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An Evaluation of Homoeopathy for Adenoiditis

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Abstract

Infections may lead to inflammation of the adenoids, a condition known as adenoiditis. Masses of lymphatic tissue called adenoids aid the immune system in its battle against infections. The adenoids are located in the pharynx, which is the neck area just below the nose. In the fight against infectious microbes, the adenoids and tonsils serve as the first barrier. Members of the lymphatic system include adenoids. Inflammation of the adenoids might prevent them from doing their job. Integrative approach If the drug recommended is based on the totality of symptoms, homoeopathy may play a beneficial role in treating adenoiditis.

Key word: Adenoid, Homoeopathy, Tonsil, Antibodies, Inflammation.

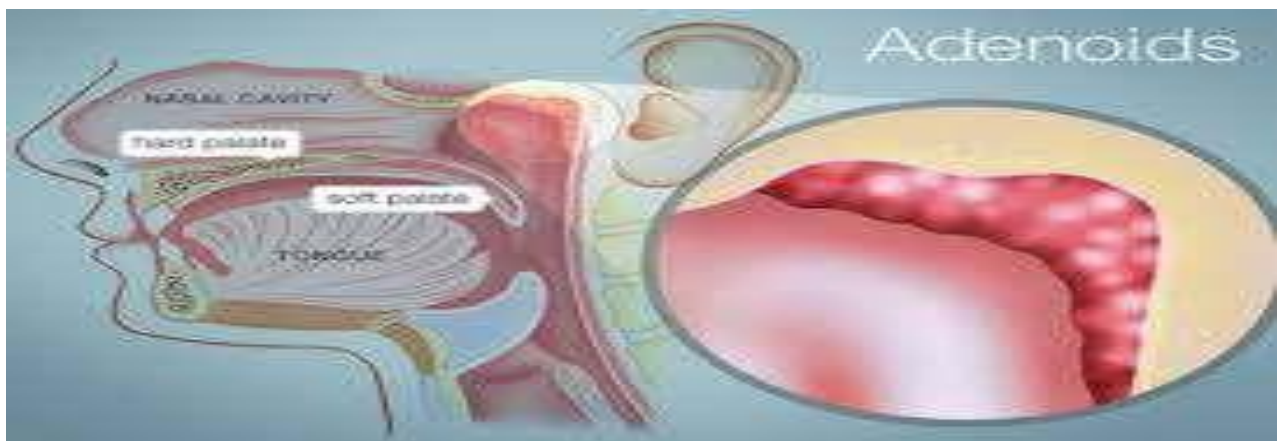
Introduction-

Adenoids are a mass of lymphatic tissue system. The Pharyngeal tonsils are commonly known as adenoids. in the back of the nose and throat. They Adenoids can not see them by looking in are part of a child's immune system and play a significant role in fighting bacteria and virus that enter the body through the nose. Adenoids provide protection against infectious someone mouth; they are largest in children between the age of 2 to 6 years old. Normally the start to shrink by age of 7 to 8 year and very difficult to visualized in teenagers and completely disappear in adults. Adenoids are covered with cilia and mucus. The purpose of agent.

Adenoids are bunch of the lymphatic tissue. The purpose of mucus is to capture infectious agent, dust, tissue in the back of the nose, just above the roof of mouth. Adenoids are tonsils but not all tonsils are adenoids. In human body there are three numbers of tonsils in the Lymphatic system. They capture allergen and other particle and flush them away. Other function of adenoids to form antibodies to protect from diseases. Adenoiditis may begin as a swelling or enlargement of the adenoids. The swelling may block or restrict your airways. It can also make it difficult to breathe through your nose.

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Acute Adenoiditis:- Adenoiditis is a hypertrophied naso-pharyngeal tonsils resulting in recurrent attacks of cold, earache, nasal obstruction and snoring.

The Signs and Symptoms -

The Symptoms of Adenoiditis are classified into two major groups:-

1. Due to Hypertrophy -

- a. Nasal obstruction -
- I. Oral breathing
 - II. Difficulty in swallowing.
 - III. Snoring.
 - IV. Hoarseness of voice.
 - V. Sleep Apnea.
- b. Eustachian tube obstruction-
 - i. Earache
 - ii. Hearing impaired.
 - iii. Tinnitus
- 2. Due to Inflammation-
 - a. Rhinorrhea.
 - b. Otorrhoea.
 - c. Cough.
 - d. Post nasal drip.

Signs:-

- 1. Dull, Expression less face.
- 2. Open mouth.
- 3. Retracted and dry lips.
- 4. Constant Rhinorrhoea.

Investigations:- X-RAY lateral view of Naso-pharynx- Shows adenoid mass.

Certain risk factors can make you susceptible

to infections of the adenoidal tissues.

