

### AVOID SURGERY FOR TONSILS AND ADENOID

Now a days, many children in the society are affected by tonsillitis, as there is a wonderful treatment for Tonsillitis in homoeopathy surgery is not necessary and advisable now a days because, Tonsils are the "police man" of the throat. It is like a policeman, which guards against infective organism from being invading the body or being localized and cause inflammation in tonsils so it is called as "Tonsillitis".

Moreover Tonsillitis being lymphoid tissues which gives immunity to the body. It produce lymphocytes which is called as an "Antibody" which fight against infective organism and guards the body free from infection.

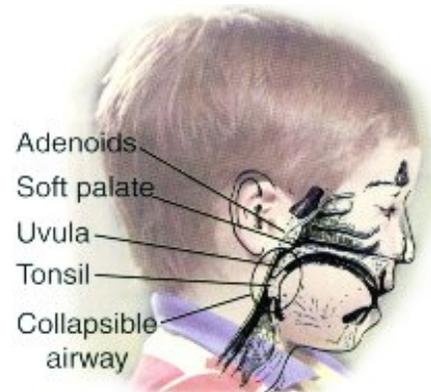
If the tonsils are removed then

- i. We will loss the immunity, then the infection directly enter the " Mid Chest " .
- ii. During operation, fatal condition may happens.
- iii. After effects of operation we have loss of voice and change in tones.

These are all the hazards of " Tonsillectomy ". Hence Tonsillectomy should be avoided, so Homoeopathy is the best treatment to be adopted for tonsillitis. Here by we see the efficacy of homoeopathy in Tonsils and adenoids

### INSIGHT INTO TONSILLECTOMY AND ADENOIDECTOMY:

- \* Tonsils and adenoids are masses of tissue that are similar to the lymph nodes or "glands" found in the neck, groin, and armpits.
- \* Tonsils are the two masses on the back of the throat. Adenoids are high in the throat behind the nose and the roof of the mouth (soft palate) and are not visible through the mouth without special instruments.
- \* Tonsils and adenoids are near the entrance to the breathing passages where they can catch incoming germs, which cause infections.
- \* Scientists believe they work as part of the **body's immune system by filtering germs that attempt to invade the body**, and that they help to develop antibodies to germs.
- \* This happens primarily during the first few years of life, becoming less important as we get older. Children who must have their tonsils and adenoids removed suffer no loss in their resistance.



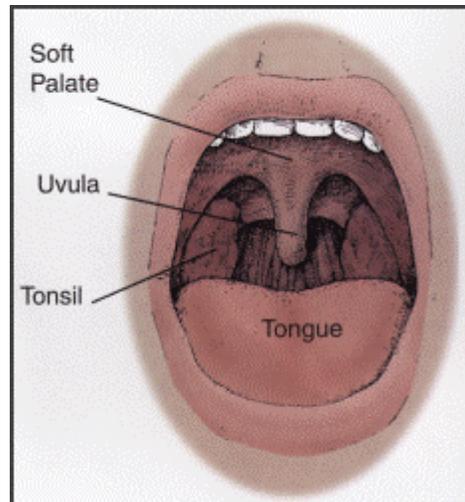
### WHAT AFFECTS TONSILS AND ADENOIDS?

- \* The most common problems affecting the tonsils and adenoids are recurrent infections (throat or ear) and significant enlargement or obstruction that causes breathing and swallowing problems.
- \* Abscesses around the tonsils, chronic tonsillitis, and infections of small pockets within the tonsils that produce foul-smelling, cheese-like formations can also affect the tonsils and adenoids, making them sore and swollen. Tumors are rare, but can grow on the tonsils.

## **INVESTIGATION**

The primary methods used to check tonsils and adenoids are:

- \* Medical history
- \* Physical examination
- \* Throat cultures/Strep tests
- \* X-rays
- \* Blood tests



## **WHAT SHOULD I EXPECT AT THE EXAM IN ACTION OF THROAT :**

- \* Your physician will ask about problems of the ear, nose, and throat and examine the head and neck. He or she will use a small mirror or a flexible lighted instrument to see these areas.
- \* Cultures/strep tests are important in diagnosing certain infections in the throat, especially "strep" throat.
- \* X-rays are sometimes helpful in determining the size and shape of the adenoids. Blood tests can determine problems such as mononucleosis.

