

Comparative study of Calcarea and Mercury group remedies in recurrent Tonsillitis in paediatric age group

Moreswar R. Kulkarni¹, Varsha S. Patil^{2*}, Shruti Swami³

Associate Professor¹, Assistant Professor^{2,3}, Department of Homoeopathic Materia Medica¹, Department of Obstetrics & Gynaecology², Department of Paediatrics³, ^{1,2,3}S.J.P.E.S''S Homoeopathic medical college & hospital, Kolhapur, India-416003

Corresponding Author:

Varsha S. Patil

E-mail: patilvarsha68@gmail.com

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Abstract:

Cases of recurrent tonsillitis are very common in pediatric practice. In day to day practice, we find many patients in pediatric suffering from tonsillitis due to their sensitivity and less immunity. Homoeopathic treatment is the best way to treat such cases of recurrent tonsillitis to prevent the further complications and hence to prevent tonsillectomy surgeries.

In the comparative study in series of total 60 cases of paediatric group recurrent tonsillitis with Calcarea group and Mercury group remedies, 7/30 cases treated with Calcarea group and 5/30 cases treated with Mercury group remedies have shown non-improvement. While plethoric, obese constitutions with psora and sycotic miasmatic background goes well with Calcarea group remedies and emaciated, syphilitic constitutions have well treated with Mercury group remedies.

Key Words: Tonsillitis, Paediatric, Calcarea, Mercury, Recurrent

Introduction:

At the back of our throat two lymphoid masses of tissue called tonsils acts as filters, trapping germs that could otherwise enter your airways and cause infection. They also produce antibodies to fight against infections. But sometimes tonsils become infected by bacteria, viruses etc., and inflammation occurs is called tonsillitis.

When acute tonsillitis i.e. sudden and short duration tonsillitis occurs frequently, is called Recurrent Tonsillitis.

e.g. more than 4 times occurrence of acute tonsillitis in period of 6 months.

Review of literature:

In recurrent tonsillitis, the aetiological factors are-

• Infectious Causes:

1. **Bacterial:** β Streptococcus, Mycoplasma, pneumonia Neisseria gonorrhea, Chlamydia trachoma, Chlamydia pneumonia, Diphtheria
2. **Viral:** Adenovirus, Para influenza Virus, Epstein Barr Virus, Herpes Simplex, Enter virus (more common in children <3 Yr. age), Influenza virus

• Non-Infectious Causes:

Allergic Rhinitis, Sinusitis, post nasal drip, Mouth breathing, Trauma, GERD (Gastro Esophageal Reflux Disease)

• Pre-Disposing Factors:

- Previous episodes of pharyngitis or tonsillitis exposure to cigarette smoke.

- Immune compromised Steroids, oral or inhaled
- Juvenile Diabetes mellitus

• Exciting Factors:

Sudden exposure to cold, changing weather, cold, food, Ice-creams, cold-drinks, sour things like curd, pickle, sour fruits, Oily deep fried food, hyper sensitivity.

• While Common symptoms are,

Swelling of tonsils, sometimes severe enough to block the airways.

• Other symptoms include,

Throat pains with external tenderness, redness of tonsils, white or yellow coating on tonsils, painful blisters or ulcers on the throat, dysphasia causes dehydration and headache, loss of appetite, earache, difficult swallowing or breathing through the mouth, swollen glands in the neck and jaw, fever, chill, bad breath with tonsillar exudates, nausea & vomiting, abdominal pains

Signs:

- Significant Fever
- Tachycardia
- Pharyngeal erythematous Patch of Soft Palate
- Tonsillar exudates
- Anterior Cervical lymphadenopathy
- Erythematous 'sandpaper' rash in scarlet fever Hepato – splenomegaly

Calcarea Group of Homeopathic remedies - Calcarea is alkaline group.

