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A CASE OF TONSILLITIS TREATED BY HOMOEOPATHY

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Abstract- The palatine tonsils (commonly called the tonsils) can become inflamed as a result of a number of reasons, both seasonal and non-seasonal, resulting in a condition called tonsillitis. This is most often associated with pain in the throat (i.e., odynophagia or dysphagia) and enlargement of the lymph nodes in the neck (i.e., lymphadenopathy). Cold weather can aggravate tonsillitis and so can time of year. This article describes how a 22-year-old woman successfully was treated for acute tonsillitis using homeopathic remedies. She had swollen tonsils and pain when swallowing, particularly solids. She had pain in the right side of her jaw and experienced increased pain when consuming cold and sour food. She also exhibited other specific physical symptoms including frequent thirst, cravings for salty and/or sweet foods, a dislike for cold weather, and perspiration on her clothes that left yellowish stains. Her psychological symptoms included being introverted and wanting to be alone. Case analysis and repertorization were performed using RADAR computer software programs. Analysis of her symptoms resulted in choosing Natrum muriaticum as her homeopathic similimum to treat her complaints. The use of Natrum muriaticum 30 produced marked improvement of her local and systemic complaints and did not recur. This case study illustrates how individualized homeopathic care is needed to treat acute illnesses like tonsillitis effectively through constitutional treatment.

KEYWORDS- Homoeopathy, Tonsillitis, Natrum muriaticum, Repertorization, Individualization

I. INTRODUCTION

Tonsillitis is an inflammatory disease that affects the palatine tonsils. It can result from either a viral or bacterial infection (usually a Streptococcus pyogenes infection). Symptoms associated with tonsillitis include sore throat; difficulty swallowing (dysphagia); fever; enlarged and congested tonsils; and painful cervical lymph nodes. Acute, recurrent, chronic, and upper respiratory tract may also be present with tonsillitis.

In many parts of the world, tonsillitis is the most prevalent health problem experienced by children and adolescents. As such, the number of visits to a doctor and the number of antibiotics prescribed globally are significantly affected by tonsillitis. Cold weather regions with a higher incidence of respiratory pathogens have a higher incidence of tonsillitis, particularly during the winter season. According to information collected from around the world, there are millions of reported cases of tonsillitis annually; recurrent tonsillitis can result in serious complications such as peritonsillar abscess, rheumatic heart disease, and sometimes surgery (tonsillectomy). Droplets dispersed through the air are the most common ways for this disease to spread. Close contact with people who have had it or contaminated objects can also transfer it from one person to another.

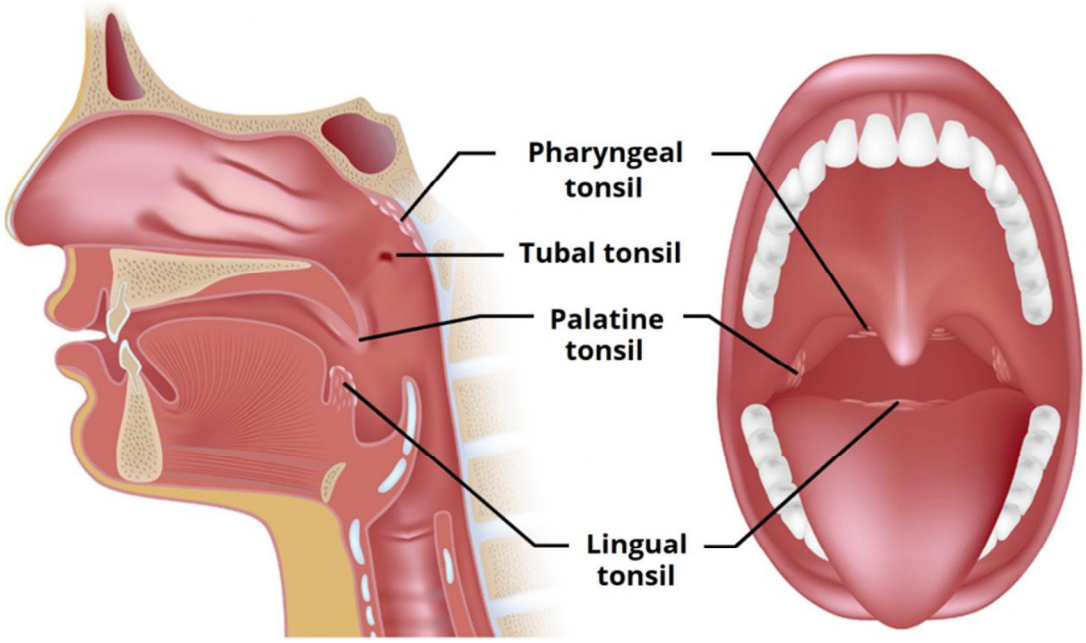

Fig. 1. Anatomical Location of Major Tonsils in the Human Pharynx

Certain factors increase the likelihood of becoming infected with this virus. These include being exposed to cold air, having a weakened immune system, or being in an environment where many people are close together. Additionally, consuming acidic or cold foods on a regular basis also increases susceptibility to infections. Symptoms of an infection typically include: Enlarged Red Swollen Tonsils (Tonsillitis), Pain radiating to the ear from the sore throat, Difficulties speaking and swallowing, Feeling tired and weak. Traditionally, management of tonsillitis focuses primarily on analgesics, antipyretics, and antibiotics for the treatment of bacterial infections. However, recurring episodes have raised many concerns about the efficacy of these medications, as well as the growing prevalence of antibiotic-resistant strains of bacteria.

