

Sore Throat and Tonsillitis

What is a Sore Throat?

A sore throat (pharyngitis) is characterized by pain, scratchiness and irritation of the throat due to inflammation. It is worse when swallowing.

What is Tonsillitis?

Tonsillitis is inflammation of the tonsils, which are located on either side of the back of the throat. In most cases it is due to a bacterial or viral infection.

Signs and Symptoms

Sore throat; difficulty or painful swallowing; swollen neck glands; fever; swollen, red tonsils; white patches on the surface.

Complications

Recurrent tonsillitis may lead to chronic tonsillitis. This can cause breathing difficulties, sleep apnea, and abscesses on the tonsils...

What Causes Sore Throats and Tonsillitis?

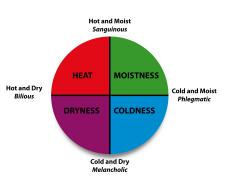
Sore throat is most commonly caused by the same viruses that bring on the common cold and flu. Less commonly it is caused by bacteria. Other causes include allergies; dry weather or dry climate; tobacco smoke or other chemical irritants; muscle strain which results from screaming or shouting. Acid reflux (GORD) from the stomach can result in a sore and scratchy throat.

Tonsillitis is most often brought on by respiratory viruses, but sometimes bacterial infections are the cause. The tonsils are the immune system's first line of defense against bacteria and viruses that enter the mouth. This function makes the tonsils particularly vulnerable to infection and inflammation.

The Tibb View on Sore Throat and Tonsillitis

According to Tibb, sore throat and tonsillitis are linked to **qualities** of moistness either with heat or with coldness. Due to the affected person's weakened immune system, Physis is unable to prevent on infection but the viruees or besterie, but actively

unable to prevent an infection by the viruses or bacteria, but actively fights it in order to restore good health. People with phlegmatic or sanguinous temperaments are most are risk of developing sore throats and tonsillitis. Children are particularly vulnerable for developing tonsillitis, due to their innate moistness.



Management of Sore Throat and Tonsillitis

Management is aimed at **reducing the excess qualities** associated with sore throat and tonsillitis, by implementing Tibb Lifestyle Factors that will **increase the qualities of dryness and heat** in patients with symptoms of **excess moistness and coldness** and by increasing the **qualities of dryness with cold** in patients with symptoms of **excess moistness with heat**. This assists Physis in addressing both the symptoms and the causes of sore throat and tonsillitis.

Tibb Lifestyle Factors Sore Throat and Tonsillitis Associated with Qualities of Moistness with Coldness: Food and Drink

- Eat mostly Hot & Dry foods such as chicken, avocado, bittergourd and chickpeas, followed by Cold & Dry foods like beef, potato, and yogurt.
- Eat less of Hot & Moist foods such as bread, pasta, sugar and bananas, and the least amount of Cold & Moist foods like squash, butter, cucumber and pears.

Sore Throat and Tonsillitis Associated with Qualities of Moistness with Heat: Food and Drink

- Eat **mostly Cold & Dry foods** like beef, potato, and yogurt, **followed by Hot & Dry foods** -such as chicken, avocado, bittergourd and chickpeas.
- Eat less of Cold & Moist foods like squash, butter, cucumber and pears, and the least amount of Hot & Moist foods such as bread, pasta, sugar and bananas.

Dietary Advice for Sore Throat and Tonsillitis linked to both Moistness with Coldness and Moistness with Heat

- Avoid heavily spiced, fried or grilled foods, as well as sugary and refined foods.
- Steamed vegetables and proteins should be preferred as a diet.
- Avoid cold water and cold foods like dairy products;
- Drink at least two litres of pure warm water a day.

Other Lifestyle Advice

- Gargle frequently with warm salty water. Dissolve ½ tsp of salt in one cup of warm water, and gargle with it three times daily to help reduce swelling, relieve pain and remove mucus.
- Apply a hot compress to the throat area.
- Use a humidifier at home. Moist air stimulates blood flow to the mucous membranes, promoting healing.
- Take advantage of the sore throat to give up smoking.

Herbal Remedies

- For relief of pain inhale essential oils of bergamot, lavender, tea tree, thyme, benzoin and lemon.
- Take two grams each of chamomile, Echinacea and golden seal. Boil in 1 ½ cups of water until 1 cup remains. Strain and add 1tsp of honey. Drink warm three to four times a day.
- Apply a paste of honey and turmeric powder to the tonsils if possible. Repeat four to five times a day.
- Gargle with 1tsp Himalayan salt in a glass of warm water.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas		1	vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						