

An Observational Study To Prove Effectivity Of Homoeopathic Medicine In Cases Of Tonsillitis In Paediatric Age Group

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Abstract

Tonsil and adenoids are the body's first line of protection the oropharyngeal pathway. They are found between the palatoglossal arch anterior and the palatopharyngeal arch posteriorly. Known as the palatine arch and or pillars. There are bacteria and viruses that enter the body through the mouth and nose and cause the inflammation to the tonsil gland and makes man sick, and its commonly encountered in paediatrics age groups. Tonsil are composed of lymphatic tissue and are a component of Waldeyer's ring along with the adenoids, tubal tonsil, lingual tonsil, etc. According to modern school of medicine tonsillitis is purely a surgical disease. If its recurrent infection occur with in short interval of period patient is advised for surgical removable of tonsil. If properly treated with homoeopathy which is based on cardinal principal of homoeopathy so no need to remove tonsil. It's not mean like the homoeopathy oppose those system every pathy has its own scope and limitation. In certain complicated cases we know our limitation. In homoeopathy treatment based on totality of symptoms and individualization of sick person and which base on fix cardinal principal. The main goal of homoeopathy is to restore the sick to health to cure means wellbeing of the whole man. The study deal with 30 cases diagnosed with acute tonsillitis are randomly selected from paediatric age group 6 to 13, to study efficacy of homoeopathy medicine in treating of acute tonsillitis. Palatoglossal, Waldeyer's ring, palatopharyngeal, adenoids

INTRODUCTION

Tonsillitis is the inflammation of the pharyngeal tonsils. Along with the pharyngeal tonsils, the adenoids and the lingual tonsil. Tonsillitis may be cause due to any viral or bacterial infections or any other immunological factor.¹ It is very common in India and children are more commonly affected.² Tonsil (from Latin tonsa - the oar) in use since celsus (About 40AD). They Greek terms of that time "Paristhemia" wear not adopted in later medical terminology "Amygdola" (Greek/Latin The Almonds). Versalius in 1543 was first one to describe the Tonsil.³ About 7.5% of people have a sore Throat in any three months periods 2% of people visit a doctor for tonsillitis each year. Children are more Commonly affected. Tonsillitis signifies an acute inflammation of the mucous membrane covering the tonsils; or the inflammation may involve the whole gland and the surrounding tissue.

The palatine tonsils consists of paired aggregates of lymphoid tissue. They are located in the pocket formed between the palatoglossus and palatopharyngeus muscles and the overlying folds of mucosa, which make up the anterior and posterior tonsillar pillars. With the lingual tonsils, the adenoids and the diffuse aggregates of pharyngeal submucosal lymphoid tissue they make up Waldeyer's ring, a complete circle of lymphoid tissue surrounding the entrance to the gastrointestinal and respiratory tracts. Historically they consist of lymphoid tissue with aggregates of lymphocytes arranged in a follicular manner and embedded in a stroma of connective tissue. The stratified squamous mucosal covering of the tonsils extends irregular convoluted investigations in to the parenchyma forming pits or crypts. Lymphoid tissue of Waldeyer ring is most immunologically active between 4 – 10 years of age with a decrease after puberty⁴.

Waldeyer's tonsillar ring [pharyngeal lymphoid ring, Waldeyer's lymphatic ring, or tonsillar ring] is a ringed arrangement of lymphoid organs in the pharynx. Waldeyer's ring surrounds the naso and oropharynx, with some of its tonsillar tissue located above and some below the soft palate, and to the back of the mouth cavity. Homoeopathy is one of the most popular holistic system of medicine. The selection of Remedy is based upon the theory of individualization and symptoms similarities by using holistic approach. All other methods of treatment than homoeopathy treat the particular "disease",

no matter how the condition of the ‘‘patient’’ may be. If one has got some medical condition, then treatment will be same as in the case of another patient. There may be only some difference, in the dose due to the difference in the ages of the two and that is all for this. But in homoeopathy is difference from those system such as, why one man develops these abnormal changes in the body, while other do not, is a matter that will never draw their attention. Homoeopath not only consider the disease but whole man is sick, and not that any particular part of his body[organ] is sick. It is only this, that when the man sick the sickness is expressed in the particular physical organs like liver heart; and kidney; and as matter of fact, the man was sick long before these expression of disease came. And if he could have been cured then, there would have been no such expression of abnormalities in the parts of the physical body, so as to be perceived by the physical sense and ‘‘diagnosed’’ as ‘‘disease.’’ It means we must understand that is the patient, the sick man, that is to be treated and not the disease, because the so called disease is not the disease really, but only an expression of it. If we can treat the sick man and bring him back to health, that is to say, if we can make him perform the normal functions and processes of life. Herbert Spencer says that ‘‘Life is a continuous adjustment of internal relation to external. This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering

AIM

Primary objective –To explore role of homoeopathic medicine in management of acute tonsillitis in paediatric age group from 6 to 13 years

HOMOEOPATHIC APPROACH

Homoeopathy, as its Greek derivation implies, is a system of treating likes by likes. ‘‘Similia Similibus Curentur’’ – let likes be treated with likes, as a system of drug -therapeutics based on the law of similar. Hahnemann consider health as a state indicating harmonious functioning of the life force leading to a peculiar sense of well-being. Paradoxically enough we are more aware of this sense of well-being when it is denied to us rather than when we are actually experiencing it. Hahnemann consider disease as a state indicating disharmonious functioning of the life force. We become aware of this harmony by the loss of the sense of some of the process within, which are thrown out of gear. As the disharmony progress more definite indications start appearing, first in the form of symptoms, then followed by signs. The disharmonious functioning of the life force results mostly from unfavourable factor in the environment of a person. Hahnemann consider that the natural tendency of the life force is to assert itself and thus restore the state of harmony.

This natural tendency in some instance is affected unfavourable by certain stigmata which result from either hereditary or previous indiscretions on the part of the patient. In homoeopathy, disease came on dynamic place and the vital force works dynamically, so the cure can take place only when the remedy is given on its dynamic level then and then patient is cure. Because disease is also in dynamic level and so the medicine is in dynamic level too. Then and then cure takes place. We have seen that disease represents to us the reaction of the patient to unfavourable environment and that this reaction manifest through sign and symptoms. The pattern of this reaction therefore will be determined not only by the factor which have cause the illness but also by the constitution of the affected person. The constitution of person represents to us what he has, made of the hereditary plan of organization as determined by the genes.

There are three different subjects forming a union of study in homoeopathy, the study of man in its natural state, the study of man in his sick state from natural disorder, and the study of man in his sick state from artificial disorder. And this give us what we call individualization. The individual reaction depends on the susceptibility. Susceptibility is an inherent capacity in all living things to react to stimuli in the environment and represents a fundamental quality that distinguish the living from the non-living. an organism in perfect balance represent health which maintain optimum condition. Any change in the normal susceptibility will interfere with the capacity of pre-determined response and this interference will be reflected in a chain response which ultimately leads to a loss of balance as evidence by the development of disease.

HOMOEOPATHIC TREATMENT-

Regarding treatment, betterment is important, from the system of medicine. Treatment can be availed of from any system of medicine, which can comfort the living without any future side-effects. Homoeopathy has no side-effects. In homoeopathy, medicines are not going to act against the disease or kill the bacteria directly, but our resistance is boost giving no chance for recurrence due to re-infection of same bacteria or virus.

METHODOLOGY

- I) Study Design:-Observational study
- II) Study Setting :-Study conducted in our homoeopathic OPDs and different camps arranged.
- III) Study population: Clinically diagnosed cases of Acute Tonsillitis of urban and rural population.
- IV) Sample Size: 30 cases
- V) Sampling technique: Simple Random sampling technique

I) Inclusion Criteria :

- 1) The Patient of paediatric age group from 6 to 13 years suffering from Acute Tonsillitis.
- 2) Patients of paediatric age group from 6 to 13 years of both sexes are considered.

II) Exclusion Criteria: Patients having any gross, advanced and irreversible pathology.

III) Subject withdrawal criteria: Patients who are not co-operative and not able to follow the follow up will be excluded.

VII. Operational Definition: - Tonsillitis is the inflammation of the pharyngeal tonsils. 1. Tonsillitis may be caused due to any viral or bacterial infections or any other immunological factor.

VIII. Methods of Measurement:- Assessment of cases with the help of case recording, patient interview, clinical examination and physical examination laboratory investigations if needed.

- Data receiving-Data for study collected by taking cases of tonsillitis with the help of standard case taking proforma from Homoeopathic OPD with relevant investigation as per need of cases.
- Case Processing And Analysis – Case processing and analysis done as per the cardinal principles of homoeopathy.
- Framing of Totality of Symptoms
- Selection of remedy Single remedy selected out of the indicated group of remedies with the help of references from Materia-Medica
- The posology- depend on individual cases.

