

Utility of Robin Murphy's Repertory in Management of Tonsillitis

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Abstract: Background- Inflammation of the tonsils is one of the commonest diseases of the throat, not only in child-life but among adults as well. A repeated attack of tonsillitis interferes with the patient's general health and also normal activities, such as loss of time from school and work. Efficacy of Homoeopathic medicines in the treatment of tonsillitis is well established in different literatures and the same has been validated through various researches conducted. This study was basically conducted to understand and enhance the treatment of tonsillitis with the help of Robin Murphy repertory.

Method: Simple randomized sampling with 30 cases of tonsillitis involved in study. All cases were given homoeopathic medicine after using Murphy Repertory.

Result: All 30 cases were observed after administered of homoeopathic medicines for tonsillitis with 27 cases improved and 3 cases not improved.

Conclusion: Homeopathic medicines in treatment of tonsillitis in all age groups are effective, when selected by using Murphy repertory.

Keyword: Homoeopathy, Tonsillitis, Murphy Repertory.

INTRODUCTION

Inflammation of the tonsils is one of the commonest diseases of the throat, not only in child-life but among adults as well. A repeated attack of tonsillitis interferes with the patient's general health and also normal activities, such as loss of time from school and work. Life expresses itself through harmonious interaction and expenditure of vital energy. If its regular movement be disturbed by inimical forces, health is soon impaired and disease appears. Children are born into this world not of their choice. It is therefore the duty of the parents and the society to develop them into healthy citizens. A healthy child develops into a healthy adult and becomes an asset to the society. There are many children 'living' but 'sick'. And are unable to communicate their distresses in words. Hence it becomes an imperative duty of the physician

to study their language of pain and disturbance of function.

Inflammation of the tonsils is one of the commonest diseases of the throat in child-life. And it is one such class of diseases that cause considerable morbidity and disability to the child. The most common symptoms of tonsillitis are pain and soreness on swallowing, fever, chills, malaise, headache and a general feeling of discomfort. Such severe attacks will not only interfere with the child's general health but also his normal activities like loss of time from school etc. Tonsils are believed to play protective role in early life by providing host resistance against infections, there by maintaining integrity of organism. Therefore cutting away tonsils will hamper natural defensive process provided by nature to the child.

The modern medicine tries to treat only the effects leaving apart the very cause that allows the disease to occur. Their line of treatment is to control infection and pain by giving antibiotics and analgesics. As the complications develop, the only alternative left will be tonsillectomy and its disastrous complications like haemorrhage, surgical trauma to the pillars, soft palate, teeth, etc. Whereas homeopathy offers a holistic view of disease and its treatment. It treats the sick than the sickness. The individual in his entire gamut of existence i.e. physical, emotional and physical covering his past and family histories forms the subject matter of treatment. He is not treated piecemeal, as in the other system. The only way to this dynamic dyscrasias is through the law of similars. Efficacy of Homoeopathic medicines in the treatment of tonsillitis is well established in different literatures and the same has been validated through various researches conducted. But my purpose of selecting this topic is to establish validated proof of clinical utility of Robin Murphy's Repertory in the treatment of tonsillitis. Hence this topic is taken for the study.

MATERIALS & METHODS

1. Study Design: Randomized controlled clinical trial
2. Study Setting: - The study was conducted at OPD & IPD of Homoeopathic Medical College, where I am pursuing my PG Education.
3. Study Population: - Subjects for the study were selected from the College OPD, IPD and various health check up camps & screening camps conducted by our college.
4. Sample Size:- Approximately 30 cases were selected by purposive sampling method. Selected samples were further divided in to 2 groups i.e. Study Group & Control Group. Selection of Samples:- Total 30 cases clinically diagnosed as having Tonsillitis were taken for the study by randomized sampling method. Laboratory investigations were done as per the need of cases. All the 30 cases were divided in to 2 groups i.e. Group-1 (Study Group) & Group-2 (Control Group). Each group comprised 15 cases each. Cases in the study group are repertorized with the help of Robin Murphy’s repertory (3rd Revised Edition) & cases from control group are repertorized with the help of other than Murphy’s Repertory.
6. Sampling Technique: Randomized Sampling Method
7. Method of selection of study subjects: Inclusive and exclusive criteria:
 - a) Inclusion criteria:
 - The sample of both sexes and from all age group.
 - Diagnostic criteria are mainly based on clinical presentation and in certain cases laboratory investigations were done as per requirement.
 - Patients agree to give consent/Assent for participating in the study & agree to comply with the protocol.
 - b) Exclusion Criteria:
 - Cases of complicated tonsillitis
 - Patients with known immuno-compromised disease are excluded.
 - Subjects who refuse to give proper case history or those patients who have not given informed consent/Assent are excluded.

