

## HOW TO TREAT QUINSY OR TONSILLITIS

By BETA

Quinsy or acute Tonsillitis is an inflammation and swelling of the tonsils and adjacent mucous membranes, accompanied with a rise of temperature, difficult swallowing and sometimes impeded respiration, and frequently ends in suppuration with discharge of pus from the tonsils.

The patient should be examined carefully and the answers to the following points obtained in order to select the correct remedy.

1. Which side of the throat was attacked first.
2. Did the inflammation start on one side and spread to the other, so that finally both tonsils were inflamed.
3. Did the inflammation start on one side, then spread to the other, and finally return to the original side, resulting in suppuration of this one tonsil.
4. Is swallowing difficult only when food is taken or when drinks are taken, or are both difficult to swallow. Is there any difference observed between cold or hot drinks.
5. Does the throat seem worse at any particular time of the day, or first thing in the morning.
6. Is there a history of repeated attacks of quinsy.

If you take the trouble to obtain the answers to these questions before prescribing, the results obtained from the correctly chosen remedy will be rapid and satisfactory and will give no unpleasant after effects such as follows the usual dosage of the Sulphonamide type of drugs.  
*Aconite* 6, 12 or 30.

This is useful in the initial stage of the attack, and is a short acting remedy. The attack often commences after exposure to a cold wind, with headache, dizziness, rise of temperature, and a feeling of fullness, or a pricking sensation with a feeling of dryness in the throat, which on inspection looks as if it had been scorched. Complains that he

cannot swallow, but has a high temperature and a thirst for cold water.

Give three pilules every hour for six hours, and if there is no improvement in the appearance of the tonsils, then select another remedy, but the administration of *Aconite* should result in a reduction of the high temperature.

*Apis mellifica* 6x, 12 or 30.

Redness and swelling of the internal parts of the throat, with stinging and burning pains, commencing on the right side and spreading to the left.

Later the inside of the throat and the uvula may look as if they were covered with water blisters and the tongue becomes swollen, and the exterior of the throat becomes swollen.

The patient wants to keep cool, cannot bear anything hot, such as a hot room, or to be near a fire, or hot drinks, in fact there is no desire for drinks of any kind.

*Baptisia* 6x, 12 or 30.

This remedy is required where very severe symptoms occur very soon after—the start of the throat trouble.

The tonsils have a very dark red or even purple appearance and the throat is very swollen, but an absence of pain in a very swollen throat is a definite indication for *Baptisia*.

The tongue is a very dark red to purple colour, and the centre is covered with a thick brown coating, and the breath is very offensive.

The patient sinks rapidly into a confused or stupid state, and may become delirious.

Solid food cannot be swallowed owing to the feeling of constriction in the throat, but liquids can be taken.

The patient wants to be left alone, will not answer questions, and looks dull or besotted, and the face assumes a dark red colour.

The administration of *Baptisia* will rapidly correct this condition, in one case that I dealt with, the symptoms had disappeared in twelve hours.

*Baryta carbonica* 6x, 12 or 30.

This remedy should be used when the patient reports that any exposure to damp or cold sets up an inflammation of the tonsils, which takes some days to develop.

The tonsils and submaxillary glands are inflamed, and the patient complains of a smarting or stinging pain in the tonsils and larynx, which is worse when swallowing solid food, or even on empty swallowing, but he can manage to swallow liquids.

Every cold ends up with the throat being involved.

This remedy should be given to children who have chronically enlarged tonsils and are mentally physically slow, by this means an operation for removal of tonsils can be avoided and the child will improve mentally and physically.

Nature placed the tonsils in the throat to act as a trap and filter to prevent air borne bacteria from reaching the respiratory system, removal of the tonsils exposes the respiratory system to direct infection and more deep-seated trouble. The only condition that justifies the surgical removal of tonsils is when they threaten to stop respiration, removal as a routine measure is a confession of a lack of medical knowledge.

*Belladonna* 6, 12 or 30.

The remedy to follow *Aconite*, when the patient has not responded to *Aconite* alone.

The patient has a high temperature, the face is red and burning, complains of a throbbing headache, cannot stand the light, the pain in the throat seems to extend to his ear, especially on the right side, and the neck glands are enlarged and tender.

The tonsils and interior of the throat looks bright red, the inflammation starting on the right side and spreads to the left, the tongue is bright red and the surface has a strawberry like appearance.

Cannot swallow solids, thirsty for acid or lemon type of drinks, which are difficult to swallow, feels a continual desire to swallow.

This remedy can be given in alternation with *Aconite*, the procedure is to give a dose of *Aconite* and the next hour to give a dose of *Belladonna*, and to keep up this alternation of remedies until relief is obtained.

*Calcarea iodata* 6x, 12 or 30.

This remedy is used for chronically enlarged tonsils, with tonsillitis occurring after every cold.

The child is not so mentally backward as the *Baryta* child, but is a flabby type, that is always catching colds, which end up in an attack of tonsillitis, the tonsils being enlarged, and appear as if honeycombed with little crypts, which may exude profuse yellow pus.