Homeopathy takes a holistic view of illness, addressing both mental and physical aspects of the individual. Homeopathic treatment considers all symptoms, including their severity and duration, to select the most appropriate remedy. The goal of homeopathy is to not only eliminate acute symptoms, but also prevent future recurrences and enhance overall immune response. This case study provides evidence of efficacy of individualized homeopathic treatment in providing relief for patients with Tonsillitis without complication.

II. CASE REPORT

PRESENTING COMPLAINTS

The patient was a 22-year-old female presenting with a history of inflammation of the tonsils, pain in the throat, and difficulty swallowing, particularly solid foods. The inflammatory symptoms worsen during the winter months, when exposed to cold air, and after ingesting cold or sour foods. The patient also had pain on the right side of her lower jaw that spreads to her ear. The patient has had the pain since birth, but it has gotten worse over the past two to three days. The patient also has swollen lymph nodes, a stiff jaw, swelling of her face in cold temperatures, difficulty speaking, and a general sense of weakness and fatigue after exposure to cold air.

PATIENT AS A WHOLE

Mental Generals

Expressed verbal anger was the patient's way of coping with her need to be isolated from other people, who she chose not to engage with because of a desire to be alone,

given her introversion and therefore preference for solitude.

Physical Generals

The patient has a moderate appetite, consuming about two chapattis twice daily. Her thirst is also increased to about four to five litres per day, preferring warm rather than cold water. There is a very strong desire for sweets, salt, chalk, and milk, compared to an aversion towards anything sour or cold. The patient is also normal regarding bowel movement. She will pass urine with a frequency of four to five times during the day and about once to twice at night. Perspiration is very profuse and offensive to smell with yellow stains being left on her clothing. Sleep is still about seven to eight hours in length but does not feel refreshing and is waking with very little energy. The patient has a history of drinking tea and is considered to be thermally hot.

FAMILY HISTORY

The Family History shows that the Mother has Sinusitis and the Father has Asthma, indicating a Family History of Respiratory Problems and a Genetic Predisposition to Respiratory Problems.

MENSTRUAL HISTORY:

The patient has a 28-day cycle with 3-4 days of bright red flow. The last menstrual period was on 19 November 2024.

PHYSICAL EXAMINATION

General Examination:

During my review of the patient, I found that his pulse was 74 beat/min, blood pressure 120/82 mmHg, respiratory rate 16 breath/min, and body temperature 98.6°F. He had a clean/moist tongue and palpable lymph nodes with no swelling/evidence of nail deformity.

Local Examination:

A local review of the throat revealed that his tonsils were bilaterally enlarged/red/swollen and painful; these findings resulted from inflammation in the area.

ANALYSIS OF SYMPTOMS

Mental

On a mental level, the patient had evident mental characteristics (expressed verbally as anger), wanted to be by himself, and appeared to be an introvert.

Physical

All physical general characteristics exhibited hot thermal state, increased thirst, strong cravings for sweets, salts and chalk, aversion to cold and sour foods, profuse, offensive (yellow) perspiration that stained clothing.

Particulars:

Specific symptoms included sore throat, difficulty swallowing solids, aggravation from winter weather and cold exposure, pain on right side of jaw that radiated to ear, and facial swelling caused/ made worse by exposure to cold.

III. EVALUATION OF SYMPTOMS

The most diagnostic and guiding symptoms following thorough analysis were:- Desire for seclusion; - Fever and other heat related; - Increased thirst; - Craving salty foods; - Craving sugary foods; - Aversion to cold foods; - Aversion to sour foods; - Excessive perspiration with a strong and offensive odor; - Difficulty swallowing; - Tonsillitis - right sided pain; and - Aggravation during winter months.

In total these symptoms were key to forming the basis of the totality/rubrics and thus selection of HOMEOPATHIC remedy.

