

# Homeopathic management of acute sore throat and tonsillitis

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## Author's preface

Homeopathy is a beautiful therapeutic discipline, but it is very difficult to master. Homeopaths work with a vast volume of information and it is simply not possible to remember by heart the thousands of symptoms we have in our Materia medica. In order to organize this huge amount of information we need some tools which will sort the information with an emphasis on different aspects of the remedies. I wish this book would become one of these tools and it would help you find the right way to the correct remedy in acute throat infections.

There are several reasons which made me decide to write this book. When I was starting my homeopathic practice, I did not feel confident enough in acute prescriptions and I was missing some guidance in these situations. The second reason is that a lot of my students have been asking for this type of book. I first worked on this material a long time ago for my own purposes in order to gain more confidence in acute prescriptions, but now the time has come to revise it, add some more information and compile it into a small book.

In this book, I present the most frequently indicated remedies for infections of the pharynx and tonsils with their respective local symptoms, but I have also added some "general" keynotes of the remedies, which may be present in acute infections too and which may serve you as hints for confirmatory questions. For the purpose of differential diagnosis of some important keynotes, I have stated in superscript the other most important remedies which cover them.

## Dosing

Dosing in acute states is dependent on the severity and intensity of the symptoms. The more severe the acute disease, the more frequent dosing is usually needed. In acute tonsillitis, scarlet fever or mononucleosis with high fever, it is good to dose the remedy every two hours (or even every hour) and evaluate the effect after two or three doses. In these conditions with very intense symptomatology, the effect of the remedy may not be apparent after the first dose or in the course of one or two hours, and it is wise to try a few doses before you decide to search for another remedy. On the other hand, if there is no effect after three or four doses (3-6 hours), the remedy is probably incorrect. It is also important how sure you are about the prescription and how clear the remedy picture is. The more confident you are about the accuracy of the remedy, the more chances you should give it to act. If you are sure about the remedy and it is not acting, consider giving the same remedy from another source (manufacturer) or in another potency. The remedy itself may be spoiled and inactive.

In some cases, there is an improvement after the first dose. If that happens, you should stop dosing and wait. In general, once there is a significant improvement (about 50% or more), dosing should be stopped, no matter how many doses you have given. The improvement after one dose may not be as strong as 50%, but as long as it is obvious, it is necessary to wait. More doses will not make the improvement better, but on the contrary, they can spoil the good reaction. After the improvement, the remedy should be repeated only when there is a relapse – when the complaints get significantly worse again.

## Lachesis

- **LEFT SIDED THROAT INFLAMMATIONS**<sup>Merc-i-r,Crot-h,Naja,Sulph,Sabad,Brom</sup> **or going from left to right**
- **PAINS WORSE FROM EMPTY SWALLOWING**<sup>Lac-c,Kali-c,Merc</sup>, **WARM DRINKS**<sup>Phyt,Merc-i-f,Apis,Lac-c,Guaj</sup>, **SWALLOWING LIQUIDS, SALIVA**<sup>Bell,Merc-c,Crot-c</sup>
- **PAIN BETTER BY SWALLOWING SOLID FOOD**<sup>Ign</sup>, **COLD DRINKS**<sup>Apis,Phyt,Lac-c</sup>, **swallowing liquids more painful than swallowing food**
- **LUMP IN THE THROAT**<sup>Ign,Lac-c,Merc-i-r</sup> **LIKE A BALL GOING UP AND DOWN, inducing swallowing**
- **AGGRAVATED BY SLIGHT TOUCH OF THE THROAT**<sup>Hep</sup>, **TIGHT CLOTHING**<sup>Bell,Naja</sup>
- **CONSTRICTION OF THE THROAT, SUFFOCATIVE SENSATION, worse from touch, swallowing**
- **PURPLE, BLUISH-RED OR DARK RED DISCOLORATION OF THE THROAT**<sup>Bapt,Phyt,Carb-ac</sup>
- **Pains extend to ear on swallowing**<sup>Nit-ac,Lac-c,Phyt</sup> (left ear)
- Swollen uvula, ulcers in the throat

