

Murphy's Repertory as A Clinical Tool in Tonsillitis: A Homoeopathic Pilot Study

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Abstract—Tonsillitis is a common inflammatory condition of the tonsils frequently associated with recurrent episodes and incomplete relief from conventional treatment. Homoeopathy provides an individualized and holistic approach to management through careful evaluation of the totality of symptoms. This pilot study was undertaken to assess the utility of the Homoeopathic Medical Repertory by Robin Murphy in the homoeopathic management of tonsillitis. Twelve cases were studied in which individualized homoeopathic remedies were selected through repertorial analysis and subsequently verified with *Materia Medica*. Patients were followed up periodically and improvement was assessed on the basis of clinical symptoms and using the FeverPAIN scoring system, along with clinical evaluation of local and general symptoms. The selected homoeopathic remedy resulted in marked improvement in FeverPAIN score and overall clinical condition without complications. Most cases showed marked to moderate improvement in symptoms such as throat pain, difficulty in swallowing, fever, and tonsillar enlargement. The findings indicate that the systematic use of Murphy's Repertory facilitates accurate remedy selection and supports effective case management. This pilot study highlights the practical applicability of homoeopathic repertorization in the management of tonsillitis and suggests the need for further studies on a larger sample size.

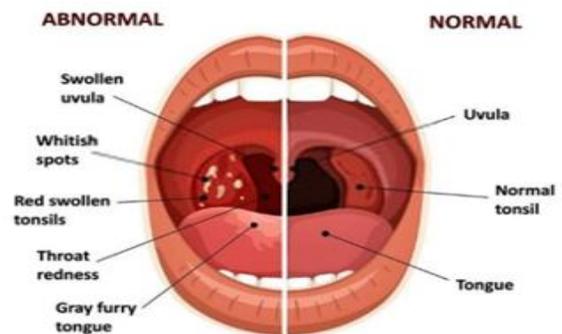
Index Terms—Tonsillitis, Homoeopathy, Murphy's Repertory, Repertorization, FeverPAIN Score

I. INTRODUCTION -

The term "tonsillitis" refers to inflammation of the tonsils, which are two oval-shaped tissue pads located in the back of the throat, one on each side. A common condition that accounts for 1.3% of outpatient visits is

tonsillitis, or inflammation of the tonsils. The cornerstone of tonsillitis treatment is supportive care, which includes hydration and analgesics. NSAIDs and other medications help relieve symptoms, and hospitalization is rarely necessary. Surgical options for treatment include tonsillectomy and tonsillotomy. "Similia Similibus Curantur," a law of nature, is the foundation of homeopathy. Homeopathic remedies are effective in curing tonsillitis and restoring health permanently. The use of homeopathic remedies can help prevent surgery in many severe cases of chronic and recurrent tonsillitis, where tonsillectomy is recommended. Dr. Robin Murphy's Homoeopathic Medical Repertory is a modern alphabetical database that serves as a research and treatment resource for homeopathic medicine.

TONSILLITIS



II. AIM

To ascertain the practical application of Homoeopathic Medical Repertory in the effective management of cases of tonsillitis.

III. OBJECTIVES

1. To manage the cases of Tonsillitis with homoeopathy.
2. To study the utility of Homoeopathic Medical Repertory in management of cases of Tonsillitis.
3. To ascertain the role of Homoeopathic Medicine in management of cases of Tonsillitis with help of Homoeopathic Medical Repertory.

IV. MATERIALS AND METHODOLOGY

This pilot interventional prospective study was conducted from January to September 2024 at Rajkot Homoeopathic Medical College, Parul University. During this period, 67 patients visited the hospital, of whom 12 were diagnosed with tonsillitis. All tonsillitis patients were treated using the Homoeopathic Medical Repertory by Robin Murphy, and symptoms were assessed with the FeverPAIN score.

Data sources included patient case formats, Murphy’s Homoeopathic Medical Repertory (3rd Revised Edition), RADAR/Zomeo software, journals, and Materia Medica. Patients aged 3 to 45 years, of both sexes, were included based on the Centor criteria. Case taking adhered to the Organon of Medicine (Aphorisms 83–104). Medicines were selected by analyzing the totality of symptoms through repertorization and Materia Medica references, with potency individualized for each case.

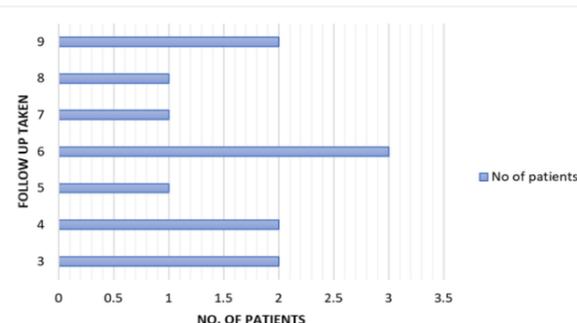
Patient progress was evaluated using the FeverPAIN Clinical Score (0–5) to determine significant, moderate, or no improvement.

