



## THE IMPACT OF HOMOEOPATHY IN TONSILLITIS OF PEDIATRIC AGE GROUP: A CASE SERIES

Dr. Shefalika Singh<sup>1\*</sup>, Dr. Ravinder Kochhar<sup>2</sup>, Dr. Rakhi<sup>3</sup>, Dr. Vir Abhimanyu Singh<sup>4</sup>, Dr. Dharmendra Das<sup>5</sup>

<sup>1</sup>\*MD (Hom), NIH(Kolkata), PhD scholar Asst. Professor, Hom. Materia Medica, HMCH, Sec-26, Chandigarh

<sup>2</sup>MD (Hom), Professor, Organon of Medicine, BFUHS, Punjab

<sup>3</sup>MD (Med) PhD scholar, Asst. Professor, Human Physiology & Biochemistry, HMCH, Sec-26, Chandigarh

<sup>4</sup>MD (Hom), Asst. Professor, Physiology & Biochemistry, GHMCH, Godda, Jharkhand

<sup>5</sup>MD Assistant professor, Human Physiology & Biochemistry, Laxmiben Homoeopathy institute and research center, Bhandu

**\*Corresponding author:** Dr. Shefalika Singh

\*MD (Hom), NIH(Kolkata), Asst. Professor, Hom. Materia Medica, HMCH, Sec-26, Chandigarh

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### Abstract:

**Background:** Acute infections of the upper respiratory tract contribute to over 20% of the morbidity of the population, with the highest incidence in children. Among upper respiratory infections, Tonsillitis is one of the commonest problem in the children that are seen in the daily practice. The role of homoeopathy is very vital in treating such cases. In this article I am sharing 5 cases successfully treated with individualized homoeopathic medicine.

**Methods:** A detailed case series analysis of 5 cases was conducted on children suffering with chronic tonsillitis from 1-12 years age group. Each case underwent thorough case taking following pediatric case taking Performa in OPD. And after proper analysis and evaluation of symptoms and repertorization an individualized homoeopathic medicine was prescribed in each case using centesimal scale.

**Results:** all the 5 patients showed marked improvement after giving homoeopathic medicine. No patients reported any adverse effects

**Conclusion:** This article confirms the potential benefits of homeopathic interventions in tonsillitis of pediatric age group.

**Keywords:** Homoeopathy, impact, tonsillitis, pediatric age group,

**Introduction:** Tonsils are composed of tissue that is similar to the lymph nodes or glands found in the neck, groin, and other places in the body. They are part of ring of glandular tissue encircling the back of the throat. Inflammation of the tonsils is called as tonsillitis. There are of two types mainly- Acute and chronic. Chronic tonsillitis may be a complication of acute tonsillitis. This may be due to incomplete resolution of acute infection

In modern medicines there are harsh treatments but in homoeopathy we have gentle treatment which helps in curing such cases. This article delves into a case series examining the outcomes of homoeopathic treatment in tonsillitis of children.

**Case series:**

**Case No. 1:**

YM a 10 year’s male, came in my OPD on 11/3/24, with the complaints of pain, redness in throat and recurrent tonsillitis < cold air, cold food, winter with pain in throat and fever. Duration of the illness was 2 years. Mental symptoms were irritability, ailments after anger. Physical generals were less thirst, desire for salt & smoked meat, dirty tongue, and chilly patient. Calcarea phosphoricum 200 was prescribed and then further follow ups were done. After assessment of outcome marked improvement (Grade-I) was found.

Selection Of Rubrics:

THROAT INTERNAL - PAIN - Tonsils

THROAT INTERNAL - PAIN - cold, - on becoming

MIND - ANGER,irascibility - ailments - after anger,vexation etc

STOMACH - DESIRES - salt things

STOMACH - DESIRES - meat - smoked

GENERALS - HEAT, - vital,lack of

STOMACH - THIRSTLESS

**Repertorisation sheet:**

Remedy Name	Calc-p	Caust	Phos	Ars	Hep	Arg-n	Calc
<b>Totally / Symptom Covered</b>	12 / 6	12 / 6	11 / 5	9 / 4	9 / 4	8 / 4	8 / 4
[Kent ] [Throat]Pain:Tonsils: (15)	1	2			2		
[Kent ] [Throat]Pain:Cold:On becoming: (12)	2		2	2	3		2
[Kent ] [Mind]Anger,irascibility (see irritability,quarrelsome):Ailments after ange...	2	1	2	2		1	1
[Kent ] [Stomach]Desires:Salt things: (30)	2	2	3			3	2
[Kent ] [Stomach]Desires:Meat:Smoked: (4)	2	3					