## **TONSILLITIS AND ITS SYMPTOMS:**

Tonsillitis is an infection in one or both tonsils. One sign is swelling of the tonsils. Other signs or symptoms are:

- \* Redder than normal tonsils
- \* A white or yellow coating on the tonsils
- \* A slight voice change due to swelling
- \* Sore throat
- \* Uncomfortable or painful swallowing
- \* Swollen lymph nodes (glands) in the neck
- \* Fever
- \* Bad breath

**ENLARGED ADENOIDS AND THEIR SYMPTOMS:**

If you or your child's adenoids are enlarged, it may be hard to breathe through the nose.

**Other signs of constant enlargement are:**

- \* Breathing through the mouth instead of the nose most of the time
- \* Nose sounds "blocked" when the person speaks
- \* Noisy breathing during the day
- \* Recurrent ear infections
- \* Snoring at night
- \* Breathing stops for a few seconds at night during snoring or loud breathing (sleep apnea)

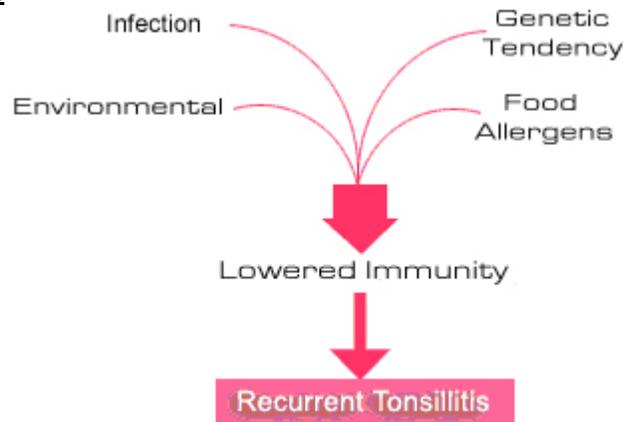
**GET TREATED WITH HOMOEOPATHY TO SAVE YOUR TONSILS:**

- \* Tonsils may be considered as two guards standing at the entrance (throat) and protecting the human system against a wide range of intruders such as bacteria, virus, allergens, etc.,
- \* Tonsils are natural protectors and vital organs of self-defense mechanism of the body. They are like the soldiers fighting on the border who get injured (inflamed) protecting the country.
- \* Surgical removal of the tonsils (tonsillectomy) is a medico-surgical controversy since years.
- \* The homoeopathic medical fraternity has always believed in the philosophy of conserving, supporting and encouraging the body's own defense powers. With correct homoeopathic medication, it becomes possible to SAVE TONSILS.

**CAUSES OF TONSILS :**

Major cause is the infection. Certain bacteria (Most common being streptococcal group), viruses, and allergens are known to produce Tonsillitis. Tonsillitis may also occur as a result of certain allergy to food-preservatives, artificial colors, etc.

**CAUSES OF TONSILS:**



- \* The commonest cause of tonsillitis is infection of the tonsils by micro-organisms. Certain bacteria (most common being the streptococcal group of bacteria), viruses, and allergens are known to produce tonsillitis. Allergens are usually in the form of certain food articles.
- \* Common food articles that can trigger tonsillitis are artificially
  1. Colored jeera sweets like jangery, globjamun, etc.
  2. Sour fruits, lemon, pineapple, grapes, oranges, etc.
  3. Bananas
  4. Preservatives added to certain drinks
  5. Cold food or drinks, ice-creams, etc.
- \* Environmental factors that may trigger an attack of tonsillitis are exposure to excessive cold weather, damp climate or change of weather. It must be borne in mind that bacteria and viruses tend to flourish in crowded areas and hence patients who are prone to tonsillitis can easily catch the infection in schools, parks, theatres, etc.
- \* All these factors contribute to lowering the immunity of the body and thus the tonsils got to infection by the micro-organisms.
- \* Another causative factor that can be of importance in the diagnosis of recurrent tonsillitis or chronic tonsillitis is genetic tendency. Recurrent tonsillitis is frequent in patients whose parents have also suffered from the same condition during childhood or adolescence.
- \* Thus it is not just one, but multiple factors that combine together to lower the immunity of the body and this in turn causes recurrent and chronic tonsillitis in patients.