OBSERVATIONS AND RESULTS

TABLE NO 1. GENDER WISE DISTRIBUTION IN CASE STUDY

SR. NO	GENDER	NO OF CASES	PERCENTAGES
1	Female	13	43%
2	Male	17	57%

TABLE NO 2. AGE DISTRIBUTION IN CASE STUDY

SR. NO.	AGE GROUP	NO. OF PATIENT
1	0-10	10
2	11-20	12
3	21-30	6
4	31-40	1
5	41+	1

TABLE NO 3. RESULT IN CASE STUDY AFTER HOMOEOPATHIC PRESCRIPTION

SR. NO.	POTENCY USED	NO OF CASES	PERCENTAGES
1	IMPROVED	27	90%
2	NOT IMPROVED	3	10%

TABLE NO 4. MEDICINES USED IN CASE STUDY

MEDICINE USED	NUMBER
BARYTA CARB	3
BELLADONNA	8
CALC CARB	1
FERRUM PHOS	1
HEPAR SULPH	2
KALI MUR	2
MERC IOD FLAVUM	2
MERC IOD RUB	1
MERC SOL	1
NAR MUR	1
SILICIA	2
SULPHUR	2
TUBERCULINUM	1

DISCUSSION

The CASE SERIES STUDY was carried out with detail case study. All cases of different clinical conditions of both sexes are taken under the study. 30 cases were taken for the study of the topic. The current study has made an attempt to provide statistical data on a small sample of tonsillitis belonging to a district in India. Homoeopathic remedies thus prescribed were covering the symptoms of spectrum of tonsillitis found in the patients having the same The case-taking schedule in the study has therefore also demonstrated the superiority of homoeopathy in comparison with modern medicine in understanding the individual

patient. The shorter duration of the study was also a major hurdle to giving a highly qualitative research data. Further research in Homoeopathy on different medicinal groups in homoeopathy in tonsillitis in specific age groups with Indian population is the need of the hour. During the research out of 30 patients enrolled for the study, 27 get improved, while 3 patients were having no change in the complaints and were referred for further investigations. Student's t-test was applied for statistical analysis.

Total of 30 patients were observed and t-test was applied. The change in the self made scale which included generals, physical and mental, and particulars of the clinical condition, was observed to assess the improvement of the patients. • Calculated value of t (19.6859) was greater than table value of t (2.05).

We rejected the Null Hypothesis at 0.5% level of significance (l.o.s).

Therefore we conclude that Homoeopathic Medicines Are Effective in the Cases of Tonsillitis When Selected Using Murphy's Repertory. Hence it was successfully concluded that homoeopathic medicines play a major role in improving the complaints of the patients having tonsillitis. Homoeopathic medicines help in improving ADL (activity of daily living) by reducing symptomatology and limiting the disease process. Our soul aim was to reduce impairment and improvement of function, i.e. reduction of pain and improvement in performance of daily activities. Along with homoeopathic medicines dietary measures formed an integral part in the management of the patients. Patients with some chronic disease are subject to change the therapy very often on account of their sufferings. So the period of therapy is small to evaluate the progression of the disease. If patients continue with homoeopathic treatment for long term then that will cause significant relief in pain and improvement in quality of life (QOL) of patients.

CONCLUSION

The current study has demonstrated numerous clinical presentations of tonsillitis and usefulness of homoeopathic medicines in the same. The symptom spectrum included different throat complaints like dryness, burning, itching, and redness in the patients. There were also wide varieties of physical expressions such as headache, earache, restlessness with sleeplessness. Age wise distribution of cases also

showed that, most of the patients were found in the age group of 11-20 years i.e. 12 cases while 0-10 yrs of age group shows 10 cases. Age group of 21-30 showed 6 cases while remaining 2 cases were from 31+ age. The homoeopathic medicines were used and administered during research. The totality was considered. All the cases showed marked change in the symptomatology. Almost all the medicines administered during research helped the patient in a holistic way. The following remedy list was derived – BELLADONNA indicated in 8 cases i.e. 27 %, BARYTA CARB indicated in 3 cases i.e. 10 %, HEPAR SULPH, KALI MUR, MERC I F, SILICEA AND SULPHUR were indicated in 2 cases each. CALC CARB, FERUM PHOS, MERC IOD RUB, MERC SOL, NAT MUR AND TUBERCULINUM were used in single case each. As per the requirement of the study samples 200 CH potency was used in all the patients. Out of 30 clinical conditions, 27 patients were improved clinically and 3 patients were not improved.

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