



An Observational Study On The Effectiveness Of Homoeopathic Medicines In Treating Acute Tonsillitis

¹ V.M.Priyadarshini , ² M.Murugan

¹ V.M.Priyadarshini, PG Scholar, Department of Organon of medicine, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr.M.G.R Medical University, Chennai), Kulasekharam, Kanniyakumari District, Tamil Nadu, India.

² Murugan.M, PG and Ph. D Guide, Department of Organon of Medicine, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr.M.G.R Medical University, Chennai), Kulasekharam, Kanniyakumari District, Tamil Nadu, India.

ABSTRACT : Acute tonsillitis is the inflammation of the tonsils .J03.90 is a valid billable ICD-10 diagnosis code for Acute tonsillitis, unspecified. Most cases of tonsillitis are caused by an infection, which can be bacterial or viral. The most prevalent etiologies are viral ones. In this study 30 cases of acute tonsillitis were included for the study, it was found that females were mostly affected and people of age group 1-20 and 41 - 50 years were commonly affected. Hepar sulph , Belladonna , Bryonia alba in 200th potency was found to be commonly used medicine. All the cases were accessed using Modified centor criteria in which 16 cases recovered from the acute tonsillitis and 14 cases showed improvement in the score before and after the treatment with homoeopathic medicines. This shows the efficacy of homoeopathic medicines in treatment of acute tonsillitis

KEYWORDS: Acute tonsillitis, Homoeopathy, Belladonna, Hepar sulph, Bryonia alba ,Modified centor criteria

INTRODUCTION :

Inflammation of the pharyngeal tonsils is known as tonsillitis. Usually, the inflammation also affects the lingual tonsils and adenoid. Group A beta hemolytic Streptococcus pyogenes is the primary cause of bacterial tonsillitis (GABHS). Both adults and children are susceptible to the common illness condition known as acute tonsillitis. There are several etiologies, most usually caused by viruses or bacteria. There are distinct symptoms, physical examination findings, and therapeutic choices associated with each disease phase. ⁽¹⁾ It is very common in India. ⁽²⁾ In addition to a sore throat, the patient also has fever, irritated cervical lymph nodes, dysphagia (difficulty swallowing), and odynophagia (painful swallowing). Mouth breathing, snoring, and sleep apnea can be brought on by swelling. Lethargy and a malaise kind of feeling may also be present ⁽³⁾. An acute disease is one that develops more slowly over time but always resolves in a moderate amount of time. Acute diseases are either rapid morbid processes of the improperly ordered vital force. ⁽⁴⁾ The law of similarity is the fundamental idea around which the homoeopathic system is constructed. When applying the rule of similar, there must be an exceptionally high level of precision because a treatment that is exactly the same as another can be curative on its own. The patient may describe a few violent symptoms while they are unwell. A thorough investigation may turn up a number of other, less severe symptoms that, when taken together, paint a complete picture of the illness. The remedy that offers the most similar antitype to this sickness picture is the optimal homoeopathic remedy. ⁽⁵⁾

MATERIALS AND METHODS:

30 patients affected by acute tonsillitis will be selected for the study

SELECTION OF SAMPLES:

Sample Size: 30

Sampling Technique: Purposive Sampling

PROCEDURE:

A sample of 30 case records of patients with Acute tonsillitis was selected from OPD, IPD of Sarada Krishna Homoeopathic Medical College and Hospital, Kulasekharam. The sample included patients having complaint of acute tonsillitis of all the age groups and both sexes. Modified centor criteria is used to assess the cases

INCLUSION CRITERIA

Patients selected irrespective of their sex, socio-economic status and occupation

Patients of all age groups are taken

Patients suffering from acute tonsillitis

EXCLUSION CRITERIA

Patients with chronic tonsillitis

Patients with other systemic illness

Cases which needs surgical intervention are excluded .

SELECTION OF TOOLS

Pre-structured Saradha Krishna Homoeopathic Medical College& Hospital case format.

Static physician global assessment. This is represented in Table 1

SYMPTOM ASSESSMENT SCORE :

Table 1 : Symptom assessment score using modified centor criteria

| SL.NO | MODIFIED CENTOR CRITERIA | SCORE |
|-------|-----------------------------------|-------|
| 1 | Fever | 1 |
| 2 | Tonsillar exudate | 1 |
| 3 | Absent cough | 1 |
| 4 | Anterior cervical lymphadenopathy | 1 |
| 5 | Age 3 – 14 years | 1 |
| 6 | Age 15 – 44 years | 0 |

OUTCOME ASSESSMENT

For effective assessment and evaluation, disease intensity score were given for each case. Before and after treatment scores were analysed by using paired 't' test.