General characters of alkaline earth group medicines:

- Mental character - Sluggish, Indolent, Anxious Aggravation from cold (Chilly patient) Predominantly tubercular
- Involvement of nervous system and endocrine system, Oedema

Calcarea Group of Medicines

1. Calcarea ars
2. Calcarea brom
3. Calcarea carb
4. Calcarea flour
5. Calcarea iodata
6. Calarea phos
7. Calcarea sulph
8. Calcarea silicate [Plaster of paris]
9. Calcarea sulphurica
10. Calcarca sulphurata Hahnemanni- Hepar sulph

Calcium needed by the body for:

1. The formation and maintenance of bone and teeth.
2. Coagulation of blood,
3. Regulation of neuromuscular irritability and
4. Muscular contractility

Common features of calcarea group of medicines,

Constitution

Suited to lymphatic, scrofulous and tuberculous person. Fat person with lax fibers. Fat children who are slow in movement, of irregular growth with enlarged and hard lymphatic glands.

- **Calc ars:** suited to lymphatic, scrofulous and tuberculous person. Fat women approaching climaxis. Fat person (mentally depressed and anxious).
- **Calc brom:** Suited to children who are of lax fiber, lymphatic, nervous and irritable. Fair haired and fat children.

Cale carb: Leucophlegmatic constitution. Large head and large features with pale skin and chalky look and in infants - open frontanelles. Scrofulous constitution- enlarged and hard lymphatic glands. Tendency to obesity in youth.

Cale flour: Scrofulous- indurated glands of stony hardness

- (Calc phos- is an exception to the common fatty, flabby constitution of calcarea which is scrofulous emaciated children who are slow in learning to walk, with sunken flabby abdomen)

Mentally they are sad, depressed and melancholic with great anxiety.

- **Cale ars:** Mentally depressed and anxious
- **Calc brom:** Nervous and irritable
- **Calc carb:** Melancholic sad. Disposition to weep even about trifles
- **Cale flour:** Depressed, anxious and indecisive
- (Anxiety of calcarea usually about the future or about the health).

Indolent sluggish behavior. (Always desire to lie down)

All most all calcarea group medicines have a general weakness, aggravation from motion or aversion to motion, amelioration from lying down and ailments from either mental or physical exertion. All these features contributing to indolent, sluggish nature of the calcarea.

Mercury group of Homeopathy Remedies-

Important remedies belongs to this group are-

1. Mercurius Solubilis-Mere sol-Hahnemann's soluble mercury not pure mercury, contains ammonia and nitrate
2. Mercurius- hydragerum/ mere vivus- quick silver
3. Mercurius corrosivus-corrosive sublimate
4. Mercurius dulcis - calomel
5. Mercurius iodatus flavus-Merc protoiodatus- iodide of Hg.
6. Mercurius biniodatus-Mere iodatus ruber- Merc-I-r
7. Mercurius aceticus-Merc-a
8. Mercurius cyanatus
9. Mercurialis perennnis - Dog's Hg
10. Mercurius Sulphuratus rubber(mere sulphide)- Cinnabarist
11. Aethiops mercurialis mineralis- (black sulphide)
12. Mercurius Sulphuricus Merc-sul

Common features of Mercury group-

Constitution

The majority of Mercurius people are male, but both sexes appear relatively androgynous. Being a highly mental type, the face is angular, and is usually youthful in appearance.

- The eyes are often penetrating, and the eyebrows tend to be strong and straight.
- The hair is usually dark and straight, but can be any colour, and tends to be either thin or unruly.
- Most Mercurius people are slight in build, but some become fat through over- indulgence. Type: male, dark hair, over- weight, small weak chin; robust or weak or aristocratic Diathesis-Scrofulous

