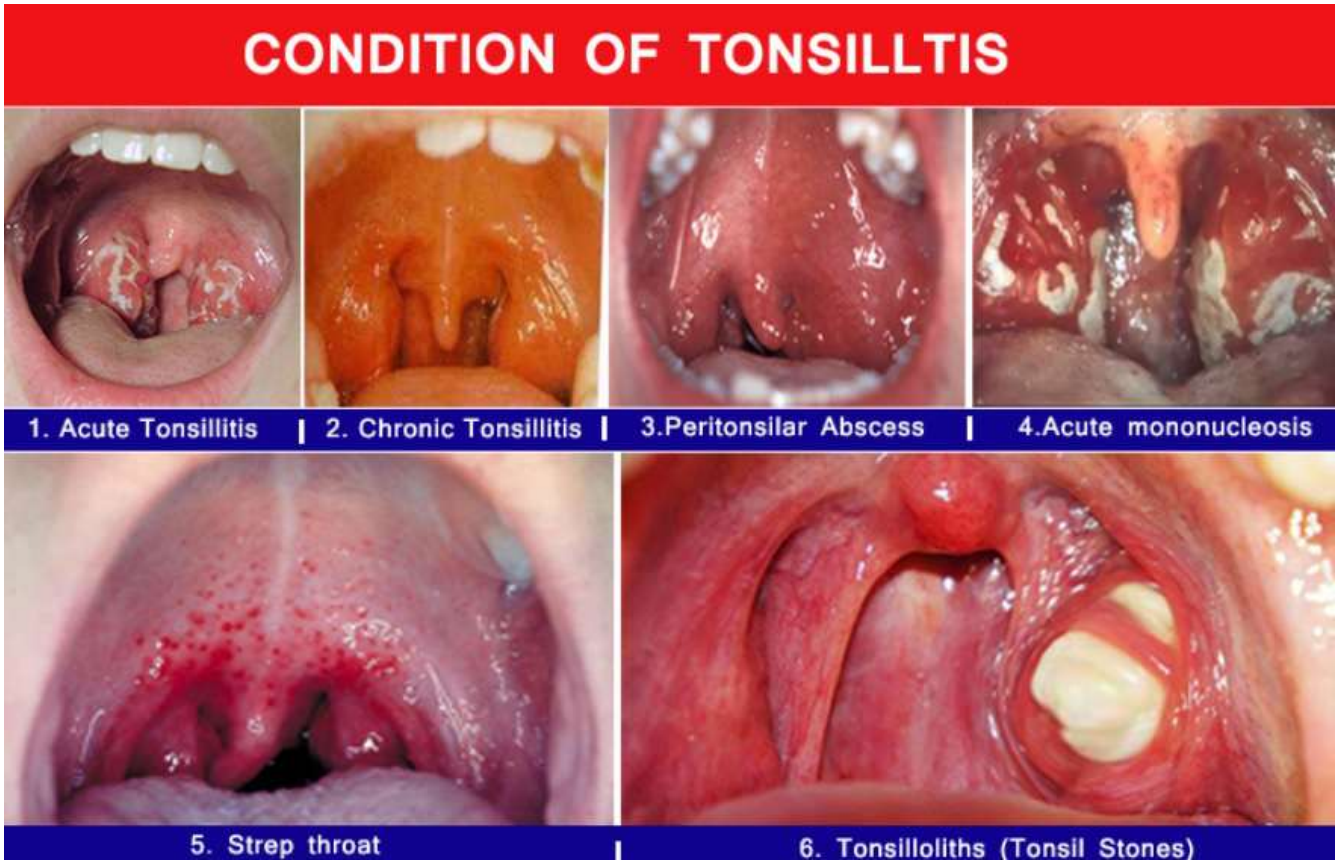
TONSILS



CAUSES

- **Acute tonsillitis: Acute condition of tonsil infection caused either by bacteria or virus called the acute tonsillitis. In this condition tonsils are swelled, inflamed, pain during deglutition and develop a grey or white coating of exudates.**
- **Chronic tonsillitis: Persistent infection of the tonsils at slightest exposure develop the condition of chronic tonsillitis. Here the tonsils are always in large size due to the repeated episode of acute infection.**
- **Peritonsillar abscess: An infection creates a pocket of pus next to the tonsil, pushing it toward the opposite side. It is called the peritonsilar abscess**
- **Acute mononucleosis: Usually caused by the Epstein-Barr virus. Mononucleosis causes severe swelling in the tonsils, fever, sore throat, rash, and fatigue.**
- **Strep throat: Streptococcus, a bacteria when infects the tonsils and throat is called as Strep throat.**
- **Tonsilloliths (tonsil stones): Tonsil stones, or tonsilloliths, are formed when the trapped debris in the tonsilar crypts get hardens, or calcifies.**
- **The viral tonsillitis- Viruses are the most common cause of tonsillitis. Viruses**