STATISTICAL TECHNIQUES AND DATA ANALYSIS

Data are represented in pie charts, bar diagrams and tables.

OBSERVATION AND RESULTS :

On analysing the 30 cases , relating to age group , 7 patients (23.33%) belonged to age group 1 to 10 years of age , 7 patients (23.33%) belonged to age group of 11 to 20 years of age , 1 patients (3.33%) belonged to age group 21 to 30 years of age , 5 patients (16.6%) belonged to age group of 31-40 years of age , 7 patients (23.33%) belonged to the age group of 41 – 50 years of age , 1 patient (3.33%) belonged to the age group of 51 – 60 years of age , 1 patient (3.33%) belonged to the age group of 61 – 70 years of age and 1 patient (3.33%) belonged to the age group of 71 – 80 years of age .

Following an analysis of the 30 cases, it was found that 23 cases (76.66%) were female patients and 07 cases (23.33%) were male patients .Out of the 30 cases 22 patients (73.33%) from rural were affected and 8 patients (26.66%) from urban were affected

On considering the ailment factor 09 patients (30%) were affected after drinking cold water, 5 patients (16.66%) were affected after eating ice cream ,7 patients (23.33%) were affected from drenching in rain , 2 patients (6.66%) were affected after having cold foods .This is represented in Figure 1

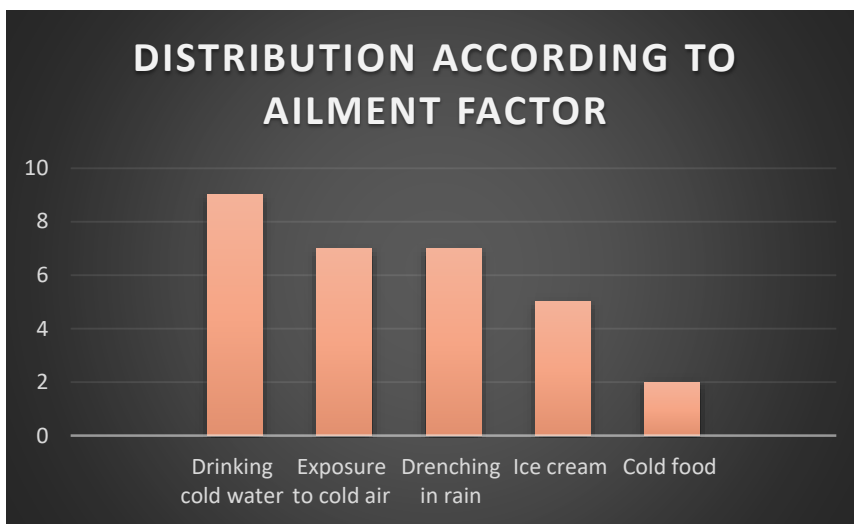


Figure 1 : Distribution of cases according to ailment factor

On analyzing the patients who were affected with Acute tonsillitis 4 patients (13.33%) were prescribed with Belladonna , 4 patients (13.33%) with Hepar sulph, 4 patients (13.33%) with Bryonia alba, 3 (10%) patients were prescribed with Pulsatilla ,3 (10%) patients were prescribed with Rhus Toxicodendron , 2 patients (6.66%) patients were prescribed with Tuberculinum , 2 patients (6.66 %) were prescribed with Arsenicum album , 1 patient each (3.33%) were prescribed with Nux vomica , Ammonium carb ,Psorinum ,Kali bichromicum , Aconite napellus , Silicea , Arsenicum iodide and Sulphur respectively .This is represented in Figure 2