- Temperament Easily frightened nature with hurried and rapid speech
- Miasm - Syphilis-traces of Psora and Sycosis
- Sphere of action
- LYMPHATIC Glandular SYSTEM: Paralysis; Congestion;
- Ulcer.
- SALIVARY GLANDS: Salivation; Excessive Fetor.
- PANCREAS: Salivation, Congestion; Inflammation; Hypertrophy.
- LIVER: Secretion of Bile Greatly Increased; Jaundice.
- KIDNEYS: Congestion; Inflammation; Albuminuria;
- MUCOUS MEMBRANE (INTESTINAL): Congestion, catarrhal
- Inflammation; Haemorrhage
- INTESTINAL CANAL: Increased Peristalsis; Catarrh
- EYES: Congestion; Inflammation; Effusion.
- SEROUS MEMBRANES: Inflammation; Effusion
- PERIOSTEUM (fibrositis):
- Rheumatism.
- BONES: Inflammation; Caries; Nightly Bone-Pain.
- BLOOD: Decomposed; Fibrine, Albumen, Red cells, decreased.
- SKIN: Vesicular and Pustular Eczema; Jaundiced
- CEREBRO-SPINAL SYSTEM: mercurial palsy, tremor
- FEMALE- Menorrhagia; Amenorrhoea; Congestion;

- Inflammation.;

Aims :

- Comparative study of Calcarea & Mercury Group in Management of Recurrent Tonsillitis in pediatric age group.

Objectives:

- To study the various clinical presentations of Tonsillitis in paediatric age group.
- Comparative study of role of Calcarea and Mercury group remedies in recurrent tonsillitis in paediatric age group.

To study the prognosis of paediatric cases with Calcarea and Mercury group homoeopathic remedies.

Methodology:

The study has been conducted with 60 patients with homoeopathic medicines belonging to Calcarea or Mercury group.

Selection of Sample:

60 cases have collected by simple randomized method.

Data Collection:

From college & peripheral O.P.D.

Inclusive Criteria:

- Patients of both sexes.
- Patients of 3 to 15 year age group.

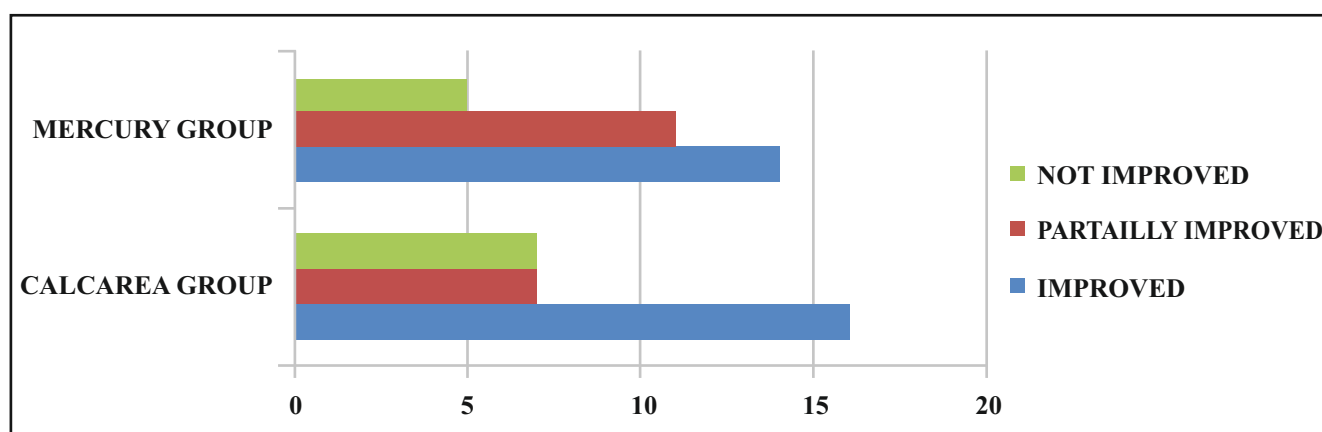
Exclusive Criteria:

- The patient with gross pathological changes / illness.
- Patients with systemic disorders.

