

Tonsillitis

Tonsillitis refers to acute inflammation of the tonsils. It is also known as acute sore throat. Chronic tonsillitis is a term applied to cases in which there is enlargement of the tonsils accompanied by repeated attacks of infection.

Symptoms

The main symptoms of tonsillitis are sore throat, fever, headache, and pain in various parts of the body, difficulty in swallowing and general weakness. The tonsils are seen to be inflamed and red when the mouth is opened wide. In many cases, spots of pus exude from them. Externally, the tonsillar lymph glands which lie just behind the angle of the jaw are tender and enlarged. In several cases there may be pain in the ear.

Treatment

The treatment of the tonsillitis on the lines of modern medical system by means of painting and spraying is both harmful and suppressive. It does not help to rid the system of the toxins, which are the root of the trouble. In fact it forces these toxins back into the system, which may cause more serious trouble later on. The correct way to treat the disease is to cleanse the system of toxic waste through proper dietary and other natural methods.

To begin with, the patient should fast for three to five days by which time serious symptoms would subside. Nothing but water and orange juice should be taken during this time. The bowels should be cleansed daily with a warm water enema during the period of fasting. A cold pack should be applied to the throat at two-hourly interval during the day. The procedure is to wring out some linen material in cold water, wrap it two or three times around the throat and cover it with some flannelling.

The throat may be gargled several times daily with neat lemon juice. Gargle made from the fenugreek seeds is very effective in severe cases. To make such a gargle, two tablespoonful of fenugreek seeds should be allowed to simmer for half an hour in a liter of water and then set aside to cool. The entire quantity should be used as a soothing gargle in a day with beneficial results. A hot Epsom -salt bath taken every day or every other day will also be beneficial. After the acute symptoms of tonsillities are over, the patient should adopt an all-fruit diet for further three or four days. In this regimen, three meals of fresh, juicy fruits such as apples, grapes, grapefruit, oranges, pears, pineapple, peaches and melon may be taken. The juice of fresh pineapple is most valuable in all throat afflictions of this kind. After the all-fruit diet the patient may gradually embark upon a well-balanced diet on the following lines:

Breakfast: Fresh fruits, or grated raw carrot or any other raw salad, and milk. Prunes or other dried fruits may be added, if desired.

Lunch: Steamed vegetables, as obtainable, and whole wheat chapattis. Vegetables likes bitter gourd and fenugreek are specially beneficial.

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Dinner: A good-sized raw salad of vegetables as obtainable, sprouts seeds as mung beans and alfalfa seeds, wholemeal bread and butter or cottage cheese. Raw vegetable juices are also valuable in the treatment of tonsillitis. Juice of carrot, beet and cucumber taken individually or in combination are especially beneficial. Formula proportion found to be helpful when used in combination are carrot 300 ml., beet 100ml., and cucumber 100 ml.

The daily dry friction and hip bath as well as breathing and other exercises should all form part of the daily health regimen. A hot Epsom-salts bath once or twice a week can also be taken regularly with beneficial results.

Tonsillitis can be successfully treated by the natural methods outlined above. Surgery for the removal of the tonsils is necessary only in very rare cases, when tonsils are seriously diseased, rugged and contain hopelessly incurable pus pockets.

Reference

Shri H.K. Bakhru. (1999). Natures Cure.

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