

A Case Study on the Efficacy of *Wyethia helenoides* in Acute Tonsillitis

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Abstract- Tonsillitis is an inflammation of the two oval-shaped pads of tissue at the back of the throat, commonly caused by viral or bacterial infections. This case study involves a 12-year-old boy who presented with a sore throat and fever for one day. The homeopathic treatment was determined based on the totality of his symptoms, which included severe throat dryness, a constant desire to swallow, persistent irritation, enlarged tonsils, and fever with body ache. The remedy *Wyethia helenoides* was prescribed based on the changing symptoms. Significant improvement was noted within 72 hours, marked by a rapid decrease in pain, dryness, and irritation, along with subsiding fever and reduced congestion. This case highlights the effectiveness of individualized homeopathic prescription as a safe and beneficial treatment for acute tonsillitis.

I. AIM OF THE STUDY

The primary objective was "To evaluate the effectiveness of individualized homeopathic treatment in the management of acute tonsillitis using *Wyethia*."

II. CASE PRESENTATION

Patient Profile

- Age: 12 years
- Gender: Male
- Occupation: Student
- OPD Visit: 12/08/2025

Chief Complaints The patient presented with the

following complaints:

- Sore throat with pain on swallowing
- Constant irritation in the throat
- Dryness in the throat
- Enlarged tonsils
- Fever and body ache

History

- The patient had a history of recurrent tonsillitis during winters.
- Previous attempts at relief using warm water gargles were unsuccessful.
- There was no significant family history of the condition.

Clinical Examination

- The tonsils were enlarged and congested with white patches.
- Cervical glands were tender upon examination.
- Body temperature was recorded at 101°F.

III. SYMPTOMATOLOGY AND CASE ANALYSIS

A detailed analysis of the patient's symptoms revealed the following:

- **Location:** The symptoms were localized to the throat (fauces and pharynx) and the uvula/soft palate.
- **Sensation:** The patient experienced intense dryness and irritation, with a peculiar sensation of the uvula being elongated or hanging down,

causing a tickling feeling. Swallowing was painful.

- Modalities:
 - Aggravation (symptoms worsened by): Empty swallowing and talking. The condition was generally worse at night and during sleep.
 - Amelioration (symptoms relieved by): Cold drinks and cold air.
- Concomitants (accompanying symptoms): The patient exhibited irritability and restlessness, with a constant desire to swallow. Sleep was disturbed due to throat tickling and dryness.
- Generals: The patient had a desire for cold drinks.

IV.PRESCRIPTION AND MANAGEMENT

Remedy Selection and Basis of Prescription The remedy *Wyethia helenoides* 30C was selected using a non-repertorial approach based on the following characteristic keynote symptoms:

- Dryness of the throat without mucus.
- Sensation of an elongated uvula with tickling.
- A constant desire to swallow despite it being painful.
- Symptoms were ameliorated by cold drinks and aggravated by empty swallowing.
- Accompanying irritability and disturbed sleep.

Prescription

- Medicine: *Wyethia helenoides* 30C, 3 globules in water, to be taken every 4 hours.
- Supportive Care: The patient was advised to follow a soft diet and use saline gargles.

V.FOLLOW-UP AND OUTCOME

The patient's progress was monitored over a week, with visual evidence showing improvement from Day 0 to Day 7.

- First Follow-up (Day 2-3):
 - Dryness of the throat was reduced.
 - Pain experienced on empty swallowing had improved.
 - The patient's sleep quality improved.
 - The prescription was adjusted to *Wyethia helenoides* 30C, 3 globules three times a day.
- Second Follow-up (Day 5-7):
 - The tonsils appeared less inflamed.

- The tickling sensation in the uvula had resolved.
- The patient's appetite returned.

VI.DISCUSSION AND CONCLUSION

The successful outcome of this case was attributed to the prescription of *Wyethia helenoides*, guided by the patient's peculiar symptomatology. The key symptoms—dryness of the throat without mucus, the sensation of an elongated and tickling uvula, a constant desire to swallow despite pain, and associated irritability—are characteristic indicators for *Wyethia*. These specific symptoms distinguish this remedy from more commonly used treatments for tonsillitis, thereby demonstrating the critical importance of individualization in homeopathic practice. The rapid improvement observed within 48-72 hours strongly supports the effectiveness of *Wyethia helenoides* in acute tonsillitis when prescribed based on its unique indications.