

Homoeopathic Case Report of Acute Tonsillitis Treated with Ocimum Sanctum

Abstract-This case report presents the homoeopathic management of a patient diagnosed with acute tonsillitis, as revealed by clinical examination. The patient was treated with Ocimum sanctum, a well-known remedy in homoeopathy for coryza, enlargement of tonsils of the respiratory system, with subsequent symptomatic relief and improvement.

Case Performa-Patient Details-•Name: abc, •Age/Sex:9 years/Male, •Occupation: Student

Chief Complaint-•Sore throat with difficulty in swallowing since 2 days. •Fever with chill and burning throat pain.

Associated complaint-•Weakness

History of Present illness-•Complaints started with mild sore throat and low-grade fever. •Gradual increase in pain on

swallowing solids and liquids. •Pain radiating to ears during swallowing.

•Fever high in evening with chills.

•Snoring and mouth breathing at night due to enlarged tonsils.

Past History-•Immunization: Complete as per schedule.

Family History-•Father: Not any

•Mother: Recurrent pharyngitis

Personal History-•Diet: Vegetarian

•Appetite: Reduced due to pain

•Thirst: Moderate, •Bowel: Regular

•Urine: Clear, no complaints

•Sleep: Disturbed due to throat pain & snoring

•Cravings: Sweets, •Aversion: Spicy food

General Examination-

•Temperature: 101°F

•Pulse: 96/min, •Respiration: 22/min

•BP: 100/70 mmHg, •Weight:

27 kg

Systemic Examination- Throat Examination:

•Tonsils: Bilaterally enlarged, red, congested.

•According to Brodsky scale:

•Brodsky Grade 3 – Tonsils occupy 50 - 75 % of oropharyngeal space., •Uvula: Oedematous.

•No pus points or follicular exudates noted.

Diagnosis-•Acute Tonsillitis
Totality of Symptoms:•Fever with chill in evening and burning throat pain.

•Sore throat with difficulty in swallowing.

•<swallowing solid/liquid.

•Throat pain extending to ears.

•Tonsils enlarged, red, congested.

•Snoring at night.

Remedy Selected-•Ocimum sanctum

•Prescription: Rx, , •Ocimum sanctum 30c

•4 pills every 4 hours for 3 days.

Follow-Up-•17/09/2025:

Fever reduced. Pain in throat less severe, able to swallow semi-solids. Sleep improved.

•Rx, Ocimum sanctum 30c : 4 pills 3 times a day for 3 days.

•20/09/2025: Throat pain disappear. Tonsil swelling reduced to Brodsky Grade 2. No snoring at night.

•Rx, Ocimum sanctum 30c : 4 pills 3 times a day for 3 days.

•23/09/2025: Tonsils reduced further, Brodsky Grade 1.No fever or throat pain. General condition improved.

Discussion- Ocimum sanctum, known as the 'Holy basil', indigenous plant of India with a wide range of medicinal properties. It has shown a specific affinity towards the respiratory tract and throat, particularly in acute inflammatory conditions. It is indicated in cases of acute tonsillitis, where the tonsils are enlarged, congested, & painful, often accompanied by difficulty in swallowing, fever, & throat

irritation. In such cases, Ocimum sanctum in potentized form acts effectively by reducing the tonsillar inflammation, decreasing pain, & fever. Clinical experience has shown that it helps in reducing the Brodsky grading scale of tonsillar hypertrophy, thus providing symptomatic relief.

Conclusion-Homoeopathic medicine Ocimum sanctum in potentized form proved effective in managing a case of acute tonsillitis, leading to symptomatic relief and reduce in tonsil size.

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