



A PROSPECTIVE COMPARATIVE STUDY TO ASSESS EFFECTIVENESS OF INDIVIDUALIZED HOMOEOPATHIC MEDICINES & AGRAPHIS NUTANS IN THE MANAGEMENT OF ADENOIDS IN PAEDIATRIC AGE GROUP

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ABSTRACT:

Adenoids are lymphoid tissues. Though affections of Adenoids do not cause life threatening conditions, however children frequently come out with complaints of trouble breathing through the nose, breathe through the mouth, have noisy breathing, snoring, dry throat, malaise, fever and chills, dysphagia, referred otalgia, headache, muscular aches and enlarged cervical nodes. In chronic complaints there are halitosis, chronic sore throats and a foreign body sensation, or a history of expelling foul-tasting and smelling cheesy lumps.

The topic was taken up to examine clinical picture for the adenoids and to understand the role of homoeopathy in the clinical management of adenoids.

Key words;

Lymphoid tissue, hypertrophy, Tuberculinum , Calc Phos, Agraphis N, Baryta C

INTRODUCTION:

The term adenoids is the collection of lymphoid tissue whose main function is to produce defense cells and fight against the infections like bacteria and virus, then help in trapping the bacteria and virus that one breathes and swallow. They are located on both sides of throat higher up where the nose and throat meets, also called as nasopharynx. Adenoids often restrict the patient's quality of life (QOL). It can affect the physical, psychological and social aspects of the patient's life and can also impact their functions at work. In spite of causing a major impact on the quality of life in Indian patients, Adenoids is rarely given the importance it deserves. It is an extremely common condition, affecting approximately 10% of the children population. While Adenoids is not a life-threatening condition, complications can occur and the condition can significantly impair

quality of life, In India it is found that, on an average 20% children suffer from subclinical Pharyngeal affections out of which 7% cases are of Adenoids. Retrospective studies indicate that about 80% of patients develops their symptoms before the age of 2 years. A rising prevalence of Adenoids has been found not only in children but also young adults. The peak in incidence of Adenoids occurs during the infancy, though prevalence declines with age. Overall prevalence of adenoids in general population is especially more in children between six to fifteen years of age.

Homoeopathy offers a very safe and effective way to cure enlarged adenoids and save the children from the surgeon's knife. Homeopathic treatments adopt holistic approach and brings back or restore sick to health. Therefore single constitutional remedy selected on the basis of totality can be ideal treatment to deal with adenoids.

There is no specific medication for adenoids in other system of medicine. Adenoids are being treated by symptomatic relief by giving antibiotics and surgery, Homoeopathy has a wide scope in the treatment of adenoids.

The purpose to take this topic is to examine clinical picture for the adenoids and understand the role of homoeopathy in the clinical management of adenoids.

OBJECTIVES:

The objectives of this study are:

1. To study the clinical presentation of adenoids
2. To study the role of Homoeopathy in treating individuals with adenoids
3. To study effectiveness of selected homoeopathic remedies and their therapeutic aspect in the treatment of adenoids.

METHODOLOGY:

The following methodology is adopted;

- Study design: Randomized non-control trial.
- Type of research: Prospective case study.
- Sample size: Minimum 30 in number.
- Participant subjects: Subjects who fit into the inclusion criteria as mentioned below.
- Selection criteria: On the basis of inclusion criteria, exclusion criteria, history and findings.
- Sample method: Probability method of simple random sampling procedure for selection of subjects will be adapted.
- Duration of study: The cases registered between 1st November 2021 to 30th July 2022 will be selected for study. Every case will be followed for a minimum period of 2 months.
- Follow up: Follow up of cases will be done as per the need of the case for the minimum period of two months to access the recurrence, if any.

MATERIALS AND METHODS:

Type of research:

Sampling design:

Selection criteria: 30 cases were selected from the OPD, IPD and school camps of A M Shaikh Homoeopathic Medical College and Hospital, Belagavi, on the basis of inclusion and exclusion criteria, history and symptoms.

Inclusion criteria:

1. Subjects between age of 6 to 15 years of age irrespective of sex and socio-economic status.
2. Cases with well presented hypertrophied adenoids are considered.
3. Cases with adenoids are considered.
4. Subjects those who are willing to participate and parents willing to sign written informed consent and assent taken from the subjects.