**SYMPTOMS OF TONSILS:**

1. **Sore throat:** Pain in the throat is the most common presentation. However, young babies may not present with the pain but may present with an inability to eat.
2. **Dysphagia:** That is difficult swallowing. This may either be due to pain or due to huge increase in the size of the tonsils due to frequent inflammation.
3. **Fever:** Acute infection of the tonsils may present with moderate to high rise in body temperature. In case of septic foci on the tonsils, there may be fever with chills.
4. **Apnoea:** Sleep apnoea, a disturbed sleep disorder may occur due to an obstruction to the air passage due to heavily enlarged tonsils or adenoids. However, it is interesting to note that most children with sleep apnoea do not recover of this disorder after the removal of the tonsils. (This is because, in many cases, there are associated causes for apnea, such as obesity, adenoids, small jaw, bony skull deformity (congenital), neuromuscular disorder, etc.)

**TONSILS AND ADENOIDS**

5. **Snoring:** Due to obstructed air passage caused by the enlarged tonsils, snoring may be one of the symptoms in many children suffering from recurrent tonsillitis.

6. **General symptoms:**

Tonsillitis may be associated with

1. General fatigue
2. Tired feeling, bodyache
3. Loss of appetite
4. Low energy level
5. Headache, etc.

7. **On examination:**

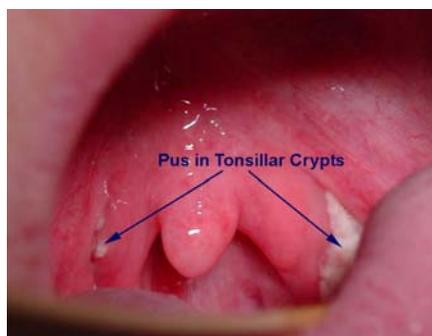
The attending doctor may have a look at the throat with a torch to find inflamed, red, congested tonsils. There may be visible septic foci (small pus pockets). Externally, one may palpate enlarged and mildly painful neck glands, indicating some more lymph glands in the neighborhood.

**RECURRENT TONSILS**

- \* Recurring infection of the tonsils leads to frequent episodes of tonsillitis, which is a common pediatric disorder found world over.
- \* Frequent infections leads to certain changes in the lymphoid tissues of the tonsils making them enlarged in size. They may get enlarged to an extent that they may touch each other. They are called 'kissing tonsils'! Recurring septic tonsillitis may lead to some scarring on the tonsils making them less capable to fight against the future infection.

**COMPLICATIONS OF TONSILS:**

- \* The complications of untreated, recurring tonsillitis, when the tonsils fail to check the spread of the infection, include spread of the infection to the heart (Rheumatic Fever), kidneys (Glomerulonephritis), and lower respiratory tract (bronchitis).
- \* However, it may be noted that the said complications are relatively uncommon.

**HOMOEOPATHIC TREATMENT FOR TONSILS:**

**(a.) For Acute episode of Tonsillitis:**

- \* The practical experience and scientific experimentation suggest that a majority of acute cases of Tonsillitis can be successfully treated with well-selected homoeopathic medicines.
- \* We observe this truth on daily basis at our clinic and the fact is shared by thousands of homoeopathic doctors all over the world.
- \* Some of the commonly indicated homoeopathy medicines are  
*e.g.* **Baryta Carb**  
**Belladonna**  
**Merc-iod-flavum,**  
**Merc-iod-rubrus,**  
**Merc-solubilis,**  
**Hepar sulphuricum,**  
**Pulsatilla, etc.**

which are selected on the basis of the individual patients. The said medicines are very effective, 100% non-toxic, quick acting and absolutely harmless.