Prescription: calc phos 200x3 doses/ 15 dayss

**Follow-up chart:**

Date	Follow up	Prescription
20/3/24	Redness reduced, but pain present, cold agg	Calc phos 200x 3 doses
30/3/24	No redness, Pain reduced, cold agg	Calc phos 200 x 3 doses
10/4/24	No pain much better	Rubrum 30

**Case No. 2):**

SK a 12 year’s girl, came in my opd on 05/04/24, with the complaints of pain in throat with enlarged tonsils, and dysphagia <change of weather. Duration of the illness was 4 yrs. Mental symptom was irritability, frightened easily. Physical generals were lack of appetite, good thirst, desire for salt, egg, profuse sweat and hot patient. Calcarea carb 200 was prescribed and then further follow ups were done. After assessment of outcome moderate improvement (Grade-II) was found.

**Selection of rubrics:**

THROAT INTERNAL - ENLARGEMENT of tonsils

THROAT INTERNAL - PAIN - swallowing, - on

GENERALS - CHANGE of - weather, agg.  
 MIND - FEAR  
 STOMACH - APPETITE, - increased (hunger in general)  
 STOMACH - DESIRES - salt things  
 STOMACH - DESIRES - eggs  
 STOMACH - THIRST  
 PERSPIRATION - PROFUSE  
 GENERALS - WARM - air agg.

**Repertorisation sheet:**

Remedy Name	Calc	Phos	Sulph	Nat-m	Merc	Lys	Verat
Totality / Symptom Covered	24 / 10	24 / 10	21 / 10	21 / 9	20 / 9	20 / 8	19 / 9
[Kent ] [Throat]Enlargement-Of tonsils: (32)	2	1	2	2	2	3	
[Kent ] [Throat]Pain: (120)	2	2	2	2	2	2	1
[Kent ] [Throat]Pain:Swallowing-On: (138)	2	2	2	1	3	3	1
[Kent ] [Generalities]Change of:Weather :Agg: (52)	2	3	2		1		1
[Kent ] [Mind]Fear (see anxiety): (143)	3	3	2	2	2	3	2

Prescription: Calc carb 200x 3 doses/ 15 days

**Follow-up chart:**

Date	Follow up	Prescription
16/4/24	Enlargement present, pain little better	Calc carb 200x3 doses
27/4/24	Swelling little reduced, pain better	Calc carb 200x 3 doses
07/5/24	Overall better	Placebo 200x3doses

**Case No. 3):**

JG a 5 year’s boy, came to my opd on 18/4/24, with the complaints of tonsillitis with fever and sore pain in throat < cold, eating, night and Post auricular lymph node was swelling. Duration of the illness was 1 yrs. Mental symptoms were anger, stubborn. Physical generals were desire for sweet; egg, thirst good, profuse sweat; loose stool, yellowish urine and hot patient. Merc sol 200 was prescribed and then further follow ups were done. After assessment of outcome marked improvement (Grade-II) was found.

THROAT INTERNAL - PAIN - Tonsils  
 FEVER - INFLAMMATORY fever  
 THROAT INTERNAL - PAIN - sore  
 THROAT INTERNAL - PAIN - cold, - on becoming  
 THROAT INTERNAL - PAIN - night  
 STOMACH - DESIRES - sweets  
 STOMACH - THIRST  
 PERSPIRATION - PROFUSE  
 RECTUM - DIARRHOEA  
 GENERALS - WARM - agg.

**Repertorisation sheet:**

Remedy Name	Merc	Lyc	Sulph	Arg-n	Calc	Bell	Alum
Totality / Symptom Covered	20 / 9	18 / 8	17 / 8	16 / 7	16 / 6	15 / 6	14 / 7
[Kent] [Fever]Inflammatory fever: (33)	3	1	2			3	
[Kent] [Throat]Pain:Sore: (135)	3	3	2	3	3	3	2
[Kent] [Throat]Pain:Cold:On becoming: (12)	2	2			2		
[Kent] [Throat]Pain:Night: (14)	2		1	1			2
[Kent] [Mind]Obstinate: (70)	1	1	2	3	3	3	3

Prescription: Merc sol 200/3 doses/15 days

**Follow-up chart:**

Date	Follow up	Prescription
27/4/24	Fever better, sore pain present	Merc sol 200x3 doses
9/5/24	Soreness better	Placebo x 15 days
20/5/24	Much better	Placebo x 15 days

**Case No. 4):**

AS a 6 year’s girl, came on 20/03/24, with the complaints of recurrent swelling of tonsils, redness, splinter like pain < cold, damp weather. duration of the complaints were 2 yrs. Mental symptoms were irritability, headstrong, sensitive. Physical generals were loss of appetite, less thirst, desire for sour stool – loose, 2-3 times a day , sour sweat and chilly patient. Hepar sulph 200 was prescribed and then further follow ups were done. After assessment of outcome marked improvement (Grade-I) was found.