Outcome assessment: Outcome assessed in the terms of: Improved and Not Improved

IX. Study instrument/data collection tools:- Case record form used for data collection .A comprehensive case taking proforma which lead us towards the diagnosis of disease , diagnosis of patient helpful for the management of the case .

X. Methods of data collection relevant to objective:-

1. The patients included for the study as per the criteria mentioned.
2. The patients' orientation done.
3. Detail history taking as per case record format.
4. Totality formulated
5. Selection of homoeopathic medicines done as per totality of symptoms.
6. Conclusion about objectives and hypothesis drawn after follow ups of cases.

XI. Data management and analysis procedure:

(coding & Use of computers) Data managed from case records of our OPD. Analysis procedure done with standard statistical techniques by the use of computer.

- Duration of study – 18 months
- Duration of each cases – Cases observed for a period of minimum 1 month to 6 months as per need of the case.
- Duration of follow of each case – 7 days, 15 days

XII. Data analysis plan and methods: The collected data is qualitative hence the analysis done using tabulation and graphical representation.

OBSERVATIONS

Acute tonsillitis is one of the common health problem in our community. And mostly in paediatric age groups. 30 cases had been included in this study as sample. The study was observational study & we have observed the result of homoeopathic medicine in various cases. Out of 30 cases 27 patients had shown the favourable result i.e. improved & 3 patients shown unfavourable results i.e. not improved from treatment given. Hence the success rate is 90.00 %. While studying this observed that Homoeopathic medicines if chosen correctly can give us favourable results. After prescribing Homoeopathic medicines the recovery is faster and cost effective too. After a detail study on patient for about weeks and detail theoretical study on topic, observation is, male children are more prone to tonsillitis than female children.

After studying it is observed that belladonna is indicated in 36.66% of patient, heper sulph is indicated in 16.66% of patient, lachesis and bryonia is indicated in 10% of patient, baryta carb is indicated in 6.66% of patient and the remaining pulsatila, aconite, M.I.F., argentum nitricum, aconite, sabadilla, rhus tox these all covering 3.33% each. Last but not the least reaction of the patient are very good and their full cooperation have made these efforts possible, they have followed the advice with medicines regularly and also maintain the regular follow up.

RESULTS:

Table no. 1:-Table showing sex distribution of patients of 30 cases.

SEX	FREQUENCY	PERCENTAGE
MALE CHILD	18	60%
FEMALE CHILD	12	40%
TOTAL	30	100%

Graph no. 1: -Graph showing sex distribution of patients of 30 cases

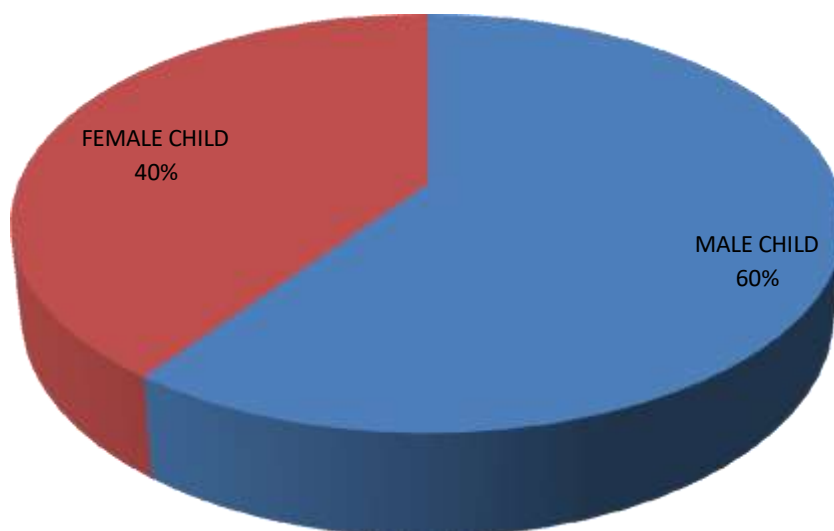
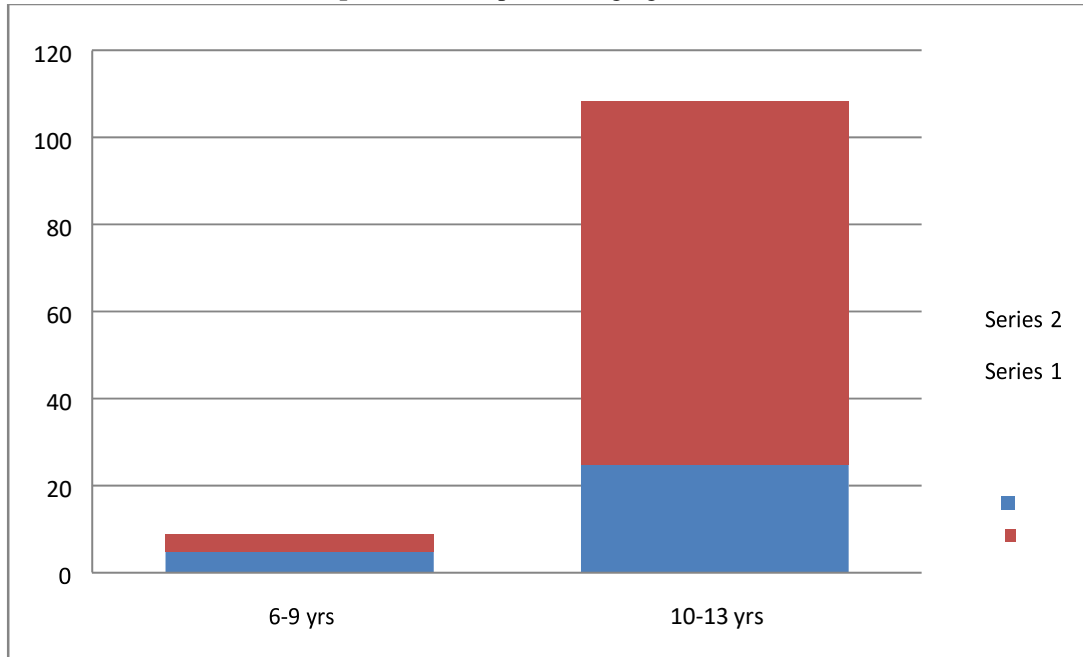


