

General Instructions while taking Homoeopathic Treatment:

- Medicines as indicated in this handout should be taken if the symptoms mentioned against each medicine match those of the patient.
- Medicine to be taken - 3 globules of size 40 every 3 hours dry on the tongue or in plain drinking water.
- Medicine should be taken after cleaning the mouth and preferably on an empty stomach.
- If improvement occurs within 24 hours then medicine should be stopped.
- If the patient does not improve within 24 hours or becomes worse at any time, then consult the nearest homoeopathic doctor.
- Medicines must be kept away from strong smelling substances like camphor, menthol etc.
- Medicines should be kept in a cool, dry place away from direct exposure to sunlight.
- Medicines should be kept away from the reach of children.



Central Council for Research in Homoeopathy

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Ministry of Health and Family Welfare)

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National Campaign
on Homoeopathy
for Mother and Child Care

Homoeopathy for Tonsillitis and Enlargement of Adenoids in Children

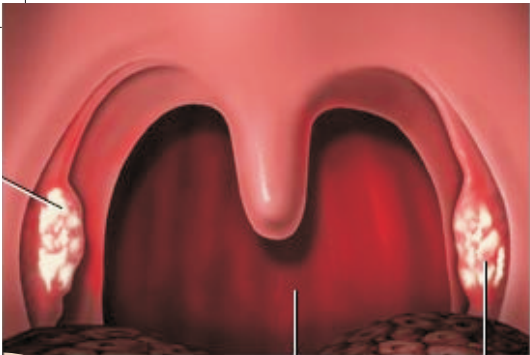


Department of Ayurveda, Yoga &
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Ministry of Health and Family Welfare
Government of India



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Tonsillitis and Enlargement of Adenoids in Children

- Bodyache
- Fever
- Child refuses to eat due to pain while swallowing
- Tender, enlarged glands in neck

Do's:

1. Warm saline gargles
2. Steam inhalation
3. Give child bed rest
4. Give soft food like daliya, khichdi

Don'ts:

1. Avoid cold food and drinks
2. Avoid cold, damp and overcrowded places

What Homoeopathy can do?

- Improves self defense mechanism of the body.
- Helps in reducing the frequency and severity of subsequent attacks.
- No side-effects of medicines.



- Tonsils located in the throat are the first-line guard against respiratory infections.
- In tonsillitis, the tonsils become swollen and inflamed due to infection and finally lead to pain in throat.
- It is a common problem in children and generally occurs along with other upper respiratory tract infections.

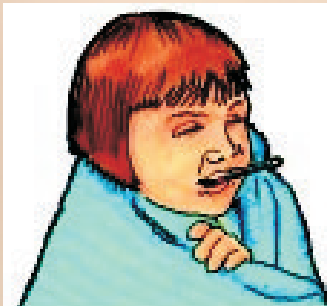


Causes:

- Below 3 years of age - due to viral infection.
- Above 3 years of age - due to bacterial infection.
- Irritant fumes of factories and smoke etc. may aggravate the condition.

Signs and Symptoms:

- Pain in throat
- Enlarged tonsils
- Hoarseness of voice



Following are some of the first line medicines for Acute Tonsillitis but **it is advised that a qualified homoeopathic doctor should be consulted.**

Symptoms	Medicine
<ul style="list-style-type: none">• Useful in the commencement of acute attack of tonsillitis• Throat pain especially in right side• Difficulty in swallowing especially liquids• Right tonsil enlarged	Belladonna 30
<ul style="list-style-type: none">• Severe splinter like pain in throat• Throat extremely sensitive to touch and to cold air• Throat pain shoots into ears when swallowing	Hepar sulphuricum 30
<ul style="list-style-type: none">• Tonsils painful and swollen• Pain in throat as if "a plug stuck in throat"• Throat pain extends to ears• Swallowing liquids is more painful than swallowing solids.• Throat pains more when not swallowing	Ignatia 30

Follow the instructions overleaf.

Enlargement of Adenoids

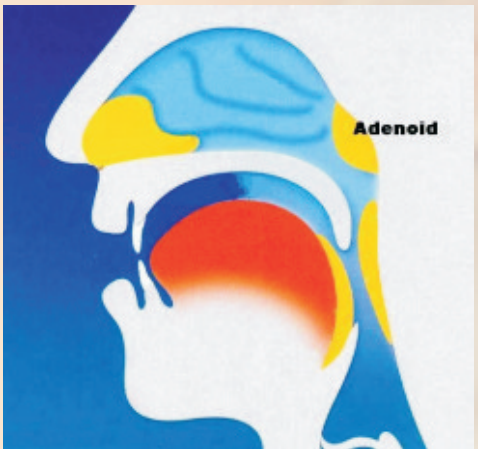
Adenoids are the pieces of soft tissues (glands) present at the back of the nose and throat and are not visible directly from the outside. Adenoids when get infected, may enlarge to become nearly the size of a ping pong ball completely blocking airflow through the nasal passages.

Causes:

- Infections - either viral or bacterial
- Allergy

Signs and Symptoms:

- Blocked nose



- Child usually keeps mouth open due to difficulty in breathing through nose
- Noisy breathing

- Nose becomes wet with discharges
- Altered voice (nasal)
- Obstructed nose causing difficulty in feeding
- May have pain in the ears and impaired hearing

What can Homoeopathy do?

Following are some of the homoeopathic medicines for enlargement of adenoids but **it is advised that a qualified homoeopathic doctor should be consulted.**

Symptoms	Medicine
<ul style="list-style-type: none">• Obstruction of the nose due to enlarged adenoids• Child breathes with mouth• Prone to frequent cold• Diminished hearing	Agraphis nutans 30
<ul style="list-style-type: none">• Thick, sticky and yellowish nasal discharge• Discharge from back of the nose into the throat• Frequent desire to blow the nose• Diminished hearing	Hydrastis 30
<ul style="list-style-type: none">• Pale, anaemic, weak children who become irritable easily• Child has cold extremities• Weak digestion; vomits frequently• Impaired hearing	Calcarea phosphorica 30

Follow the instructions overleaf.

