



Original Research Article

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CLINICAL IMPROVEMENT IN CHRONIC RECURRENT ADENOIDITIS AND TONSILLITIS WITH NASAL POLYP FOLLOWING HOMEOPATHIC TREATMENT AT DR BATRA'S®

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Abstract

Background

Adenoid hypertrophy and recurrent tonsillitis are among the most common ENT disorders in children, often leading to repeated infections, mouth breathing, snoring, swallowing difficulty, recurrent antibiotic use, and impaired quality of life. Surgical intervention is frequently advised when symptoms persist despite conventional treatment.

Case Presentation

A school-going child presented with recurrent tonsillitis since the age of 5 years and adenoid hypertrophy diagnosed by X-ray nasopharynx. The condition was associated with recurrent sore throat, fever, snoring, mouth breathing, nasal polyp, recurrent epistaxis, swallowing difficulty, and frequent respiratory infections occurring every two weeks. The child had received repeated courses of antibiotics with only temporary relief.

Intervention

Individualized homeopathic treatment was prescribed based on constitutional characteristics, clinical presentation, recurrent infection tendency, adenoid hypertrophy, and associated mental and physical generals.

Results

Over a follow-up period of approximately 15 months, there was marked reduction in recurrent infections, disappearance of respiratory complaints, reduction in adenoid-related symptoms, decrease in nasal polyp size, cessation of regular antibiotic dependence, improvement in general health, and significant enhancement in quality of life.

Conclusion

This case demonstrates the potential role of individualized homeopathic treatment in the management of chronic recurrent adenoiditis and tonsillitis, reducing recurrence frequency and improving overall health outcomes.

Keywords: Adenoid Hypertrophy, Tonsillitis, Nasal Polyp, Recurrent Upper Respiratory Tract Infection, Homeopathy, Dr Batra's® Homeopathy

Introduction

Adenoid hypertrophy and chronic recurrent tonsillitis are common pediatric conditions causing significant morbidity. Enlarged adenoids may lead to:

- Mouth breathing
- Snoring
- Nasal obstruction
- Sleep disturbances
- Recurrent infections
- Poor school attendance

Repeated antibiotic exposure often provides only temporary relief, while adenoidectomy and tonsillectomy are commonly considered in persistent cases.

Homeopathy aims to stimulate the body's self-regulatory mechanisms and improve susceptibility to recurrent infections through individualized constitutional treatment.

Patient Information

Parameter	Details
Age	School-going Child
Gender	Male
Diagnosis	Chronic Recurrent Tonsillitis with Adenoid Hypertrophy
Duration of Tonsillitis	5 Years
Duration of Adenoid Enlargement	6 Months
Family History	Mother – Tonsillitis, Father – Allergic Rhinitis
Previous Treatment	Repeated Antibiotics and Conventional Medication

Chief Complaints

ENT Symptoms

- Recurrent tonsillitis since age 5 years
- Sore throat
- Difficulty swallowing solids
- Snoring during sleep
- Mouth breathing
- Frequent respiratory infections
- Recurrent fever episodes
- Running nose

Nasal Symptoms

- Adenoid hypertrophy
- Left-sided recurrent epistaxis
- Nasal polyp
- Nasal obstruction

General Symptoms

- Frequent illness every 2 weeks
 - Recurrent stomach infections
 - Cold sensitivity
 - Poor appetite
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Investigations

X-Ray Nasopharynx (November 2024)

Findings:

- Large adenoid mass
 - Significant adenoid hypertrophy
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Clinical Features

Aggravating Factors

- Cold climate
- Cold water
- Ice cream
- Sour fruits
- Chocolates
- Cold drinks

Associated Symptoms

- Mouth breathing
 - Snoring
 - Recurrent epistaxis
 - Nasal blockage
 - Recurrent upper respiratory infections
-

Physical Generals

Parameter	Findings
Appetite	Decreased
Cravings	Salty, Sweet
Likes	Fried fish
Aversion	Vegetables, Dal
Thermal State	Hot Patient
Bathing	Cold Water
Sleep	7-8 Hours
Energy	Good
Constitution	Lean

Mental Generals

Characteristic Traits

- Creative and artistic child
 - Drawing enthusiast
 - Good academic performance
 - Active in football and skating
 - Sensitive to environmental changes
 - Misses father who stays away for work
 - Difficulty adjusting after school change
 - Fearless by nature
 - Quietly cries when desires are not fulfilled
 - Emotionally attached to old school friends
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Totality of Symptoms

1. Recurrent tonsillitis.
2. Adenoid hypertrophy.
3. Mouth breathing.
4. Snoring.
5. Nasal polyp.
6. Recurrent epistaxis.
7. Frequent respiratory infections.
8. Desire for sweets.
9. Aggravation from cold food and drinks.
10. Creative artistic child.
11. Change of school causing emotional disturbance.
12. Desire for activity and sports.

