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## A clinical case of chronic tonsillitis treatment using homeopathy and autosodes

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### Abstract

Tonsillitis is an inflammation of the tonsils. The article describes a clinical case of the author's successful treatment of chronic tonsillitis using homeopathic remedies and autosodes prepared from tonsil stones. After treatment with autosodes and homeopathic complex preparation Phytocyanatus, the number of exacerbations decreased by an order of magnitude.

**Keywords:** Tonsillitis, tonsil stones, homeopathy, isopathy, autosode, Phytocyanatus (Mercurius cyanatus, Phytolacca, Apis mellifica, Arnica, Hepar sulfur, Dulcamara, Belladonna)

### 1. Introduction

Tonsillitis is an inflammation of the tonsils. Chronic tonsillitis develops as a result of infectious acute respiratory diseases, which are accompanied by inflammation of the mucous membrane of the pharynx. Possible pathogens in chronic tonsillitis can be staphylococci, streptococci, pneumococci, Haemophilus influenzae, Moraxella, adenoviruses, Epstein-Barr, Coxsackie and herpes viruses, mycoplasma, chlamydia, fungi, etc. [1] One of the most common reasons for the development of chronic tonsillitis is the previous disease caused by group a beta-hemolytic streptococcus [2]. In many patients with chronic tonsillitis, beta-hemolytic streptococci are found together with staphylococcus aureus [3].

Conservative treatment of chronic tonsillitis includes irrigating the throat and tonsils with antiseptics in addition to inhalations, immunostimulation, and antibiotic therapy. The problem with antibiotic therapy is bacteria desensitization and increased antibiotic resistance over time. Other physical therapy methods include shortwave ultraviolet radiation and ultra-high frequency therapy.

The surgical method for treating chronic tonsillitis is the removal of the tonsils. However, the tonsils perform very important functions in the body. The tonsils are a barrier to bacteria in the respiratory tract and gastrointestinal tract and are one of the organs of hematopoiesis. Quite often, acute respiratory infections in people with removed tonsils end in pneumonia.

Tonsil stones (Tonsilloliths) are one of the main signs of chronic tonsillitis. Tonsil stones accumulate in the grooves of the tonsils and have a specific unpleasant odor. In many cases, the tonsil stones are the cause of bad breath.

The author developed chronic tonsillitis since childhood, after suffering from a sore throat once. Frequent exacerbations, sometimes up to once a month, prevented surgery to remove the tonsils. The condition improved in the summer, which the author associates with the strengthening of the immune system after exposure to the sun and rinsing the mouth with seawater. Physiotherapy also had a positive effect but did not reduce the rate of recurrence of the disease. In 2007, the author used autosodes and homeopathic remedies for the treatment of chronic tonsillitis.

Homeopathy, invented by Samuel Hahnemann (1755-1843), is based on the principle "like cures like" [4], which in Greek means "like a disease", and is based on the six principles:

1. *Similia similibus curentur*, let like cure like
2. Minimum dose
3. Potentized remedy
4. Only one homeopathic remedy prescribed at a time
5. Provings or experiments using healthy people
6. The theory of miasms

A homeopathic (similar) remedy is selected according to symptoms that are similar to the symptoms of poisoning with a substance in its pure form.

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For example, mercury cyanite (*Mercurius cyanatus*) or mercury hydrocyanic acid in its pure form is extremely toxic and causes damage to the central nervous system with many corresponding symptoms. Mercury cyanite causes sore throat, erodes mucous membranes, leading to ulcers and difficulty swallowing [5]. However, in a homeopathic dose after potentization, mercury cyanitis treats the symptoms it causes in its pure form. The remedy is used in the sixth to thirtieth dilutions because it causes aggravated conditions in lower potencies [5].

In addition to knowledge about the toxic effects of various substances, homeopathy uses data from provings - experiments using healthy volunteers who took homeopathic remedies in low dilutions. An important rule of proving is to use only one remedy. The provings allowed the formation of a *Materia Medica* or a list of symptoms caused by homeopathic remedies in healthy people.

In homeopathy, the active ingredient is diluted in decimal or centesimal ratios and shaken (succussed) ten times after each dilution. This process is called potentization or dynamization. Hahnemann used only one remedy since the effects of several remedies at the same time were not tested in healthy people and, accordingly, the effect of the combination of remedies was unknown. However, despite successful treatment of certain diseases with one remedy, Hahnemann was faced with the problems of treating chronic diseases. Taking one homeopathic remedy helped to cope with each exacerbation separately, alleviating the patient's condition, but it was not possible to achieve complete recovery. Hahnemann suggested that the pathological state of patients is supported by a certain constitution, i.e. a special condition that supports internal pathological processes, hindering return to health. According to Hahnemann, this could be due to a previous certain disease or disease inherited from parents. This is how the theory of miasms came about. Miasms correspond to a certain constitutional type, namely the transferred illness. Hahnemann considered psoric miasm to be the most frequent, linking psora to a patient's previous diseases, or even a patient's parents with the cause of the formed pathological response of the body to any other ailments. Diluted and potentized secretions from sick people with a similar disease were used as a constitutional miasmatic remedy. For example, in the case of psora, discharge from skin ulcers was used. For the 18<sup>th</sup> century, homeopathy developed by Samuel Hahnemann was a revolutionary method of treatment and helped millions of people to recover from various diseases. It is a personalized medicine based on the patient's symptoms and similar potentized remedies that cause symptoms similar to the patient's illness. Hahnemann was a true scientist who created the homeopathy system, conducted numerous experiments, and had an extensive medical practice.