*Crotalus horridus* 6, 12 or 30.

The throat is dark red, dry and swollen, with sensation of tickling or a dry spot, especially on the left side.

Gangrenous or diphtheric throat with much swelling, involving the glands of the neck. Cannot swallow solids, owing to constriction of the throat. All symptoms are worse on waking in the morning.

The patient's appearance does not resemble that given for *Baptisia*, but although there is a confused or delirious state, the skin is dry and cold and there may be a yellow appearance of the whole body.

There is every appearance of a type of general blood poisoning, with the probability of hæmorrhage from any orifice of the body.

The surface of the throat may look as if it would slough off, and Hayward, who observed this tendency for sloughing to be an indication for *Crotalus*, cured his own daughter when she was suffering from an attack of malignant scarlet fever with a gangrenous looking sore throat.

*Ferrum phosphate* 6x, 12 or 30.

This remedy may be required in the early stages, its action lies between *Aconite* and *Belladonna*, and if *Aconite*

is not available then use *Ferrum phos.*, either alone or in alternation with *Belladonna*. The throat feels swollen, stiff and painful on waking, worse on empty swallowing, especially on the right side.

The tonsils and interior of the throat looks red and swollen, and there may be ulceration or the appearance of a membrane on the right tonsil, which spreads to the left side.

*Gelsemium* 6x, 12 or 30.

For this remedy there will be hoarseness, with a dry, rough, or burning feeling in the throat and swollen tonsils.

The burning feeling in the mouth may extend to the throat and stomach, and swallowing will be difficult, especially of warm foods.

There may be a feeling of a lump in the throat that cannot be swallowed and swallowing may cause a pain to spread to the ear.

The face will look hot, flushed and heavy looking, remember the description under "Influenza—dull, drowsy and dizzy."

The tongue will be thickly coated with a yellowish layer, feels numb or paralysed, and the taste and breath are putrid.

*Guaiacum* 3x, 6x or 12.

Useful where there is a history of catarrhal tonsillitis. The symptoms are a violent burning pain in the throat, with much swelling of the right tonsil, which is dark red in colour, and there is a constant aching, with sharp stitches towards the ear on swallowing.

There may be redness and painful swelling of the face, with headache, and despite the burning feeling in the throat, there will be chill and aching in the limbs and back.

Abscesses form quickly on the tonsils, but prompt administration of this remedy will often abort them.

This is one of Hahnemann's anti-psoric remedies and is useful when there is a rheumatic background.

*Hepar sulphuris* 6x, 12 or 30.

Painful sore throat with difficulty in speaking or in swallowing saliva, pains as if from a splinter, on breathing, coughing, or even on turning the head. Pains shoot up as far as the ears.

Quinsy with suppuration and formation of an abscess, hawking up of much mucus. Throbbing pains in the throat, which is extremely sensitive to touch, even externally. Pains relieved by warm drinks.

The tongue feels sore and there is an excess of saliva and mucus. Given in the lower potencies, this remedy will assist suppuration and in the higher potencies will abort it.

*Ignatia* 6, 12 or 30.

Follicular tonsillitis, tonsils inflamed, swollen, with small ulcers. Sensation as if there was a plug in the throat, when not swallowing. Palate red and inflamed, and a feeling when eating as if what was swallowed had to pass over a burning lump in the throat.

Shooting pains occur in the throat, which extend to the ears, worse when not swallowing (opposite to *Hepar*), better when eating something solid.

*Kali bichromicum* 12 or 30.

Tonsils appear to be shiny, red, puffy and swollen, ulcerated, with false membranes on the tonsils and palate.

The uvula is relaxed and looks swollen like a bladder.

Sensation as if there was a hair on the back part of the tongue, which is not relieved by eating or drinking.

Sharp shooting pain in the left tonsil, extending to the ear, better by swallowing. Throat pains are worse when putting the tongue out.

Discharge of thick yellow matter from the back of the nose, which, on contact with the palate, seems acid and causes a cough.

This mucus is difficult to get rid of, and appears to be stringy and difficult to detach from the mouth.

*Kali muriaticum* 6x, 12 or 30.

Follicular tonsillitis. The throat appears to be covered with grey patches, spotted with white, and the tonsils are enlarged, even to the extent of embarrassing respiration.

Swallowing is excessively painful even for water or sponge cake, swelling of the glands of the neck and jaws.

Constantly hawking up small, cheesy lumps of offensive mucus.

*Lac caninum* 30.

Tonsils and palate appear to be covered with a pearly white deposit, which looks as if glazed, ulcers on the tonsils.

Quinsy which commences on the right side, causing pain in the neck, and constant inclination to swallow saliva, and the pain is worse on swallowing. The inflammation spreads to the left side of the throat and the right side appears to be clearing up, when the inflammation returns to the right side. Throat feels as if burned, and there is a tickling sensation causing a constant cough.

Tongue coated white with bright red edges, putrid taste increased by sweets.

*Lycopodium* 6, 12 or 30.