that cause most of the acute tonsillitis are the adenovirus, rhinovirus, influenza, coronavirus, and respiratory syncytial virus. Less common viruses are the herpes simplex virus, Epstein-Barr virus (EBV), cytomegalovirus, and HIV. There are many different viruses that can cause tonsillitis, including

- **Adenovirus,**
- **Enterovirus,**
- **Influenza Virus,**
- **Parainfluenza Virus,**
- **Epstein-Barr Virus (Mononucleosis),**
- **Cytomegalovirus,**
- **Measles Virus, And**
- **Herpes Simplex Virus.**

- **Bacterial tonsillitis- Bacterial infections can also cause tonsillitis. The bacterial tonsillitis (strep throat) is caused by Group A beta-hemolytic Streptococcus pyogenes (GABHS).**

Symptoms

- **Throat pain - Pain in the throat is the common symptoms in any type of tonsillitis. The pain may last more than 48 hours. There is soreness and tenderness during swallowing of anything. Even empty swallowing also causes pain**
- **The Pain may sometimes be referred to the ears.**
- **There is sometime foul odour from the mouth affected with strep throat**
- **The sub maxillary lymph nodes are enlarged and tendered in case severe acute tonsillitis**
- **In strep throat there is a whitish coating on the tongue.**
- **Signs of dehydration may be found by examination of skin and mucosa.**
- **Severe lethargy, feverishness or low-grade of fever accompany with acute tonsillitis.**
- **A grey membrane covering tonsils are found from an EBV infection.**
- **Pinpoint red spots are found on the soft palate in case of EBV infection.**
- **Small children may complain of abdominal pain.**
- **There is headache and heaviness of head**
- **Hoarseness of voice or changes in the voice.**
- **High to moderate fever.**
- **In case of sepsis on the tonsils, there may be fever with chills.**
- **painful ulcerated areas are on the throat**
- **There is dry Cough associates with tonsilitis**
- **Mild to severe Headache**
- **Infected tonsils along with adenoids causes distress breathing and block the drainage of the sinuses.**
- **The chronic sinus hypertrophied condition with adenoid can causes sleep disorders like apnea**
- **There is snoring in children if the adenoids are enlarged**
- **Pain in the ear due to the blocking of Eustachian tube.**

- **On Examination shows intense redness of tonsils and pharynx.**
- **There is poor appetite, increased irritability also notice in small children having tonsillitis.**

Difference between Bacterial and Viral Tonsillitis:

- **Viral the tonsils are enlarged, red, congested. The uvula in center is red and congested. There is pain swallowing**
- **Bacterial has swollen uvula in center, whitish spots at back of throat, red swollen tonsils and gray furry tongue, red throat, swollen uvula**

Types of Tonsillitis:

Tonsillitis is divided into three types, which is dependent upon frequency of times tonsillitis occurs and how long it lasts:

- **Acute tonsillitis: Acute tonsillitis includes cases where symptoms last anywhere from three days to about two weeks.**
- **Recurrent tonsillitis: Recurrent tonsillitis occurs when a person suffers multiple episodes of acute tonsillitis a year.**
- **Chronic tonsillitis: It occurs when a person suffers episodes of last longer than acute tonsillitis in addition to other symptoms that include:**
- **chronic sore throat**
- **bad breath, or halitosis**
- **tender lymph nodes in the neck**

Homeopathic Help

Belladonna

- **Most commonly used for tonsillitis**
- **Acute and chronic tonsillitis. Enlarged.**
- **Remedy for dryness, redness, heat.**
- **Throat feels constricted; pain swallowing; worse liquids.**
- **mild to moderate fever, headache, malaise**
- **worse eating or drinking cold things, (but may desire cold water) exposing to cold air**
- **slightly relieved with warm drink**
- **may have hot head, but cold feet and hands**