These may include:

1. Recurring infections in the throat, neck, or head
2. Infections of the tonsils
3. Contact with airborne viruses, germs, and bacteria

Homoeopathic management helps in curing Adenoiditis by-

1. Reducing the size of the adenoids thus converting enlarged, unhealthy adenoids to healthy ones.
2. Increasing the resistance (immunity) to repeated infections /exposure to pathogen.
3. Reducing the intensity and frequency of recurrent attack of cough and cold.
4. It is an erroneous idea that the surgical removal of Adenoids decreases the individual's susceptibility to catch infection.

General Management -

1. Steam inhalation is also beneficial with enlarged adenoids that helps to relieve the blocked nose caused by swollen adenoid, which

commonly leads to snoring or noisy breathing.

2. Drinking warm water with a bit of honey and lemon juice will work fine as well.
3. The most effective remedy for enlarged adenoids is gargling warm saline water. Warm water has a soothing effect on the sore throat, the salt help to relieve pain.
4. Breathing exercise

The following foods should be strictly avoided during the period of homoeopathic treatment:

- ❖ Cold foods and drinks
- ❖ Cold Drinks
- ❖ Ice Cream
- ❖ Curd
- ❖ Fruit Juice
- ❖ Tomato Soup
- ❖ Fruits—Orange, Lemon, Sour Grapes

Homoeopathic Management-

1. **Agraphis nutans** – Agraphis is one of the best remedy for adenoids. The main characteristic symptom of Agraphis, nasal obstruction, especially from enlarged adenoids and throat deafness. The action Of this remedy is felt towards the root of nose. The child is very susceptible to catch cold. Every Cold affects the adenoids and tonsils causes obstruction of nose.
2. **Calcarea carb** - Calcarea Carb is the most effective Homeopathic medicines for enlarged adenoids. The patient is fatty, obese, tendency to put weight. There is a tendency to sweat more on slight physical exertion, especially from

the head portion. Desire for open air, can not tolerate warm atmosphere, and sweat profusely, but exposure to cold air make him to suffer cold and cough with blocking nose and adenoids. Difficult and delayed dentition with the characteristic head sweats. Adenoids with enlarged tonsils are filled with little crypts, sneezing, cough with green purulent expectoration.

Belladonna –Acute adenoiditis especially in children,with high fever and all the symptoms of congestion. The adenoids are enlarged and inflamed, throat is dry as if glazed, especially on the right side. Dry cough with foreign body sensation in the throat associated with difficulty in swallowing liquids. There is hoarseness and the throat feels constricted.

3. **Baryta Carb.** –In adenoids cases where the child is very prone to catch cold easily. Every exposure to cold causes adenoids to enlarge. Including adenoids the tonsils, too, may also be enlarged in such cases. Throat pains, difficulties in swallowing, blocked nose, breathing by opening mouth with dryness of mouth are well marked. The child is mentally as well as physically weak. A child has a tendency of increased sweat from feet that offensive nature.

4. **Merc.-Bin-Iodide-** Inflammation and swelling of left tonsil, velum elongated causing cough, next day both tonsils involved (left to right). Painful swelling of tonsils and sub-maxillary glands.

5. **Kali Mur.-** Tonsils excessively swollen; stringy, tough mucus. Swallowing painful, even water or the softest bread; must twist his neck to get it down. One of the

7. **Psorinum-** Pain in left tonsil, with colds, swollen feeling. Quinsy, intense pain to ears on swallowing, profuse, offensive saliva; tough mucus in throat, must hawk continually; tendency to quinsy. to nose, throat and chest.

References-

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No. 8: Natrum mur. Indian doctor who is underweight and lanky India 400011

those who have swollen tonsils. Boericke and William are the names of the kids. This pocket-sized manual contains the Homoeopathic Materia Medica and respiratory infection treatment protocols, as well as relevant references. Pvt. Ltd. of B. Jain Publishers, watery nasal discharge, runny nose, sneezing Discharges from New Delhi in 2007. While the kid eats well, Allen H.C. Allen's Keynotes, Revised I have not shed any pounds so yet. along with the most popular treatments for

9. Lycopodium - when the illness moves from the right side to the left, with a high fever, cries out when sleeping and while awake, is irritated, and cross.

10. Bacillinum—Given as an intercurrent treatment based on totality of symptoms, it is the nosode most often prescribed. In the Materia Medica & Bowel Nosodes, 9th edition, B. Jain Publisher Pvt. Ltd., New Delhi, Reprint edition 2004, the most important symptom is the individual's

2. The Organon of Medicine by Samuel Hahnemann. William Boericke was the translator. Reprinted in 2002 by B. Jain Publishers Pvt. Ltd., New Delhi. Three, lectures by Kent James Tyler on often become sick with the common cold, which impacts homoeopathic

best remedies for Follicular tonsillitis. Tonsils are inflamed and enlarged so much that the patient can hardly breathe. There are grayish-white spots on the tonsils.

6. **Aurum Met.-** Adenoids swollen and ulcerated. Drinks find a passage through the nostrils. Stinging soreness in throat only when swallowing.

sinusitis and most conditions pertaining principles. Memorial in the neck and throat area.