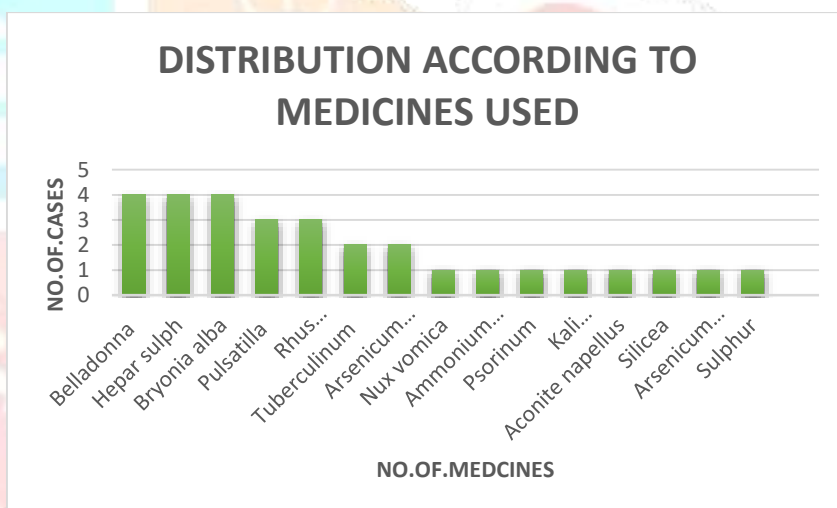


Figure 2: Distribution of cases according to medicines

On considering the potency the most commonly used potency was 200 which was prescribed for 20 cases (66.66%), followed by 1M potency for 6 cases (20%), 30th potency for 3 cases (10%) and 0/1 for 1 case (3.33%) respectively. This is represented in Figure:3.

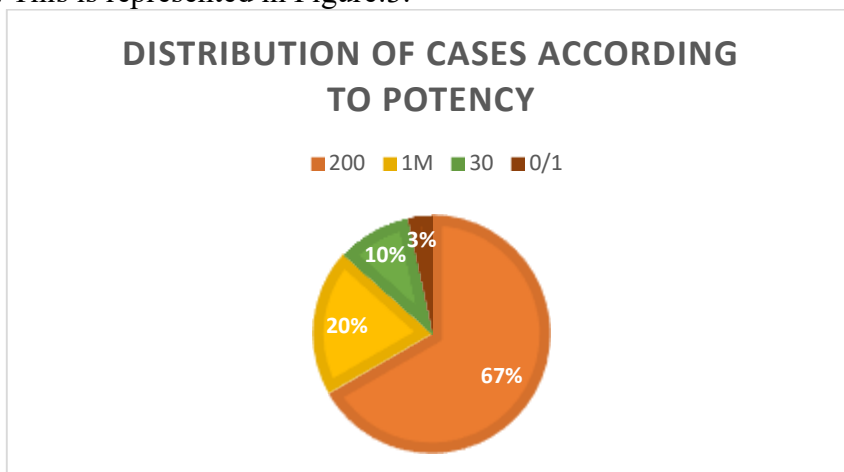


Figure 3: Distribution of cases According to Potencies

All the 30 cases were drastically improved by the administration of the similar homoeopathic remedy .Out of the 30 cases , 16 cases (53.33%) recovered after the treatment , and the remaining 14 cases (46.66%) showed marked improvement in scoring chart. This is represented in Figure 4.

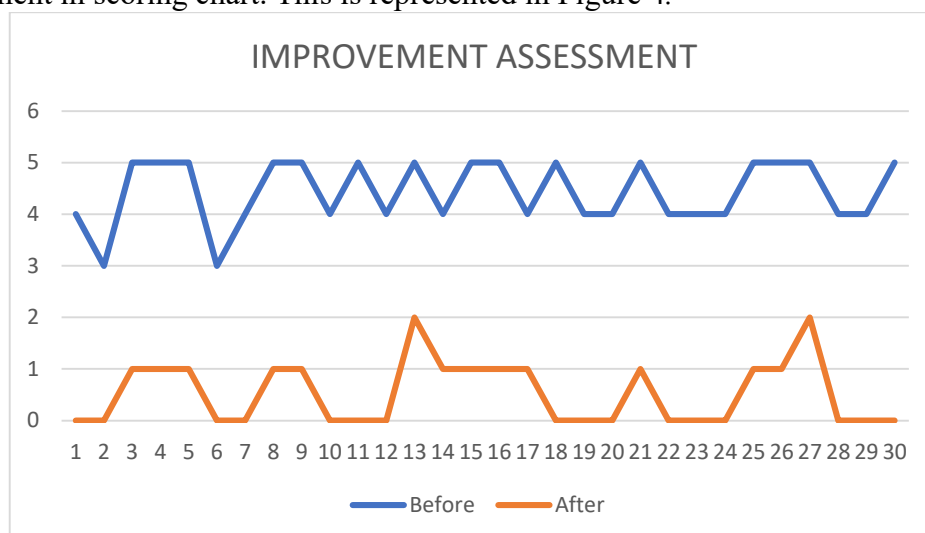


Figure 4 : Distribution of cases according to improvement assessment

The Paired 'T' Test statistical analysis yields a two-tailed P value of less than 0.0001. It is represented in Table 2 .This difference meets standard requirements for being highly statistically significant. The aforementioned study offers compelling proof that the application of the homoeopathic cure results in a noteworthy decrease in the disease intensity score. Consequently, homoeopathic medication can effectively treat acute tonsillitis.