**HOMOEOPATHIC APPROACH:**

- \* Homoeopathy firmly believes in enhancing body's own defense mechanism to maintain the healthy status.
- \* Tonsils are looked upon as immunological booths. The homoeopathic approach is to encourage the immunological activities of the tonsils, and to save them for body's own long term interest.

**TYPES OF TONSILS & HOMOEOPATHIC REMEDIES**

Tonsils are divided into four types they are

- a) Acute Tonsils
- b) Chronic Tonsils
- c) Septic Tonsils and
- d) Enlarged Tonsils

**Homoeopathic Therapeutics:**

Some of the Homoeopathic remedies are

**1) Ailanthus Glandulosa:**

- \* It is indicated for follicular tonsillitis, streptococcal infection
- \* Throat swollen, purple, livid.
- \* Inflamed, oedematous, dusky red tonsils with much internal and external swelling of throat.
- \* Dry, rough, scraping, checking feeling in the throat.
- \* Tongue dry and brown. Pin in swallowing external to the ears.

**2) Alumen:**

- ✱ It is indicated for enlarged indurated tonsils.
- ✱ Tickling on throat, tendency to take cold.
- ✱ Every cold settles in throat.
- ✱ Cold exposure.
- ✱ Complete aphonia.
- ✱ Dysphagia especially to liquids.

**3) Apis. Mel:**

- ✱ It is indicated for swollen tonsils.
- ✱ Puffy, fiery red appearance of tonsils.
- ✱ Ulcers on tonsils.
- ✱ Sensation of fish bone in throat.
- ✱ Thirstlessness but thirst during fever, <Heat in any form, closed especially warmed heated rooms are intolerable from getting wet, >Open air, uncovering & cold water, cold bathing.
- ✱ Tongue feels scaled, red hot, trembling, fiery red.

**4) Bacillinum:**

- ✱ Enlarged tonsils with glands of neck enlarged & tender.
- ✱ Hard cough, < Night, early morning, cold air, < During sleep, rising from bed, cough with mucopurulent expectoration, which is poly – bacillary.
- ✱ Humid asthma attacks of suffocation < night.
- ✱ The fat patient has constant disposition to take cold.
- ✱ Strawberry, tongue.

**5) Baptisa:**

- ✱ Dark red tonsils & soft palate.
- ✱ Painless sore throat, great difficulty in swallowing solid food with constriction in oesophagus

- ★ Offensive breath from mouth with yellowish brown coated in the middle, red & shining in edges, cracked and sore tongue.

**6) Brayta.carb:**

- ★ Quinsy, suppurating tonsils from every cold.
- ★ Throat complaints after checked foot sweat.
- ★ Inability to swallow anything but liquids.
- ★ Throat troubles from over use of voice.
- ★ Worse from thinking of symptoms from washing.
- ★ Recurrent septic tonsillitis in children.

**7) Baryta. Iod:**

- ★ Quinsy, indurated tonsils
- ★ Cervical gland enlargement in stunted growth of children

**8) Belladonna:**

- ★ It is a good remedy for right-sided tonsils
- ★ Inflammation in throat with angry looking and congestion.
- ★ They feel constricted with difficult swallowing worse by drinking liquids.
- ★ Sensation of lump in throat.
- ★ Tonsils become inflamed after riding in a cold wind.
- ★ Great liability of air especially when uncovering the head, from having the haircut.
- ★ Tonsillitis with high fever, burning, purulent, steamy heat. Head heat, feet, icy cold, < 3:00 P.M
- ★ No thirst with fever.

**9) Calc.Carb:**

- ★ Swelling of tonsils, submaxillary and cervical glands, painful behind hyoid bone on swallowing.
- ★ Stitching pain in throat < swallowing, difficult in swallowing, hawking up of mucus.
- ★ Recurrent attack of cold with swelling of glands from exposure to draft of air, <Cold in every form, wet weather, washing moist air

TONSILS AND ADENOIDS

- \* Dry weather, dry climate.
- \* It is suited to leucophlegmatic constitution who are

Fair  
Fatty  
Flabby  
Fear  
Fatigue

} 5 F Constitution



- \* Children disposed to grow fat, with large head, who craves eggs, indigestible things, chalk coal, salt, sweets with intolerance to milk.
- \* Increased perspiration especially over the head wetting the pillow far around sour sweating.
- \* The child has habitual constipation with defective assimilation & weak bones.