**Other keynotes of Lachesis:** Generally *worse* during and after sleep. *Agg.* from suppressed discharges. Left-sided. *Agg.* by lying on the left side, from heat, touch, from stimulation of the circulation, before menses. *Amel.* by discharges, when menses starts. Ailments from jealousy (the most jealous remedy). Flushes of heat<sup>Bell</sup>. Intolerance of tight collars, sleep apnea – wakes with suffocation<sup>Op,Samb,Grind</sup>. Loquacity (for example during fever), can have delirium during fever.

## Nitric acid

- **STRONG SPLINTER-LIKE THROAT PAINS, STITCHING**<sup>Hep,Arg-n,Sil</sup>, **WORSE FROM SWALLOWING – DISTORTS FACE AND THROWS HEAD DOWN WHEN SWALLOWING**
- **PAINS EXTEND TO EAR WHEN SWALLOWING**<sup>Lac-c,Phyt,Hep,Lach,Gels</sup>
- **OFFENSIVE BREATH**<sup>Merc,Sulph</sup>, **OFFENSIVE DISCHARGE**
- **ULCERS, WHITE or yellow COATED TONSILS**
- **DRYNESS AND SENSATION OF HEAT IN THE THROAT, burning**
- **Much mucus in the throat posteriorly**
- **Throbbing in ear(s)**<sup>Bell</sup>

**Other keynotes of Nitric acid:** Generally chilly. Anxious<sup>Ars,Phos,Calc</sup> (about his health, fear of disease cancer, pestering the doctor) or irritable<sup>Cham,Hep,Apis</sup>. Nihilistic. General *agg.* in the morning on waking – irritable, bad mood, does not want to talk to anybody. Offensive urine (like horse's). Offensive discharges.<sup>Ars,Psor,Sulph</sup> Waking at 2 a.m.<sup>Ars</sup> Desire for fat<sup>Hep,Mez,Sulph</sup>, salt<sup>Phos,Nat-m,Lac-c</sup>, indigestible things (children)<sup>Calc,Cic</sup>. Fissures, cracks about lips, corners of mouth.<sup>Graph,Nat-m,Arum-t</sup> Cracking in jaw when chewing. Perspiration of feet, acid and acrid.<sup>Sil,Sanic,Sulph</sup>

## Chamomilla

- **BETTER FROM WARM (HOT) DRINKS**<sup>Lyc,Ars</sup>
- **ANGRY FROM PAINS**<sup>Coloc</sup>, **IRRITABILITY**<sup>Nit-ac</sup>
- **ONE CHEEK RED AND HOT, THE OTHER PALE AND COLD**<sup>Acon</sup>
- **Tonsillitis affecting ears** (with ear pain)
- **Uniform redness in the throat, spreading evenly over the whole throat**, with considerate swelling
- Spasmodic constriction of the pharynx, sometimes with severe stitches extending upward, to the base of the skull
- Sore throat with a feeling of a plug in the throat, when swallowing. Inability to swallow solid foods, especially when lying.
- **Sore throat with swelling of glands** and lymph nodes: of parotis, of submaxillary glands, of tonsils.

**Other keynote of Chamomilla:** Irritability, aversion to be touched, looked at.<sup>Cina,Ant-c,Ant-t,Sanic</sup>  
Capricious.<sup>Cina</sup> Malicious and aggressive.<sup>Tub,Stram,Hyos,Cina,Anac</sup> *Amel.* from being carried and rocked (children). Oversensitive to pain.<sup>Hep</sup> General *agg.* at 9 a.m. or p.m.<sup>Bry</sup> Ailments from dentition<sup>Calc-p,Rheum,Sil</sup>, anger, vexation<sup>Coloc,Staph,Nux-v</sup>. Abdominal colics. Thirsty. Diarrhoea with green stool (esp. during dentition), with odour of rotten eggs<sup>Am,Sul-ac</sup>.