Exclusion Criteria:

1. Subjects suffering from tonsillitis and allergies
2. Subjects with irreversible pathological changes.
3. Subjects suffering from respiratory infections
4. Subjects suffering from bacterial and viral infection

RESULTS

The study was conducted between 1st November 2021 to 30th July 2022. All the cases were sufficiently given time period to understand and analyse the outcome. At the end of the study following data is observed which is placed in tabular form.

1) Age Incidence: Statistical study was done to identify the age group with highest incidence as shown in Table No.1.

Table No. 1 – Age Incidence

Age in years	No.of Subjects	Percentage
6 - 10	18	60%
11-15	12	40%
Total	30	100

2) Sex Incidence: Statistical study was done to identify the sex incidence with highest incidence as shown in Table No.2

Table No. 2 –Sex Incidence

Sex of subjects	No. of Subjects	Percentage
Male	21	70 %
Female	9	30 %
Total	30	100%

3)Incidence of Presenting Complaints: In the statistical study of 30 cases, each subject is presenting with one or more complaints, the presenting complaints are shown in table no.-3.

Table No. 3 – Incidence of Presenting Complaints

Sl.No.	Symptoms	No. of Subjects	Percentage
1	Difficulty in breathing through the nose (breathe through the mouth)	12	40 %
2	Obstructive sleep apnoea	8	26.6 %
3	Snoring	6	20 %
4	Bad breath (Offensive smell from mouth or halitosis)	4	13.4 %
	TOTAL	30	100 %

4) Remedies used: A statistical analysis was done to identify the remedies that were used during the course of treatment of subjects is shown in table no. 4.

Remedies	No. of Cases	Percentage
Calcarea phos	11	36.7%
Baryta carb	8	26.7%
Tuberculinum	6	20.00%
Agraphis Nutans	5	16.6%
TOTAL	30	100 %

5) Result of Treatment: In the statistical study of 30 cases the results of the Treatment are summarized in Table no-5.

Table no 5- outcome of treatment

S.No	RESULT	No of case	Percentage
	RECOVERED	10	33.4
1	IMPROVED	14	46.6
2	NOT IMPROVED	6	20
	TOTAL	30	100 %

DISCUSSION

In this study the more affected age group was between 6 to 10 yrs which accounted 60% of the cases, rests 40% were between 11 to 15. It is relevant to consider this age group.

Out of 30 cases 21 were males (70%) and 9 were females (30%). In this study more of males were affected but the incidence of adenoids is same in both the sexes. It is not relevant to consider that it affects the males more as compared to the females as the cases were selected randomly without taking population size of Adenoids affected.

With the above observation we can make the inference that Calc P is most effective in treating adenoids in children followed by Bary C, Agraphis N and Tuberculinum.

It was noted in this clinical study that out of the thirty patients who were a part of the study; 33.4 % (10) subjects who received treatment were recovered , 46.6 % (14) subjects showed significant improvement and 20.00% (06) did not show any improvement .

As most of the cases come when already the structural changes have occurred so in these subjects the treatment becomes difficult. Here only palliative line of treatment can be followed. The only tool for prevention of this is early diagnosis and early treatment so that chance of improving increases.

CONCLUSION

This work considering conscientious & diligent observations made on 30 subjects and its statistical outcome concludes that a Homoeopathic remedy authentically chosen on the basis of mental & physical generals and peculiar characteristic particulars can bring about the outstanding results irrespective of high severity of symptoms, gross local pathological changes. Secondly, a single remedy given with minimum dose without interfering its complete action with unnecessary repetitions shall bring about the steady but sure & consistent results in the cases of Adenoids.

The drugs like Calcarea phos & Baryta carb cover most of the common expressions of Adenoids in Children at physical, mental & pathological levels, therefore, appear frequently as specifics.

In this study of 23 cases being successful, fulfilling the objective, thus on the outcome of findings this can be concluded on a higher note that the homoeopathic medicines selected by integrating *Constitutional traits* with disposition & qualified symptoms of the disease can bring about more *favourable, consistent* results.

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