Inflammation of the throat, commencing on the right side and spreading to the left (but not going from side to side as in *Lac can.*), pain on swallowing, which is better for warm drinks.

Swelling and ulceration of the tonsils, with a burning pain in the throat, pain extends to the ears.

All symptoms are aggravated between 4 and 8 p.m.

Hawking up of hard granular, greenish-yellow mucus, neck glands may be swollen and painful. Mouth feels clammy or bitter, especially in the mornings and at night there is much thirst.

*Lachesis* 6, 12 or 30.

Inflammation commences on the left side of the throat and spreads to the right (opposite to *Lyc.*), throat looks a bluish-purple colour, and all symptoms are worse after a sleep.

The throat feels as if it was suddenly closing up, or as if there was a lump in it, which causes constant swallowing, which is painful.

The attempt to swallow drinks is painful, but the swallowing of solid food relieves the pain.

The external parts of the neck are extremely sensitive to touch, and cause a sensation of suffocation.

*Mercurius solubilis* 6, 12 or 30.

Smarting, painful dryness of the throat, yet the mouth is full of saliva, and empty swallowing causes shooting pains in the throat and tonsils, extending to the ears.

The throat and tonsils are of a coppery red colour, and there is an accumulation of thick, tenacious mucus at the back of the throat.

The tongue is coated with a moist thick yellow coating, and the breath is most offensive.

The pains in the throat extend to the glands of the neck and jaws, and all symptoms are worse at night when in bed.

There is profuse sweating, which does not give any relief, and a desire for drinks, which cannot be swallowed, but escape through the nostrils.

*Mercurius iodatus flav.* 6, 12 or 30.

Swelling begins on the right side and spreads to the left (similar to *Lyc.*), the tongue is covered at the base with a thick yellow coating, and the tip and edges are red and the tongue takes the imprint of the teeth. The right side of throat remains the worst. There is dryness of the mouth and throat, with much empty swallowing, which is painful. There is an excessive secretion of thick tenacious mucus which is difficult to dislodge.

The throat symptoms are better for cold drinks.

*Mercurius iodatus ruber* 6, 12 or 30.

This remedy is also called *Mercurius bin-iodatus*. Inflammation and swelling begins in the left tonsil, and may spread to the right tonsil, but the left side remains the worst.



Throat looks a dark red colour, swallowing is painful, and there is much phlegm, causing a sensation of a lump in the throat, eventually the phlegm is coughed up as a hard greenish lump.

There is stiffness of the throat and neck, and the sub-maxillary glands are swollen. There may be a troublesome cough from elongation of the uvula, and empty swallowing is painful.

*Nitricum acidum* 30.

Tonsils, red with white patches, swollen, with great dryness and heat in the throat, which feels swollen.

Much mucus in the back of the throat, swallowing of mucus or even a small quantity of drink is difficult owing to a feeling of constriction and causes a violent pain up to the ear.

There is a sensation as if a fish bone or splinter was lodged in the throat.

*Phytolacca* 3x, 6x or 12.

A feeling of dryness, burning and smarting in the throat, which is a dark red colour and the tonsils are dark red and swollen. There is a coating of white or yellow, thick, mucus, on the throat and tonsils, causing a continuous desire to swallow.

Worse from hot drinks, any attempt to swallow causes shooting pains from the throat to the ears (like *Nitricum acidum*).

The red colour of the throat is not the smooth red inflammation of *Belladonna*, but looks somewhat like the bluish-red of *Lachesis*.

*Pyrogenium* 30.

This remedy will be required in an extreme case, which has not responded to other remedies, where there is offensiveness of all body discharges, and the breath is of carrion-like odour.

The tongue is clean, smooth and dry, then becomes fiery red, passing to a dark red colour, and very dry, finally

it has a yellowish brown streak down the centre, very dry and cracked, making speech difficult.

The mouth and throat feel and taste as if full of pus.

Two characteristic symptoms of *Pyrogen* are, the extreme restlessness of the patient and the fact that the pulse is abnormally rapid, out of all proportion to the temperature.

*Silicea* 6, 12 or 30.

Colds always settle in the throat, causing recurrent quinsies, useful when the abscess has broken and will not heal.

There is an accumulation of mucus in the throat, and on swallowing there is a feeling as if a pin was sticking in the tonsil.

There is a hard swelling of the neck glands, and the neck feels as if paralysed. On attempting to eat, there is a tendency for the food to pass into the nasal passages.

*Administration of remedies.*

It is recommended that a dose, consisting of three pilules or tablets be given every three hours until improvement in the patient's condition is apparent and there is a fall in temperature.

Remedies should either be withheld or the time between doses be extended and the progress watched. Stop any remedy as soon as it is obvious that the attack is conquered.

It is advisable to stop all solid food, soups, or beef tea, and only give fruit juices, such as lemon or orange juice, natural not synthetic, or water or barley water flavoured with fruit juices, and, if it is required sweetened, use honey instead of white sugar. Keep the patient off solid food as long as there is any temperature.

—*Heal Thyself, September, 1948.*