TOTALITY OF SYMPTOMS

- Sore throat with difficulty in swallowing
- Symptoms aggravated in winter and cold weather
- Right-sided jaw pain
- Thirst for large quantities of water
- Desire for salty and sweet foods
- Aversion to cold and sour foods
- Offensive perspiration
- Desire to remain alone

SELECTION OF REPERTORY

Repertory Used: RADAR (Synthesis Repertory)

Rubrics Selected:

- Mind – Company – Aversion to
- Throat – Swallowing – Difficult
- Throat – Tonsillitis
- Stomach – Thirst – Large quantity
- Generals – Cold drinks – Aversion
- Generals – Sweets – Desire
- Generals – Salt – Desire
- Generals – Winter – Aggravation

REPERTORIAL ANALYSIS

- Natrum muriaticum – 17/8
- Phosphorus – 17/8
- Sulphur – 16/8
- China – 14/7
- Arsenicum album – 13/7

- Belladonna – 12/7

SELECTION OF REMEDY

The remedy of **Natrum Muriaticum** was choosen because of the following:

- The physical generals selected correspond to the mental symptoms selected (Introversion, desire for solitude)
- The physical generals selected correspond to the mental symptoms selected (Thirst, Salt desire, a hot patient)
- The positive Nancy conditions were aggravated by cold and winter (characteristic modalities)
- The selected remedy had an affinity for throat conditions and glandular involvement

IV. PRESCRIPTION

Rx

- *Natrum muriaticum 30* – Single dose (Stat)
- *Rubrum 30* – TDS × 5 days

Advice:

- Avoid cold exposure, cold drinks, and sour food
- Maintain warm fluid intake

V. JUSTIFICATION OF SELECTION OF MEDICINE

Natrum muriaticum is selected on the basis of the totality of mental, physical, and particular symptoms of the patient in this case. The mental characteristics of the patient; such as being withdrawn and wanting to be alone, coupled with his tendency to express his anger verbally; are typical indications for Natrum muriaticum.

The patient's characteristics also indicate that he is hot-blooded in temperature, drinks large amounts; has a strong desire for salt and sweets; and has an aversion to cold food and sour; Each of these symptoms shows good support for the choice of Natrum muriaticum as indicated by the guiding generals of this remedy.

A peculiar and characteristic symptom observed was profuse, offensive perspiration leaving yellow stains, which further supports the remedy selection. The modalities such as aggravation in winter, cold exposure, and cold food also correspond closely with *Natrum muriaticum*. On the particular level, the patient presented with sore throat, difficulty in swallowing solids, enlarged

tonsils, and right-sided jaw pain with glandular involvement, which are covered in the remedy's sphere of action. Repertorial analysis using RADAR also showed *Natrum muriaticum* as one of the highest-ranking remedies, confirming the clinical selection. Hence, considering the constitutional picture and characteristic symptoms, *Natrum muriaticum* was selected as the similimum.

VI. FOLLOW-UP WITH PRESCRIPTION

Date	Changes in Symptomatology	Prescription
14/02/2025	Severe throat pain, difficulty in swallowing solids, tonsils enlarged and red, weakness present	Natrum mur 30 stat, Rubrum 30 TDS × 5 days
17/02/2025	Slight reduction in throat pain, swallowing slightly easier, weakness persists	Placebo TDS × 3 days
19/02/2025	Marked improvement in soreness, swelling of tonsils reduced, jaw pain decreased	Placebo TDS × 5 days
21/02/2025	Swallowing normal, no pain in throat, lymph node reduced, energy improved	Placebo TDS × 5 days
24/02/2025	Patient completely relieved, no recurrence of symptoms	No medicine
10/03/2025	No recurrence of throat pain, appetite normal, general health stable	Placebo OD × 7 days
24/03/2025	Patient asymptomatic, energy levels good, no lymph node enlargement	No medicine
06/04/2025	No complaints, normal swallowing, no seasonal aggravation	Placebo OD × 5 days
21/04/2025	Condition stable, no recurrence even after cold exposure	No medicine
05/05/2025	Patient healthy, no throat irritation, immunity improved	Placebo OD × 5 days
18/05/2025	No symptoms, general well-being maintained	No medicine
02/06/2025	No recurrence, patient stable and active	Placebo OD × 5 days

Fig. 2. Comparative View of Tonsillitis Patient Pre- and Post-Treatment

SELECTION OF POTENCY

30th potency was chosen as:

- The case was acute on chronic background
- Patient had moderate vitality
- Suitable for functional disturbances

VII. DISCUSSION

This case demonstrates the effectiveness of individualized homoeopathic treatment in acute tonsillitis. The remedy was selected based on the totality of symptoms, including mental, physical, and particular features. Characteristic generals such as desire for solitude, hot patient, increased thirst, and desire for salt and sweets played a key role in remedy selection. The peculiar symptom of offensive perspiration further supported the choice of *Natrum muriaticum*. Repertorial analysis also confirmed the selection of the similimum. After administration of the remedy, the patient showed marked improvement in throat pain, swelling, and difficulty in swallowing. General well-being and energy levels also improved significantly. No recurrence was observed, indicating the effectiveness and curative action of homoeopathic treatment.

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