Kali muriaticum

- **Acute and chronic tonsillitis.**
- **Throat white or gray (bacterial infection)**
- **Tonsils so enlarged they touch each other, called 'kissing tonsils'**

Mercurius Sollubis

- **pain in throat, congestion of tonsils**
- **unable to drink or eat anything**
- **lot of salivation from mouth, person feels thirsty even though there is more salivation**
- **pain worse at nighttime compared to daytime**

- **swelling of tonsils, also swelling of other lymph nodes in neck and submandibular regions**
- **mild to moderate feverishness**

Phytolacca

- **tonsils dark red or bluish red**
- **much pain at root of tongue, soft palate**
- **swollen tonsils, sensation of lump in throat**
- **when eating, throat feels rough, narrow, hot**
- **tonsils swollen, especially right side**
- **sharp shooting pain into ears on swallowing anything, much pain when swallowing anything hot.**
- **burning type of pain for phytolacca**
- **difficulty in swallowing anything, even water**

Hepar Sulphur

- **tendency to suppuration (pus)**
- **when swallowing, sensations as if a plug and of a splinter like sensation in throat**
- **quinsy with suppuration of tonsils**
- **when swallowing stitching type of pain in throat extending to the early-stage mild to moderate fever and chillness**
- **person is very chilly and can't tolerate any cold air or cold water**

Calcarea Carbonicum

- **Best for chronic tonsillitis**
- **person tends to be overweight, weak in stamina, exhausted or tired on least physical activity, sweats a lot with slightest physical exertion, susceptible to catch cold**
- **tonsils large, swollen, get acutely affected on slightest exposure to cold**
- **with cold they will have cough, tonsil affection, appetite lost**
- **child usually lazy and lethargic in nature, takes cold from every draft, exposure damp weather.**
- **little red patches on throat, extending to roof of mouth, sore tongue, constant dry, choking feeling in pharynx covering tonsils**
- **painful on swallowing**

Lachesis

- **Left side throat pain with much hawking**
- **Aggravation by touch and hot drinks**

Baryta Carbonicum

- **children catch cold easily and tonsils are always first to get affected.**
- **especially in children with stunted physical and mental growth**
- **tonsils inflamed, swollen, very painful in acute conditions after acute attack passed, tonsils look larger than with the last cold**
- **child is weak, not fatty like calc carb. Also physically and mentally weak.**
- **Sweats more from the feet**

- **Susceptible with cold change of weather, any exposure to cold.**
- **may have enlarged glands in other places also.**

Phytolacca

- **Tonsillitis of follicular formication**
- **Pain at root of tongue, extending to ears**
- **Tonsils bluish and enlarged with dryness of throat**

Ailanthus Glandulosa

- **Throat dark and swollen. Tonsils studded with many deep ulcers (worse on left), with loose pultaceous discharge. Much swelling internal and external. Lacunar tonsillitis. Irritation and itching of posterior pharynx. Diphtheria.**

CARE

- **Drink plenty of fluids if possible**
- **Get lots of restless**
- **Gargle with warm salt water several times a day**
- **Use throat lozenges**
- **Humidifier to help put moisture in air of home**
- **Avoid breathing in any smoke**

TONSIL STONES

What are Tonsil Stones?

Tonsils are a mass of lymphoid tissue located in the back of the throat on both sides. Tonsils have natural folds in them known as crypts (approx 10 to 20 in number). Sometimes mucus, debris, dead cells, bacteria, food can trap and accumulate in these crypts. These materials get stuck in the folds of the tonsils and become hard and calcified. People with recurrent/chronic tonsillitis are most prone to develop tonsil stones. A long-standing sinus complaint, poor dental hygiene, under active salivary glands, a large size of tonsils, and post nasal drip are some of the factors that can contribute to the formation of tonsil stones.

Symptoms of Tonsil Stones

In most cases, tonsil stones (especially small ones) don't lead to any symptoms. The symptoms may appear in case of large tonsil stones. The most prominent symptom of tonsil stone is bad breath (medically known as halitosis). Other symptoms include general pain in the tonsils, difficulty swallowing foods, and liquids, a general cough and pain in the ear. Some other symptoms that may be present include the sensation of something being stuck in the throat and bad taste/metallic taste in the back of the throat. The affected tonsil may be swollen and enlarged. White/yellow solid concretions can be seen in the pockets of tonsils, but they may not be visible if they lie deep inside the tonsils. In some cases, there may be an abscess formation in the tonsil as a complication.