**10) Calcarea Flour:**

- \* It is indicated for hypertrophy of luschkas tonsil (follicular tonsillitis).
- \* Follicular sore throat plugs of mucus are continuously forming in the crypts of the tonsils.
- \* Pain and burning in the throat, < cold drinks, < during rest, change of weather >by warm drinks.
- \* Cough with expectoration of tiny lumps of yellow mucus with tickling sensation and irritation on lying down.
- \* Heat, warm applications.

**11) Cistus. cana:**

- \* It is suited to patients who are extremely sensitive to cold.
- \* Swollen tonsils.
- \* Very dry and cold air passing over parts causes pain.
- \* A small, dry spot in throat, must sip water frequently.
- \* Hawking of mucus. Head drawn to side by swelling in neck.
- \* Sore throat from inhaling the least cold air.
- \* Heat & itching in throat.

## TONSILS AND ADENOIDS

**12) Gelseminun:**

- \* It is indicated for swollen tonsils.
- \* Throat feels rough burning.
- \* Tonsillitis with shooting pain from throat < damp weather, before a thunder storm when thinking, > open air.
- \* Feeling of lump in throat that cannot be swallowed.
- \* Swallowing causes pain in ear.
- \* Gelsemium patient has no thirst.
- \* Dry cough with throat.
- \* There is general prostration with dullness, dizziness and drowsiness.

**13) Hepar Sulph:**

- \* It is indicated for quinsy and when suppuration threatens.
- \* Ulcers in the tonsils and also indicated for chronic hypertrophy of tonsils with hardness of hearing.
- \* Types of pain stitching types of pain sensation as if splinter or fish bone in the throat.
- \* Stitching type of pain extends from the throat to the ear on swallowing.
- \* Throat pain < cold drinks, < dry cold wind, > damp weather.

**14) Ignatia:**

- \* It is indicated for follicular tonsillitis.
- \* Tendency to choke with a feeling of lump in the throat.
- \* Stitching throat pain, extending to the ear < when not swallowing.
- \* Pain better by swallowing solid things.
- \* Stitching pains in between the act of deglutition.
- \* Cough increases the desire to cough & < more he coughs
- \* cough < in evening
- \* < coffee, smoking
- \* < external warmth
- \* > while eating

**15) Kali.bich :**

- \* Pseudo – membranous deposits on tonsils & soft palate, which is pearly, fibrinous and extending downward.
- \* Fauces red and inflamed
- \* Tongue mapped, red, shining.
- \* Discharge from throat is tough, stringy mucus, which adheres to the parts and can be drawn into long strings, yellowish.
- \* Liability to take cold in open air.
- \* Hawking cough with profuse yellowish expectoration.
- \* Oedematous, bladder like appearance of uvula, much, swelling, but little redness.

**16) Kali. Mur :**

- \* It is indicated for follicular tonsillitis.
- \* Tonsils inflamed and enlarged so much, can hardly breath.
- \* There is expectoration of the thick, white phlegm.
- \* Grayish patches (or) spots in the throat & tonsils.
- \* “ Hospital sore throat ”

**17) Lac. Can :**

- \* Tonsillitis change repeatedly from side to side.
- \* Shiny glazed appearance of deposit, pearly white (or) like pure white porcelain.
- \* Burning pain in throat on swallowing.
- \* Sensitive to touch, pain extended to ears. Constant inclination to swallow pain begins on left side.
- \* Stiffness of neck and tongue.
- \* Throat feels raw, tickling sensation causes constant cough.
- \* Worse morning of one day and evening of next day.
- \* Sore throat beginning and ending with menses.