- THROAT INTERNAL - PAIN - Tonsils
- THROAT INTERNAL - PAIN - cold, - on becoming
- THROAT INTERNAL - PAIN - damp weather
- THROAT INTERNAL - PAIN - splinter, - as from a
- MIND - SENSITIVE, - oversensitive
- STOMACH - DESIRES - sour, acids,etc.
- PERSPIRATION - ODOR, - sour
- GENERALS - HEAT, - vital, lack of

**Repertorisation sheet:**

Remedy Name	Hep	Calc	Kali-c	Sil	Nit-ac	Ars	Merc
Totality / Symptom Covered	20 / 8	14 / 7	14 / 6	14 / 5	13 / 5	12 / 5	10 / 5
[Kent] [Throat]Pain: Splinter: As from a: (19)	3	1	3	2	2		1
[Kent] [Mind]Sensitive, oversensitive (see offended): (111)	1	2	2	3	3	2	2
[Kent] [Stomach]Desires: Sour, acids, etc.: (77)	3	2	2			2	
[Kent] [Perspiration]Odour: Sour: (48)	3	1	1	3	3	3	3
[Kent] [Generalities]Heat: Vital, lack of: (108)	3	3	3	3	3	3	2

Prescription- Hepar sulph 200/ 3 doses/15 days.

**Follow-up chart:**

Date	Follow up	Prescription
30/3/24	Splinter like pain present	Hepar sulph 200x3doses
10/4/24	Pain better	Placebox 15 days
23/4/24	Overall better	Placebox 15 days

**Case No. 5):**

US a 4 year’s girl, came to my opd on 19/4/24, with the complaints of tonsillitis with pain, swelling, in throat with dysphagia. < drinking, warm liquids, during sleep > drinking cold. Duration of the illness was 9 months. o/e slight purplish appearance in tonsils. Mental symptoms were talkative, loquacious,. Physical generals were moderate thirst, desire for salty, profuse sweat. Offensive, hard stool with pain, frequent micturation and hot patient. Lachesis 200 was prescribed and then further follow ups were done.

**Repertorisation sheet:**

Remedy Name	Lach	Lyc	Alum	Sulph	Apis	Puls	Caust
Totality / Symptom Covered	11 / 5	10 / 4	9 / 4	8 / 4	8 / 3	7 / 3	6 / 3
[Kent ] [Throat]Pain:Cold:Drinks :Amel: (9)	2	2			2		
[Kent ] [Throat]Discoloration:Purple: (15)	3			1		2	
[Kent ] [Rectum]Constipation (see inactivity): (213)	3	3	3	3	3	2	3
[Kent ] [Generalities]Warm :Agg: (80)	2	2	3	2	3	3	1

- THROAT INTERNAL - PAIN - Tonsils
- THROAT INTERNAL - PAIN - cold, - on becoming
- THROAT INTERNAL - PAIN - damp weather
- THROAT INTERNAL - PAIN - splinter, - as from a
- MIND - SENSITIVE, - oversensitive
- STOMACH - DESIRES - sour, acids,etc.
- PERSPIRATION - ODOR, - sour
- GENERALS - HEAT, - vital, lack of

Prescription: Lachesis 200x3 doses/15 days

**Follow-up chart:**

Date	Follow up	Prescription
29/4/24	Pain reduced	Lachesis 200x3 doses
11/5/24	Swelling better	Lachesis200x3doses
22/5/24	Much better	Placebo for 15 days

**DISCUSSION**

The presented case series highlights the potential benefits of homeopathy in tonsillitis of paediatric age group. Homoeopathic treatment aim to stimulate the body's self-healing mechanisms. The individualized approach of homeopathy tailors’ treatment plans to the specific needs of each patient, promoting a holistic healing process.

## CONFLICT OF INTEREST

None.

## CONCLUSION

While more research is needed to establish the efficacy of homeopathy in treatment of tonsillitis. Different trials and larger studies are needed. This presented case series suggests promising outcomes with homeopathic treatment of tonsillitis in children.

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