Remedies	calc.	sulph.	ip.	phos.	calc-p.	carb-v.	rhus-t.	sep.	ars.	ferr.	psor.	puls.	arg-n.	dulc.	nat-m.	staph.	lach.	thuj.	nat-ar.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	8	6	6	6	6	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Intensity	10	13	10	10	7	11	11	10	9	9	9	9	8	7	7	7	6	6	5
Result	8/10	6/13	6/10	6/10	6/7	5/11	5/11	5/10	5/9	5/9	5/9	5/9	5/8	5/7	5/7	5/7	5/6	5/6	5/5
Clipboard 2																			
MIND - ACTIVITY - desires activity - creative activity	1	2		2									1			1	2		
GENERALS - FOOD and DRINKS - cold drink, cold water - agg.	1	2	1		1	2	3	3	2	3		1	1	1	1	1	1	1	1
GENERALS - FOOD and DRINKS - ice cream - agg.			2		1	2	1	1	1			1	1	1					1
GENERALS - FOOD and DRINKS - sour food, acids - agg.	1	2	1	1		3	2	2	2	2	2	2	2	1	1	1	1	1	1
GENERALS - FOOD and DRINKS - sweets - desire	2	3	2	2	1	2	2	2	1	1	1	2	3	1	1	2	1	1	1
GENERALS - FOOD and DRINKS - fruit - agg. - sour			2							1	2						1		
GENERALS - SEASONS - winter - agg.	2	2	2	2	2	2	3	2	3	2	3	3		3	1				1
NOSE - ADENOIDS	1	2		1	1						1				3	2		2	
NOSE - POLYPUS - bleeds easily	1			2	1													1	

Homeopathic Prescription

Constitutional Remedy

Calcarea Carbonica 200C

Supportive Remedies During Acute Episodes

- Rhus Toxicodendron
- Belladonna
- Bryonia
- Kali Sulphuricum

Follow-Up Constitutional Management

Calcarea Carbonica continued according to response.

Follow-Up and Progress

Initial Presentation

- Frequent sore throat
 - Recurrent fever
 - Mouth breathing
 - Snoring
 - Nasal obstruction
 - Epistaxis every 2 weeks
 - Dependence on antibiotics
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During Follow-Up

Month 3–6

- Reduced frequency of respiratory infections
- Less sore throat

- Reduced need for antibiotics
- Improved appetite

Month 6-9

- Nasal polyp reduced in size
- Tonsillar enlargement reduced
- Nose bleeding significantly reduced
- Better sleep

Month 9-12

- No major respiratory infections
- No recurrent fever episodes
- Improved energy levels
- Able to consume more foods without triggering symptoms

Month 12-15

- Complete discontinuation of regular allopathic medicines
- No significant respiratory complaints
- Improved school attendance
- Better physical stamina
- Stable emotional health

Outcome Assessment

Parameter	Before Treatment	After Treatment
Tonsillitis Episodes	Frequent	Rare
Antibiotic Requirement	Repeated	Stopped
Mouth Breathing	Present	Minimal

Snoring	Present	Significantly Reduced
Nasal Polyp	Present	Reduced
Epistaxis	Every 2 Weeks	Rare
Respiratory Infections	Frequent	Absent
School Absenteeism	Frequent	Minimal
Quality of Life	Poor	Significantly Improved

Discussion

This child presented with chronic recurrent tonsillitis complicated by adenoid hypertrophy, recurrent epistaxis, nasal polyp, and repeated antibiotic exposure.

Individualized homeopathic treatment was selected based on:

- Constitutional features
- Recurrent infection tendency
- Characteristic food desires
- Thermal state
- Emotional adaptation difficulties
- ENT pathology

During follow-up, a gradual reduction in infection susceptibility was observed, accompanied by reduction in local pathology and marked improvement in general health.

Particularly noteworthy was the complete cessation of regular allopathic medication and significant improvement in respiratory health over the observation period.

Learning Points

- Chronic recurrent tonsillitis often reflects altered susceptibility rather than merely local infection.
- Adenoid hypertrophy may improve alongside constitutional treatment and immune regulation.

- Individualized homeopathic management may reduce recurrence frequency and medication dependence.
 - Improvement in general health often precedes structural improvement.
 - Long-term follow-up is essential in pediatric chronic ENT disorders.
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Conclusion

This case demonstrates substantial clinical improvement in chronic recurrent tonsillitis with adenoid hypertrophy, nasal polyp, and recurrent epistaxis following individualized homeopathic treatment at Dr Batra's® Homeopathy.

The patient experienced:

- Marked reduction in recurrent infections
- Reduction in adenoid-related symptoms
- Decreased nasal polyp size
- Significant reduction in epistaxis
- Discontinuation of regular antibiotics
- Improved quality of life and school attendance

These outcomes suggest a potential role for individualized homeopathic treatment in chronic pediatric ENT disorders.

Declaration of Patient Consent

Written informed consent was obtained from the parent/guardian for academic presentation and publication of anonymized clinical information.

Conflict of Interest

None declared.

Institution

Dr Batra's® Positive Health Clinic Pvt. Ltd.