**TONSILS AND ADENOIDS****18) Lachesis:**

- ✱ It is more suitable for left sided tonsillitis.
- ✱ Pain in throat while swallowing saliva or liquid.
- ✱ Feeling of constriction in the throat, cannot bear slight touch of bed clothes, handkerchief near to neck.
- ✱ Throat pain < after sleep  
< from hot drinks  
< after eating sweets  
< from Liquids
- ✱ Throat pain radiates to ear.

**19) Lycopodium:**

- ✱ Swelling and suppuration of tonsils.
- ✱ Diphtheritic, ulceration of tonsils beginning on the right side, spread from right to left < cold drinks.
- ✱ Dry throat without thirst.
- ✱ Nose block at night breath through mouth, snuffles, child starts from sleep & rubbing nose, fan like motion of alae nasi.
- ✱ Cough when going to sleep & preventing sleep.
- ✱ Cough with grayish and salty expectoration.

**20) Merc.i..Ruber:**

- ✱ Fauces dark red.
- ✱ Diphtheria ulcerated sore throat especially left side.
- ✱ Early stages of cold especially in children.
- ✱ Coryza & dullness of hearing.
- ✱ It aborts peritonsillitis if given frequently.
- ✱ Cough from elongated uvula with sore throat.

**21) Merc.Iod. flavus:**

- ✱ Lacunar Tonsillitis.
- ✱ Cheesy exudate with offensive breath.

**TONSILS AND ADENOIDS**

- \* Right sided tonsillitis.
- \* Constant inclination to swallow.

**22) Merc.Sol :**

- \* Bluish red swelling in the throat constant desire to swallow.
- \* Quinsy with dysphagia, after pus has formed.
- \* Putrid sore throat worse right side
- \* Moist tongue with much thirst
- \* Salivation increased at night.
- \* Foetid odour from mouth.
- \* Throat pain < in night, damp weather, after perspiration, warm room and warm bed.

**23) Phytolacca :**

- \* Its suited to teething children with irresistible desire to bite the teeth & red tip tongue.
- \* Tonsils swollen especially at the right side.
- \* Dark red (or) bluish red appearance of tonsils.
- \* Throat feels rough, narrow hot with shooting pain into ears on swallowing.
- \* Sensation of lump in the throat with continuous desire to swallow.
- \* Tonsils, uvula and back part of throat covered with ash-coloured membrane.
- \* Cannot drink hot fluids.
- \* Quinsy, tonsils and fauces swollen with burning pain as from coal of fire (or) red hot iron.
- \* Exudation grayish white, thick, tenacious yellowish mucus, difficult to dislodge, < night, wet damp weather, night, right side > warmth, dry weather, rest.

**24) Psorinum:**

- \* Tonsils greatly swollen.
- \* Painful swallowing with pain in ears.
- \* Profuse offensive saliva, tough mucus in throat.
- \* Recurrent quinsy, eradicates the tendency to quinsy.
- \* There is extreme sensitiveness to cold.

**TONSILS AND ADENOIDS**

- \* Wants the head kept warm, wants warm clothing, wears a fur cap, overcoat shawl even in hot summer.
- \* < changes of weather, in hot sunshine, from cold. Dread of least cold air > heat, warm clothing even in summer.

**25) Rhustox :**

- \* Swollen tonsils.
- \* Sticking pain in throat on swallowing.
- \* There is great thirst with dry tongue, mouth & throat.
- \* Tongue, dry sore, red cracked triangular red tip; takes imprint of teeth.
- \* < cold, wet rainy weather and after rain; at night, during rest.
- \* > warm, dry weather, change of position, rubbing warm application.

**26) Silicea:**

- \* Periodical Quinsy
- \* Pricking as of a pin in tonsils
- \* Cold settles in the throat
- \* Hard cold swelling of cervical glands.
- \* Checked Perspiration
- \* Tonsillitis especially < after draught of cold air from washing, uncovering the head, new moon, damp weather.
- \* Throat complaints > by warmth, wrapping up the head summer

**27) Sulphur:**

- \* It is indicated for enlarged tonsils pressure as from a lump, as from splinter, sensation of hair.
- \* Burning in throat, reddish with dryness of mouth.
- \* Tongue with red tip, lips are red and burning.
- \* Pain stitching on swallowing, < warmth, morning, bathing, night, > dry warm weather.
- \* It is suited for lean, stoop shouldered persons with aversion to bath.
- \* When carefully selected remedies fail to produce the favorable effects, it is indicated.