V. RESULTS

Over the course of this trial, 67 patients complained of throat pain when they came to the hospital. Tonsillitis was identified in 12 of the individuals. Additionally, they were divided into two age groups: <12 years age and ≥ 12 years age. There were eight male and four female patients present. Following diagnosis, they were split into six patients with acute tonsillitis, three with chronic tonsillitis, two with recurrent tonsillitis, and one with tonsillitis and pharyngitis. (Table 1). Up to six follow-ups were required for the greatest number of patients during the trial. 9 follow-ups were required for 2 patients. (Figure 2). Prior using homoeopathic medicine, the FeverPAIN Score was as follows: Four

patients had a score of 4 (high), six patients had a score of 3, and two patients had a score of 2. After that, the pain score dropped to 2 (low) in two patients and 1 (extremely low) in 10 patients. The efficiency of homoeopathic medicines in managing tonsillitis cases was demonstrated by the p-value of less than .001 achieved using the Paired T Test. These medicines were selected using rubrics derived from Dr. Robin Murphy’s Homoeopathic Medical Repertory.

| Characteristics | Patients (12) | Age (Mean ± SD) |
|----------------------------|---------------|-----------------|
| Age group | | |
| < 12 years | 6 (50%) | 7.33 ± 2.06 |
| ≥ 12 years | 6 (50%) | 15.83 ± 1.83 |
| Sex | | |
| Female | 4 (33.33) | 11 ± 5.5 |
| Male | 8 (66.66) | 12 ± 4.8 |
| Frequency | | |
| Acute | 6 (5) | 11.67 ± 4.88 |
| Chronic | 3 (25) | 9.66 ± 4.16 |
| Recurrent | 2 (16) | 17 ± 0 |
| Acute with pharyngitis | 1 (1) | 6 ± 0 |
| Pain score (before) | | |
| 2 (low) | 2 | 15 ± 0 |
| 3 (mordent) | 6 | 11.16 ± 5.6 |
| 4 (high) | 4 | 11 ± 4.79 |
| Pain score (after) | | |
| 1 (very low) | 10 | 12.5 ± 4.7 |
| 2 (low) | 2 | 7 ± 1.4 |



Paired Samples T - Test

| | | | statistic | df | p | Effect Size |
|---------------------|--------------------|-------------|-----------|------|-------|-------------|
| Relief Score Before | Relief Score After | Student's t | 11.5 | 11.0 | <.001 | 3.32 |

Descriptives

| | N | Mean | Median | SD | SE |
|---------------------|----|------|--------|-------|-------|
| Relief Score Before | 12 | 3.17 | 3.00 | 0.718 | 0.207 |
| Relief Score After | 12 | 1.17 | 1.00 | 0.389 | 0.112 |

VI. DISCUSSION

In this trial using homeopathic remedies resulted in symptom improvement without the side effects associated with antibiotics. The reduction in FeverPAIN scores from 4 to 1 in most patients suggests that homeopathy can achieve symptom relief, especially in cases where antibiotics might not be

strictly necessary, such as viral or milder bacterial infections. Studies on chronic and recurrent tonsillitis have shown that antibiotics are often less effective, and surgery (tonsillectomy) is sometimes recommended for persistent cases. However, tonsillectomies result in risks like postoperative pain and potential complications. In this trial, homeopathic treatment was beneficial even for patients with chronic (3 cases) and recurrent tonsillitis (2 cases). The need for up to 9 follow-ups for some patients highlights the chronic nature of their condition but also suggests that regular monitoring and individualized homeopathic prescriptions could be effective in managing symptoms without resorting to invasive procedures. The significant improvement in FeverPAIN scores (from 4 to 1 for the majority of patients) indicates that homeopathic treatment could effectively reduce throat pain and other symptoms. This trial contributes to the growing evidence base suggesting that homeopathy may offer a complementary or alternative approach to tonsillitis treatment, particularly for patients who wish to avoid the side effects of conventional antibiotics or for whom antibiotics may not be necessary.

VII. CONCLUSION

This study demonstrates that homeopathic medicines, chosen using rubrics from Dr. Robin Murphy's Homeopathic Medical Repertory, can effectively manage tonsillitis symptoms. Out of 67 patients who initially presented with throat pain, 12 were diagnosed with tonsillitis, including acute, chronic, recurrent, and pharyngitis-associated cases. Following individualized homeopathic treatment, there was a marked improvement in FeverPAIN scores, with 83% of patients (10 out of 12) experiencing a significant reduction in symptoms, as evidenced by scores dropping to 1 (extremely low) in the majority of cases. The statistical analysis ($p < 0.001$) confirms the efficacy of this approach.

The results indicate that homeopathic treatment could serve as a beneficial, non-invasive option for managing tonsillitis, especially for patients seeking alternatives to antibiotics. However, due to the small sample size and absence of a control group, further research with larger cohorts and randomized controlled trials is needed to confirm these findings and establish the broader applicability of homeopathy in treating tonsillitis.

A 2022 study at Sarada Krishna Homoeopathic Medical College found that acute tonsillitis was more common in women aged 11-20 years old, accounting for 53% of cases. The study affected 67% of the 30 cases, with 10% attributed to ice cream and 13% to cold drinks. Mercurius Solubilis was prescribed in 23% of cases, and 90% of cases received 200C potency. The severity of symptoms significantly decreased in each case, with minor improvement in four cases and moderate improvement in 26 cases. A study by Malapane et al. in 2011-2012 found that the homeopathic complex Tonzolyt®, containing active ingredients like Atropa belladonna and Calcarea phosphoricum, effectively treated acute viral tonsillitis in children. The study found significant improvement in symptoms such as tonsillitis pain, swallowing pain, pharynx inflammation, and tonsil size in the treatment group. No significant differences were found in body temperature, respiratory rate, and heart rate.

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