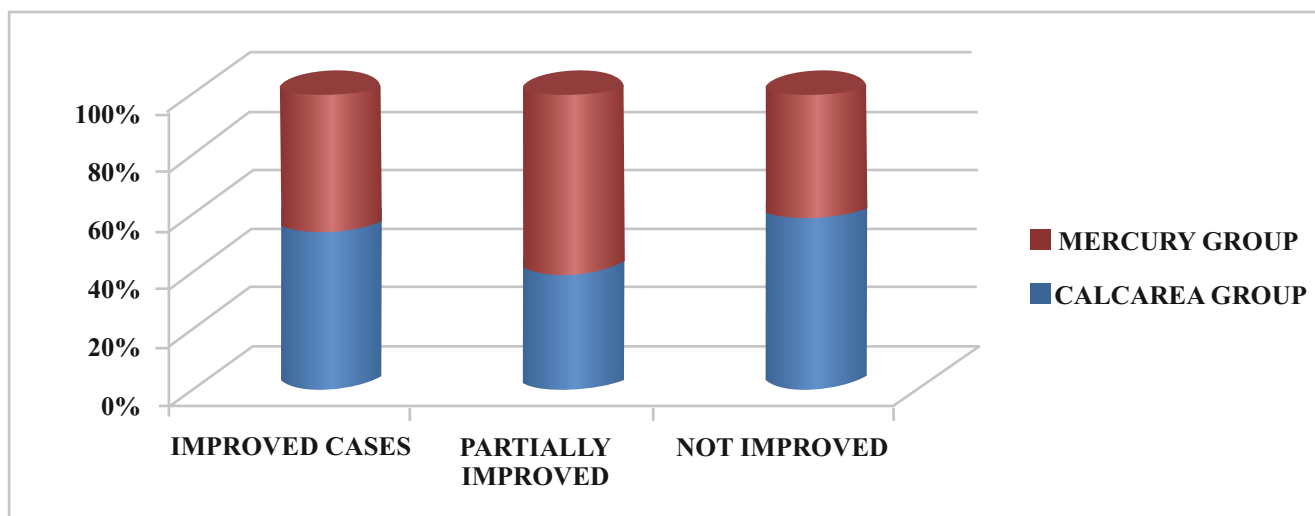
Study Design:

Comparative study in case-series.

Graph No. 1: Comparative prognosis with Calcarea group 30 cases and Mercury group 30 cases



Graph No. 2: Showing improvement in Calcarea group and Mercury group



Outcome assessment:

Improvement rate within 12 months following homoeopathic remedy.

Out of 60 cases studied with both group remedies, 50% cases are improved completely, 30% shows partial improvement while 20% shows no improvement.

Comparative prognosis with Calcarea group 30 cases and Mercury group 30 cases shown in Graph No. 1]

Out of 30 cases studied with Calcarea group 16 cases shows total improvement, 7 shows partial improvement and 7 shows no improvement.

Out of 30 cases studied with Mercury group 14 cases shows total improvement, 11 partial improvement and 5 no improvement.

The percentage of total improved cases with Calcarea group is about 53.33%, with Mercury group is 46.66%

The percentage of partially improved cases with Calcarea group is 23.33% and that of with Mercury group is 36.66%.

The percentage of non improved cases with Calcarea group is 23.33% and with Mercury group is 16.66%.

Discussion & Conclusion:

Following are the findings of the study of various clinical presentation of recurrent tonsillitis in Pediatric age group and role of Calcarea and Mercury group remedies in it.

- Recurrent tonsillitis is very common in Pediatric age group.
- Hypersensitivity, allergies, immune compromise constitutions are more prone to recurrent tonsillitis.
- Throat pains & painful swallowing with cough & fever are the common clinical complaints given by the patients.

- Calcarea and Mercury group remedies gives excellent results in curing Recurrent Tonsillitis in Pediatric age group. Miasmatic back round of tonsillitis depends on its stage of pathology.
- Inflammatory action with pains indicates Psora.
- Abscess, Cellulitis, exudation tenderness & generalized lymphadenopathy indicates Sycosis.
- While ulceration, bleeding, sec. infections spotty pains or painlessness indicates Syphilis.
The cases are cured within I & IInd dose of similimum remedies.
- Homoeopathic remedies from Calcarea and Mercury group well manage the cases of tonsillitis and avoid recurrence. Homoeopathic remedies can be alternative to tonsillectomy due to recurrent tonsillitis.

Source of Support: Nil

Conflict of Interest: Nil

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