**28) Thuja :**

- \* It is given for chronic enlargement of tonsils.
- \* It is suitable for left sided tonsillitis.
- \* Tip of tongue very painful, white blisters on the sides of tongue, painfully sore.
- \* Pain in throat < during swallowing, < night, at 3 P.M & 3 A.M from cold, damp air.

**29) Tuberculinum:**

- \* Enlarged tonsils
- \* Hard dry cough < sleep, < by taking a breath of fresh air, > open air, < motion, storm, dampness, draught of air early morning, after sleep
- \* Expectoration thick with shortness of breath
- \* It is indicated for patients who are tall, slim with a narrow chest, easily catches cold on taking a breath of fresh air with a family history of tubercular affections.
- \* It is indicated when symptoms are constantly changing and well selected remedy fails to improve and cold is taken from slightest exposure.
- \* Tuberculinum is indicated for emaciated children who failed to put on weight though eats well.

**ADENOIDS – WHAT IT IS ?**

- \* The upper portion of the naso – pharyngeal tonsil which is made up of pale (or) red masses separated by vertical clefts.
- \* Due to repeated inflammations in the nose and pharynx, this tonsils often hypertrophies, obstructing the openings of the chonae and eustachian tubes & nasopharynx.
- \* Children infected by diseases such as measles, scarlet fever, influenza and diptheria stimulate the rapid growth of adenoids.
- \* Adenoid hyperplasia occurs frequently in children at the age of three to eight (or) ten years.
- \* Adenoids normally disappear after puberty.

**SYMPTOMS OF ADENOIDS :**

- \* Continuous rhinitis and nasal obstruction, which does not respond to ordinary conservative treatment.
- \* Adenoid children sleep with open-mouth due to nasal obstruction showing apathetic & dull facial expression.
- \* Enlargement of other lymphatic structure causes severe nasal obstruction.

**TONSILS AND ADENOIDS**

- \* Severe headache and inability to concentrate.
- \* Nervous disorders like nocturnal enuresis occur as a reflex neurosis.

**COMPLICATIONS OF ADENOIDS :**

- \* Constant mouth breathing causes the hard palate to become high arched and narrow called "Gothic Palate".
- \* Constant mouth breathing affects the child's constitution, shape of the chest.
- \* Children with adenoids look physically weak & mentally retarded.
- \* The folds & depressions of adenoids lead to the collection of bacteria and recurrent inflammation of nasopharynx.
- \* There is gradual loss of hearing and repeated inflammation in the middle ear.
- \* Due to nasal obstruction on the side of the conchae, the child speaks with a nasal twang.

**INVESTIGATIONS OF ADENOIDS :**

- \* Rhinoscopy
- \* X – Ray
- \* Post – nasal mirror examination.

**HOMOEOPATHIC THERAPEUTICS FOR ADENOIDS :****1) Agraphis. Nutans :**

- \* Adenoids, throat deafness
- \* Obstruction of nostrils, catarrhal conditions.
- \* Throat & Ear troubles with tendency to free discharge from mucous membrane.
- \* Mutinism of childhood unconnected with deafness.
- \* < exposure to cold wind

**2) Baryta Iod:**

- \* Useful remedy for adenoids if the child is mentally weak
- \* Induration of glands.

3) **Baryta. Carb:**

- \* Coryza with swelling of upper lip and nose.
- \* Sensation of smoke in nose.
- \* Discharge of thick yellow mucus.
- \* It is suited to children who are retarded mentally & physically, dwarfish do not grow and develop with swollen abdomen.

