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Homoeopathy in Adenoiditis - A Review

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Abstract-

Adenoiditis is an inflammation of the adenoids caused by infection. Adenoids are masses of lymphatic tissue that help the body fight infection. Adenoids are found in the throat, also called the pharynx, just behind the nose. Along with the tonsils, adenoids are the first line of defense against bacteria and viruses. Adenoids are part of the lymphatic system. If the adenoids become inflamed, they may not perform their function properly. Holistic system Homoeopathy have good role in treatment of adenoiditis if medicine prescribed on basis of totality of symptoms.

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

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Introduction-

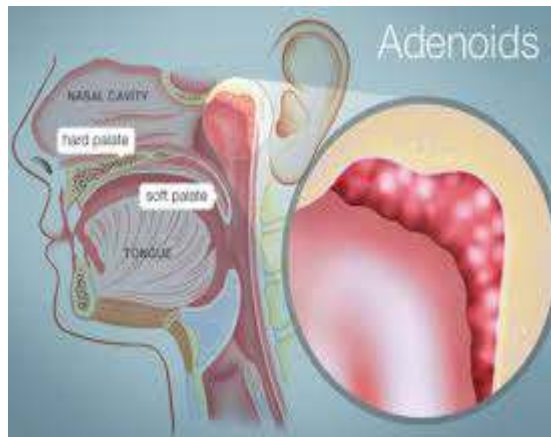
Adenoids are a mass of lymphatic tissue in the back of the nose and throat. They are part of a child's immune system and play a significant role in fighting bacteria and virus that enter the body through the nose.

Adenoids provide protection against infectious agent. Adenoids are bunch of the lymphatic 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. The Pharyngeal tonsils are commonly known as adenoids.

Adenoids can not see them by looking in 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 themucus is to capture infectious agent, dust, allergen and other particle and flush them away. Other function of adenoids to form antibodies to protectit 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.



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.

3. **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.
4. **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 week. A child has a tendency of increased sweat from feet that offensive nature.
5. **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.
6. **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 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.
7. **Aurum Met.-** Adenoids swollen and ulcerated. Drinks find a passage through the nostrils. Stinging soreness in throat only when swallowing.

8. **Psorinum-** Pain in left tonsil, with swollen feeling. Quinsy, intense pain to ears on swallowing, profuse, offensive saliva; tough mucus in throat, must hawk continually; tendency to quinsy.
9. **Natrum mur.** Lean and thin, emaciated with enlarged adenoids. Those children are generally prone to get frequent upper respiratory infection with marked sneezing, fluent, thin watery nasal discharges. The child has good appetite but still not gaining weight.
10. **Lycopodium** – It is indicated when the disease starts in the right side and extends to the left with high temperature, crying out during sleep and awakening from sleep, cross and irritable.
11. **Bacillinum-** It is the nosode usually given as intercurrent remedy on basis of totality symptoms. The key symptom is the person frequently catch cold and that affect the adenoids and tonsils. He is very susceptible to cold.

Conclusion- As per Dr. Burnett, to completely cure the case, Bacillinum 200, 1M, 10M and even higher is often required. This remedy not only helps the tonsils and adenoids, but cures a tendency to chronic

colds, sinusitis and most conditions pertaining to nose, throat and chest.

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