Table 2 : Statistical analysis using Paired 'T' Test

| | X | Y |
|----------------|-------------|------|
| Mean | 4.43 | 0.53 |
| Variance | 0.63 | 0.63 |
| Observations | 30 | 30 |
| Standard error | 0.11 | 0.11 |
| df | 29 | |
| t | 39.0000 | |
| P two - tail | 1.30555E-26 | |

DISCUSSION :

In a previous study it was found that, children of age group 10-13 are commonly affected ⁽⁶⁾ and in this study people of age group 1- 20 and 41 -50 years of age are commonly affected . Females are more commonly affected in this study and a similar study also supports this ⁽³⁾. The most common ailment factor was drinking cold water, similar study shows that climate change followed by drenching in rain as the major factor for acute diseases ⁽⁵⁾ . The commonly used medicine in this study is Belladonna, Bryonia alba and Hepar sulph. Similar study shows that Baryta carb , Hepar sulph and Silicea as the commonly used medicines .⁽²⁾ This study emphasizes the usage of 200th potency similar study in acute tonsillitis has also shown that there is marked improvement in the usage of the 1M potency.⁽⁷⁾ After the administration of the remedy 16 cases have been recovered and 14 cases have been improved.

CONCLUSION :

From the above discussions and the analysis of results we can conclude that individualized Homoeopathic treatment is effective in the treatment of acute tonsillitis . Belladonna , Hepar sulph and Bryonia alba was the commonly used medicine and 200 potency was used in a greater number . Research including controlled trials should be conducted to further study the efficacy of Homoeopathy medicines .

CONFLICT OF INTEREST:No conflict of interest

ACKNOWLEDGEMENT :

I sincerely thank the Sarada Krishna Homoeopathic Medical College and Hospital (www.skhmc.org) administration in Kulasekharam for their significant cooperation during this investigation. I also want to express my gratitude to the teachers and staff of Sarada Krishna Homoeopathic Medical College, which is affiliated with Chennai's Tamil Nadu Dr. M.G.R. Medical University, for their advice, support, and direction during the course of the study. Their insightful criticism and invaluable recommendations have significantly improved the caliber of our study. Lastly, I would want to sincerely thank everyone who provided assistance, whether directly or indirectly.

REFERENCES :

- 1) Alasmari NS, Bamashmous RO, Alshuwaykan RM, Alahmari MA, Alshahrani AA, Alqarni SA, Alhadlag AS, Alotaibi FA, Alassiri AS, Alnaji AA, Alamri SO. Causes and treatment of tonsillitis. The Egyptian Journal of Hospital Medicine. 2017 Oct 1;69(8):2975-80.
- 2) Babita R. A clinical research study on the efficacy of homoeopathic medicines in cases of recurrent Tonsillitis. Research Journal of Recent Sciences ISSN. 2015;2277:2502.
- 3) Ganganagar S. A Brief Study of Efficacy of Homoeopathic Medicines in Controlling Tonsillitis in Paediatric Age Group.
- 4) Hahnemann S, Boericke W. Organon of medicine. New Delhi: B. Jain; 2016 p.110,111
- 5) Priyadarshini VM, Murugan M. Analyzing the effectiveness of homoeopathic medicines in treating acute illnesses during the monsoon season: A retrospective observational study.
- 6) Kavishwar VN, Bawaskar AA, Kavishwar SA, Tarale SA. An Observational Study to Prove Effectivity Of Homoeopathic Medicine In Cases Of Tonsilitis In Paediatric Age Group. Journal of Pharmaceutical Negative Results. 2022 Dec 31;13(4):2140-5.
- 7) Pardeshi PR, Patil VV. "To study the scope of higher potencies (1m, 10m, 1m) of homoeopathic medicines in acute and recurrent tonsillitis in the pediatric age group of 2 to 15 years". corrosion and protection. 2023;51(2).