Table showing age wise distribution of 30 cases

Sr No.	Age of patient(years)	No of cases	Percentage
1	6-9	5	17%
2	10-13	25	83%

Graph no. 2: -Graph showing age distribution

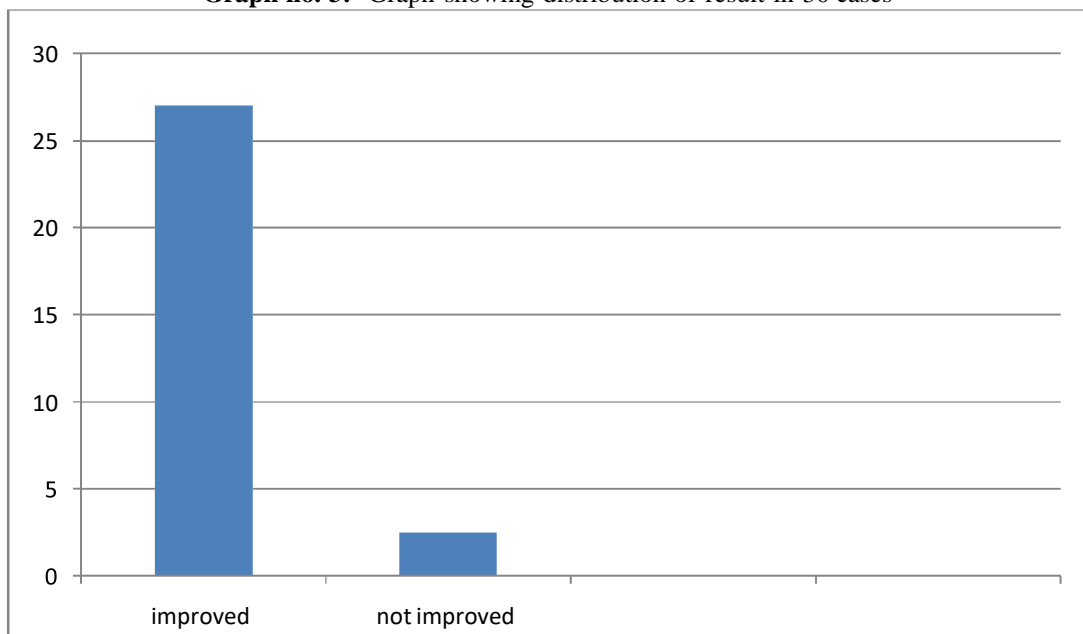


Percentage	17%	83%
No of cases	5	25

Table showing distribution of result in 30 cases

RESULT	FREQUENCY	PERCENTAGE
Improved	27	90%
Not Improved	3	10%
Total	30	100%

Graph no. 3: -Graph showing distribution of result in 30 cases



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