

# Usefulness of Homoeopathic Medicine in Individual Type of Acute Diseases: Acute Upper Respiratory Tract Infection

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## ABSTRACT

### BACKGROUND

Acute respiratory tract infections are one of the commonest infections seen in clinics in day by day life. Acute upper respiratory tract infections includes a number of diseases and tonsillitis is one of the commonest in them.

The condition is more common in children and in persons whose immune system is comparatively weak. It is mostly of bacterial origin but may be due to viruses also. Tonsillitis is rarely serious, but they can be extremely troublesome. However tonsillitis can be managed with homoeopathic medicine along with antimiasmatic treatment in case of recurrent tonsillitis. This study was done to evaluate the efficiency of homoeopathy in the treatment of acute upper respiratory tract infections with special emphasis on tonsillitis and also the role of antimiasmatic treatment.

### METHODS

A clinical study on thirty cases with acute tonsillitis was taken for the study from the OPD, IPD and rural centers of State Homoeopathic Medical College Hospital Aligarh. The study cases were selected randomly as per the inclusion criteria and diagnosis was mainly based on the clinical presentation. Improvement criteria were based on the symptomatic relief according to score chart.

### RESULTS

The result of this study showed that 28 (93%) cases were markedly improved and 2 (7%) cases showed mild improvement. The results are based on the statistical analysis of before and after treatment score.

### Introduction

Upper respiratory tract infections can be defined as infections or inflammations of the upper tract with associated cough and other symptoms. Upper respiratory tract infections involve the nose, sinuses, pharynx, larynx, and large airways.

### Acute tonsillitis

Acute inflammatory condition of the tonsils which may involve the mucosa, crypts, follicles or tonsillar parenchyma.

### Homoeopathic Approach:

The acute disease in homeopathy is a clinical condition with a sudden onset, sudden progress and a sudden decline. Acute disease is mainly self-limiting in nature. It is characterized by the symptoms having a rapid onset. These symptoms are fairly intense and resolve in a short period of time. The common acute diseases are colds, flu, bronchitis, childhood illnesses, tonsillitis, appendicitis, ear aches, most headaches, sudden diarrhoea, most infectious disease. In many cases there may not be many peculiar symptoms other than the disease symptoms to select a similimum or there may not be much time for a detailed case taking. In such cases, while taking the case, one has to give importance to the observation, objective signs or symptoms and any keynotes besides the major symptoms. Try to find the causation which would definitely help you in the prescription.

### NEED FOR THE STUDY:

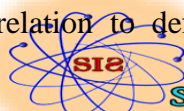
As treating acute diseases is emergency for patients and as per lay people's views Homoeopathy is useful in chronic diseases then acute, but Acute cases provide the homoeopath with an opportunity to prove the efficacy of the system and his own capability decisively.

### AIMS:

Usefulness of homoeopathic medicines in individual type of acute diseases especially upper respiratory tract infections

### OBJECTIVES:

- To know details of acute diseases in relation to definition, type, causes, management,



contents of totality etc.

- To study individual type of acute disease and elicit proper totality to prescribe Homoeopathic medicine as directed by Dr. Hahnemann (1755-1845)
- To know different views of stalwarts regarding treatment of individual type of acute diseases with special reference to acute upper respiratory tract infections.

### Discussion

A total of 30 cases were recorded in pre structured case record format. Cases were analyzed, totality erected, symptoms evaluated, clinical assessment before and after treatment and symptom assessment scores are used. Pre-treatment score and after treatment score was calculated. Paired 't' was applied to test the significance. Based on the analysis from 30 cases of acute tonsillitis, following observations are made comparing with the available literature.

(7%) were between the age group of 46 -50 and 1 patient (4%) between the age group of 21 – 25 years. In a journal named Homoeopathy for all it is stated that acute tonsillitis starts in the childhood due to the weakening of the immune system is common.

**FAMILY HISTORY:** The study with respect to family history out of 30 cases, 21 (43%) patients had a family history of Acute tonsillitis, 7 (15%) patients had a family history of Diabetes Mellitus, 6 (12%) of patients had a family history of Rheumatism, 5 (10%) patients had a family history of hypertension, 3 (6%) patients had a family history of bronchial asthma, 2 (4%) patients had a family history of hyperlipidaemia, 1 (2%) patient each had a family history of tuberculosis, carcinoma rectum, chronic kidney disease, myocardial infarction and psoriasis.

**THE MIASMATIC BACKGROUND:** According to the study, 14 (46%) cases have Psora-Sycosis as their dominant miasm, 8 (27%) cases have psora, 5 (17%) cases have psora-syphilis and 3 (10%) cases were tri-miasmatic (psora-sycosis- syphilis). As stated in aphorism 204 by Hahnemann, all diseases are due to internal psora, internal sycosis or internal syphilis or their combinations. And he also adds that infinitely greater proportion diseases are due to internal psora. This makes psora the fundamental cause and producer of numerous chronic diseases as said in aphorism 80.

**MEDICINES PRESCRIBED:** According to this study Phytolacca Clavatum, Natrum Muriaticum, Sulphur, Phosphorus, Nux vomica and Lachesis, Sepia Officinalis, Causticum, Calcarea Carbonica.

The study with respect to family history out of 30 cases, 21 patients had a family history of acute tonsillitis. Acute tonsillitis seen more in patients following a mixed diet, 27 patients were found to be taking mixed diet. According to this study the most commonly indicated remedy in the treatment of acute tonsillitis was Phytolacca clavatum. Phytolacca was prescribed in 7 cases followed by Natrum muriaticum and Sulphur in 6 cases each.

### CONCLUSION

Both centesimal and fifty milliesimal potencies were used in the treatment of cases with acute tonsillitis. Of the centesimal potencies 200th potency was most commonly prescribed for 12 cases and of the fifty milliesimal potencies 0/3 potency was most frequently prescribed for 13 cases. There is a marked reduction in the after treatment scores on comparing with before treatment scores. The effectiveness of the homoeopathic treatment of acute tonsillitis was thus proved in this study by showing of markedly improved cases.

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