

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?

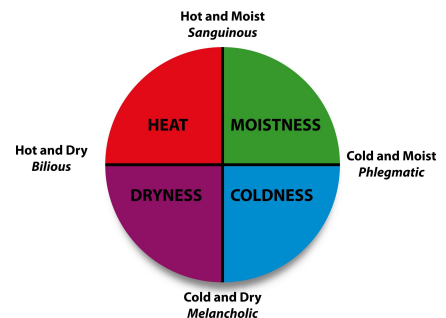
Sore throat is most commonly caused by the same viruses that bring on the common cold and flu. Less commonly it is caused by bacteria. Other causes include allergies; dry weather or dry climate; tobacco smoke or other chemical irritants; muscle strain which results from screaming or shouting. Acid reflux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