4) **Calc.carb :**

- \* Stoppage of nose with foetid yellow discharge.
- \* Offensive odour in nose.
- \* Takes cold at every change of weather.
- \* Hawking up of mucus, difficult swallowing.
- \* It is especially suited to children who are

Fair  
 Fatty  
 Flabby  
 Fear  
 Fatigue

} 5 F Constitution



- \* great sensitiveness to take cold with much perspiration, sour smelling.
- \* The child craves for eggs & eats indigestible things like chalk ,charcoal ,pencils.
- \* The child disagrees milk, meat & boiled things.

5) **Calc. Phos:**

- \* It is suited mainly for adenoid growth.
- \* Cannot open mouth without pain.
- \* It is suited to anaemic children, who are peevish, have cold extremities & feeble digestion.
- \* There is difficult dentition in children and the symptoms are worse by change of weather.
- \* There is increased perspiration and glandular enlargement.

**TONSILS AND ADENOIDS**

- \* < exposure to damp, cold weather, melting snow.
- \* > summer in warm, dry atmosphere.

**6) Cistus Canadensis:**

- \* It is suited in children who are extremely sensitive to cold.
- \* Very dry & cold air passing over parts causes pain.
- \* A small dry spot in throat, must sip water frequently < slight exposure to cold air > after eating
- \* Hawking of mucus, swelling & suppuration of glands in throat.
- \* Head drawn to oneside because of swelling in neck.

**7) Hydrastis. Canadensis:**

- \* Specific for adenoids.
- \* Hawking of yellow tenacious, ropy mucus.
- \* Ozaena with watery excoriating discharges.
- \* Tends to blow nose all the time.

**PRECAUTIONS FOR TONSILITIS & ADENOIDS:**

- a) Avoid taking cold drinks.
- b) Avoid ice-creams.
- c) Avoid chocolate & sweets.
- d) Avoid citrus fruits like lime, orange, grapes etc.,
- e) Avoid buttermilk, curd rice.
- f) Avoid imitating spicy foods.
- g) Throat and mouth should be washed with salt water after every meals.

**CASE HISTORY BY DR. N. R. JAYAKUMAR**

Some of the cases treated by Dr. N.R. Jayakumar in his clinic

**Case – 1 :**

A boy aged 9 yrs was brought to my clinic with the complaint of vomiting of food everytime after eating especially in the morning hours when he was forced to eat hurriedly to catch the school van. Also very often he was affected with recurrent cold, cough and earache he also snores during sleep, but the main problem is in the morning hours while getting ready to school. Because of vomiting every day the boys mother used to scold him and some times she even beats him.

The boys parents complaints was that their son doesn't eat properly and vomits everything in the morning especially during breakfast.

After a careful study of the existing symptoms of the boy and the local examination of the throat reveals that he has a very big enlarged tonsils which obstructs his oral cavity that there is no space for swallowing his food. So without the aware of this type of enlarged tonsils his parents scolded & beaten him. Once they came to know the actual reason they were ashamed, felt pity for the child & finally I treated the child with Ignatia 200 and Calc flour 6x and as an intercurrent Streptococcinum 1m & Lycopodium 200 in 15 days interval.

After nearly six month of my treatment the boy was cured from tonsils & now he is able to swallow the food easily, he has no swallowing difficulty now days. He was cured completely and also happy because of free mothers scolding & beating.

**Case – 2 :**

A boy of 10 yrs old came to me with the complaint of continuous cough for 10 days . He used to cough continuously from morning to night but he sleep quietly without any disturbances in the night ( that is no cough during sleep ).

From my case taking he said that he used to take cold drinks, sweets (Jaggery) more. On examining his throat I found out that tonsil was little inflamed, enlarged, congested. I diagnosed it as Acute Tonsillitis.

I prescribed Sanguinaria 30 followed by spongia 30. The boy was not relieved from that cough and only a partial cure took place. After that I have changed the prescription to Lachesis 200 2doses. So after taking that 2 doses itself the entire cough was cured & he was free from cough for many months. After few more months once again he took the Jaggery and similar pattern of cough was developed with sore throat I again prescribed Lachesis 200 1 dose only, immediately the boy was cured completely. So we have to observe the allergic factor for the each and every case. If we came to know the allergic cause for every case treating tonsillitis is not a difficult task.