

# Management of Pharyngitis with Homoeopathic Approach

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## ABSTRACT

Pharyngitis is an inflammation in mucous membrane of oropharynx. Usually either it is caused by bacteria or virus. Bacteria of Group A beta hemolytic streptococci, Group B&C streptococci may involve in causing this infection and Virus such like Epstein-Barr virus, Human immunodeficiency virus, rhinovirus, influenza, adenovirus, coronavirus, and parainfluenza. Homoeopathy is prescribed based on symptom similarity and is treated on the grounds of root cause, so recurrence is avoided.

**Keywords:** Pharyngitis, Homoeopathy, Inflammation, Sore throat, Pain, Bacteria, Virus

## INTRODUCTION

Pharyngitis is the inflammation of the mucous membranes of the oropharynx. In most cases, the cause is an infection, either bacterial or viral. Other less common causes of pharyngitis include allergies, trauma, cancer, reflux, and certain toxins. Viruses are the most common cause of sore throats. Pharyngitis is most commonly caused by viral infections such as the common cold, influenza, or mononucleosis. Viral infections don't respond to antibiotics, and treatment is only necessary to help relieve symptoms. Pharyngitis is caused by a bacterial infection. Bacterial infections require antibiotics. The most common bacterial infection in the throat is strep throat cause by Group A beta haemolytic streptococci. Rarely bacterial pharyngitis caused by gonorrhoea, chlamydia, corynebacterium. Frequent exposure to

colds and flus can increase your risk for pharyngitis. This is especially true for people with jobs in healthcare, allergies, and frequent sinus infections. Exposure to secondhand smoke may also raise the risk.

## Symptoms

1. Sore throat
2. Sneezes
3. Running nose
4. Cough
5. Fever with chills
6. Bodyaches
7. Fatigue or Malaise
8. Swollen lymph nodes
9. Decreased appetite
10. Redness or grayish colour with patchy appearance in the throat
11. Nausea
12. Distaste

## Differential Diagnosis

- Airway obstruction from any cause
- Allergic rhinitis
- Cancer of the head and neck
- Gastroesophageal reflux disease
- Peritonsillar abscess
- Diphtheria
- Epiglottitis
- Herpes simplex virus
- Mononucleosis

## Complications

- Otitis media
- Mastoiditis

- Sinusitis
- Epiglottitis
- Toxic shock syndrome
- Acute rheumatic fever
- Post-streptococcal glomerulonephritis

### **Homoeopathic Management**

#### **1. Aconite**

Indicate this medicine during the initial onset of the sore throat. The symptoms come on suddenly, often after exposure to a cold air. There may be some burning in the throat and a red, dry, swollen throat.

#### **2. Apis**

These children have a red, inflamed throat with swollen tonsils, which is aggravated by warm drinks or food and relieved by cold drinks or sucking on an ice cube. This remedy should be considered when the throat hurts even when the child isn't swallowing. The throat not only looks red, it looks shiny. There is dryness in the throat with a burning, stinging pain. They have constrictive feeling in the throat. The inner and outer throat is swollen, and the uvula which hangs from the upper throat is also swollen. These children may have a sensation of a fishbone caught in the throat and may have difficulty swallowing. They may experience hoarseness in the mornings and cannot stand to have anything around their neck.

#### **3. Arsenicum album**

When children have a burning pain in the throat that is relieved by warm food or drinks and aggravated by cold food or drinks, this medicine should be considered. The child's condition may begin with a nasal discharge and then go into the throat. The pains are usually worse on the right side. There may also be dryness of the mouth with a great thirst for frequent sips of water.

#### **4. Ferrum phos**

This remedy is common for acute, non-violent tonsillitis. The inflammation does not begin suddenly, and the pain is not severe. The throat is red and swollen, especially on waking. They have pain on swallowing, usually a burning pain, which is better from cold applications. They may also have hoarseness. This remedy should be considered for sore throats in children who sing a lot.

#### **5. Belladonna**

This medicine is the most common remedy for acute tonsillitis. It is also commonly given at the early stages of other types of sore throat. The tonsils are noticeably red, usually scarlet red. There are burning pains and a constant desire to swallow, despite the fact that it hurts to do so. There is a constricting feeling in the throat, which causes difficulty even swallowing water. They have a tendency to desire lemons or lemonade. There is a tickling in the larynx. If these children have a fever, it will usually be a high one. Characteristically, their head is hot, though their extremities are cold.

#### **6. Hepar sulphur**

When children experience a sensation as though there was a stick in the throat, or when a sore throat starts after the child is exposed to cold, this medicine should be considered. The tonsils are enlarged, and they have throbbing pains. There is usually a radiating pain to the ears on swallowing. Hot drinks provide some relief. These children are hypersensitive to touch and cold and are highly irritable.

#### **7. Kalium bichromicum**

Indicated in follicular pharyngitis where the follicles of the throat get hypertrophied and look like tubercles on the pharyngeal wall. There is discharge of white, offensive, cheesy material. It is useful when Pharyngitis is

attended by dryness in the throat, with accumulation of tenacious mucous.

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