, Lyco and Nit Acid in 3 cases[4.0%] each.

This study was a small endeavour to explore the efficacy of homoeopathy in management of tonsillitis which can be further validated by increasing the sample size.

ACKNOWLEDGMENT

The author thanks Dr. Rakesh Gohel and Dr. Abhay Dharamsi for their guidance, and Parul University for giving me such a huge opportunity to complete my whole clinical trial.

REFERENCES

1. Keynotes and characteristics with comparisons of some of the leading remedies of materia medica -by h.c. Allen
2. Homoeopathic materia medica – William boericke, m.d.
3. A dictionary of practical materia medica-j.h clarke
4. Lotus materia medica-by robin murphy
5. Materia medica of homoeopathic medicines-by dr.s.r phatak.