Nosodes (from the Greek *nosos*, disease) are homeopathic remedies prepared by repeated dilution and succussion of microorganisms, viruses, and pathological secretions. Isopathy (from the Greek *iso*, equal and *pathos*, disease)

comes from homeopathy in the sense of diluted and potentized pathogens, but is applied differently. In homeopathy like cures like, while in isopathy diluted and potentized pathogens treat the disease that they cause when undiluted. German veterinarian Wilhelm Lux (1796-1849) has successfully treated scabies and glanders in animals with nosodes [6]. Lux used a 30C scabies nosode prepared from the blood of animals with scabies. For the treatment of glanders, Lux used nosodes prepared from the secretions of the nasal mucosa of sick animals. The reason Lux made nosodes was that he could not find a suitable homeopathic remedy based on the simillimum principle to treat these diseases in animals.

American homeopath Constantine Hering (1800-1880) also used nosodes, but not based on the isopathic principle, like Lux, but on the simillimum principle, using the theory of miasms. Isopathy implies the principle of identity, when, for example, the herpes simplex virus nosode, prepared from the secretions of herpes vesicles, cures it.

Autonosodes are prepared from the patient's secretions and are used according to the isopathic principle for the treatment of diseases, and not according to the simillimum principle. The *Materia Medica* of nosodes describes various symptoms and conditions of nosodes use [7]. Nosodes can exacerbate the disease, therefore, additional specific drainage therapy with homeopathic remedies is necessary.

## 2. Isopathic and homeopathic methods

The author of the article had suffered from chronic tonsillitis since childhood and had a sore throat several times a year.

### 2.1 Isopathic methods

In the summer of 2007, the author made an autonosode from his tonsil stones 4CK using the Korsakov method and took it once a day. Tonsil stones were obtained by massaging the back of the tonsils as shown in the video [8]. After taking the autonosode, more tonsil stones were produced from the tonsils. Isotherapy was followed by a one-time daily intake of the homeopathic drainage remedy described in the next section.

### 2.2 Homeopathic methods

The complex homeopathic remedy *Phytocyanatus* (Fig. 1) was used as a drainage agent once a day. This complex preparation is used for infectious diseases and contains *Apis mellifica* 4CH, *Arnica Montana* 4CH, *Belladonna* 4CH, *Hepar sulfur* 6CH, *Mercurius cyanatus* 6CH, *Phytolacca decandra* 4CH, and *Solanum dulcamara* 4CH. From the classical homeopathy point of view, complex preparations should not be used, since they have not been subjected to provings and the combined effect of several remedies on the body is unknown. The use of complex homeopathic remedies violates the 4<sup>th</sup> principle of homeopathy to prescribe only one remedy at a time. However, many years of practice show that complex homeopathic remedies work and lead to positive results, possibly even faster than when using only one homeopathic remedy.



**Fig 1:** Complex homeopathic remedy Phytocyanatus produced by the Italian company OTI, which contains *Apis mellifica* 4CH, *Arnica Montana* 4CH, *Belladonna* 4CH, *Hepar sulfur* 6CH, *Mercurius cyanatus* 6CH, *Phytolacca decandra* 4CH, and *Solanum dulcamara* 4CH. 1 tablet daily.

### 3. Discussion and methods

The autosode treatment of tonsil stones 4CK and the complex remedy Phytocyanatus taken once a day, described in the article, resulted in a significant improvement in the state of chronic tonsillitis after one month of therapy. The tonsils have noticeably decreased in size, and the number of exacerbations of the disease has decreased from several times a year to once every 2-3 years.

The autosode was made from tonsil stones. The tonsil stones were placed in a glass of water. The autosode was prepared according to the Korsakov method in one glass container with 40 succussions on a hard surface between dilutions. In the 4CK dilution in a 0.75 L glass container, 50 ml of alcohol was added as a preservative. Autosode was taken once a day for a month in combination with Phytocyanatus complex drainage homeopathic remedy. Since then, the number of exacerbations has decreased significantly, which indicates a cure for chronic tonsillitis. Tonsil stones still form sometimes, but do not lead to a sore throat. The author massages the tonsils once a week as shown in the video as a preventive measure<sup>[8]</sup>.

In the summer of 2008, the author shared his experience with a Russian woman vacationing in Italy. The woman reported that she takes out the stones from the tonsils with a toothpick. For several days she could not get tonsil stones from her tonsils. Then the author made a 6CK nosode from his tonsil stones and gave it to the woman. The intake of this nosode resulted in a sore throat, which was relieved by the homeopathic complex remedy Phytocyanatus.

The homeopathic use of nosodes is much broader than in isopathy. For example, the Tuberculinum nosode, prepared from the patient's secretions containing the pathogens of the tuberculous pathological process, cures not only tuberculosis itself, but can be used for severe dry cough, as well as nervousness and anxiety. Nosodes prepared from various allergens have been successfully used to treat allergy symptoms<sup>[9]</sup>, and herpes simplex virus autosode helped to completely cure herpes symptoms<sup>[10]</sup>.

### 4. Conclusions

The article describes a case of successful treatment of chronic tonsillitis using homeopathic and isopathic methods. Autosode made from tonsil stones combined with the

complex homeopathic remedy Phytocyanatus cured chronic tonsillitis completely.

### 5. Acknowledgments

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