Emotion behind tonsil stones:

Not speaking up, not feeling like your voice is being heard, swallowing emotional hurts, repressed fear or anger, and not expressing your feelings.

Causes:

An unclean body system, excessive mucus. The mucus in the system comes from consuming mucus forming foods such as dairy, sugar, meat, soda and processed foods.

The tonsils are the first line of defense of the body. Their job is to control the entrance into the body of large armies of germs. They are a 'filtering system'

Helpers:

- **Most important: Avoid sugars, all dairy**
- **Fresh garlic**
- **Mullein Lobelia fomentation on the neck as well as taken internally**
- **1 Tbsp honey, 1/4-1/4 tsp cayenne and 2-4 cloves of garlic mixed and taken by the spoonful.**
- **Keep bowels working well, flushing everything out**
- **Fresh fruits and vegetables**
- **Hydrangea root squirted directly on the tonsils. Adding Marshmallow rt. helps thin out the mucus.**
- **Apple cider wraps on the neck/throat.**
- **Gargling with salt water can help loosen the stones**

Tonsil stones refer to the accumulation of bacterial and cellular debris in the crypts of the tonsils. These are usually hard and can be yellow or white. The medical term for tonsil stones is tonsilloliths. A person may have single or multiple stone formation in the tonsil crypts. The size of tonsil stones varies from a few millimeters to a centimeter. Homeopathic medicines can help treat tonsil stones very effectively. The most prominent homeopathic remedies for tonsil stones include Calcarea Fluor, Merc Sol, Phytolacca Decandra, Belladonna, and Hepar Sulph.

Homeopathic Treatment of Tonsil Stones
Homeopathic medicines for tonsils stones are prescribed symptomatically for every individual case. These medicines are made of natural substances and cause no side effects. They help remove and dissolve the existing tonsil stones from the folds of the tonsils and also help reduce the body's tendency to create tonsil stones.

Calcarea Fluor- Top remedy for regular stones
Calcarea Fluor is one of the top listed homeopathic medicine for tonsil stones. It works very effectively in dissolving hard, calcified tonsil stones. The symptoms that may be present to use this medicine are prickling sensation in the throat, and mucus dripping in the throat. The symptoms may get worse from taking cold drinks and get better from warm drinks. Night aggravation of the symptoms is also noted. In some cases, a burning sensation in the throat may be present.

Merc Sol – Homeopathic Remedy for Tonsil Stones with Bad Breath
Merc Sol is an excellent homeopathic medicine for the treatment of tonsil stones where there is a bad breath in the mouth. The tonsils look swollen, red and there may be a stinging pain present. Whitish concretions are well noted on the tonsils. The pain from tonsils may seem to radiate to the ear in some cases. A sensation of something sticking in the throat, the presence of excessive saliva and a bad or metallic taste in the mouth may also be present.
Phytolacca Decandra – Effective Homeopathic Remedy for Tonsil Stones with Difficult Swallowing
Phytolacca Decandra s a natural treatment for tonsil stones when the person experiences difficulty in swallowing. Small, yellow-white spots on the tonsils are visible. Rawness and excoriation in the throat are also present. A rough, burning, smarting sensation in the throat may also be present with the given symptoms.

Belladonna – Natural Homeopathic Remedy for Tonsil Stones with Inflamed Tonsils
Belladonna offers an effective natural cure for tonsil stones coupled with inflamed tonsils. The tonsils appear red, swollen and enlarged. A sensation of a lump is present in the throat along with a constant desire to swallow. Coughing spells and dryness of the throat with a constant desire to drink water is also present.

Hepar Sulph – Natural Homeopathic Medicine for Tonsil Stones with Ear Ache
Hepar Sulph is a well indicated homeopathic medicine for tonsil stones when an earache and a pain in the tonsils are present. Pain from the throat radiates to the ears. In most cases, this pain is present while swallowing. The pain is stitching in nature, and a sensation of a splinter in the throat is an important attending symptom. History of chronic tonsillitis is often present in most cases needing Hepar Sulph.