



ISSN: 0976-3376

Available Online at <http://www.journalajst.com>

ASIAN JOURNAL OF
SCIENCE AND TECHNOLOGY

Asian Journal of Science and Technology
Vol. 17, Issue, 03, pp. 14192-14194, March, 2026

RESEARCH ARTICLE

SUCCESSFUL CONSTITUTIONAL HOMEOPATHIC MANAGEMENT OF RECURRENT TONSILLITIS WITH ALLERGIC PREDISPOSITION IN A PEDIATRIC CASE: A CASE TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

Dr. Sujata Singh

Ghatkopar Clinic, Dr Batra's Positive Health Clinic Pvt Ltd

ARTICLE INFO

Article History:

Received 18th December, 2025
Received in revised form
20th January, 2026
Accepted 19th February, 2026
Published online 30th March, 2026

Key words:

Recurrent tonsillitis, pediatric homeopathy, constitutional treatment, immunity, allergic diathesis, case study

*Corresponding author:

Dr. Sujata Singh

ABSTRACT

Recurrent tonsillitis with allergic diathesis and low immunity is a common pediatric challenge, often leading to repeated antibiotic exposure without lasting relief. This case describes the holistic management of a 7-year-old male with recurrent tonsillitis, paroxysmal nocturnal cough, vomiting with cough, nasal obstruction, and strong allergic background, unresponsive to conventional management for over two years. A classical homeopathic approach based on individualization, totality of symptoms, and miasmatic understanding was adopted. Over a structured follow-up period, the child showed sustained improvement in immunity, respiratory health, and general well-being, demonstrating a clear transformation achieved through individualized homeopathic treatment at Dr Batra's® Homeopathy Clinic.

Citation: *Sujata Singh. 2026. "Successful Constitutional Homeopathic Management of Recurrent Tonsillitis with Allergic Predisposition in a Pediatric Case: A Case Treated at Dr Batra's® Homeopathy Clinic", Asian Journal of Science and Technology, 17, (03), 14192-14194.*

Copyright©2026, Dr. Sujata Singh. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Recurrent tonsillitis in children is frequently associated with allergic predisposition, frequent upper respiratory infections, and impaired immunity. Conventional management often includes repeated courses of antibiotics and antihistamines, which may provide temporary relief but fail to address the constitutional susceptibility. Classical homeopathy aims to treat the individual as a whole, strengthening immunity and reducing disease recurrence. This case highlights the successful application of classical homeopathic principles in managing a chronic pediatric condition.

Case Profile

- **Age/Gender:** 7-year-old male
- **Duration of Complaint:** 24 months
- **Diagnosis:** Recurrent Tonsillitis

Differential Diagnosis

- Pharyngitis
- Peritonsillar abscess
- Retropharyngeal abscess
- Epiglottitis

- Ludwig's angina

Previous Treatment

- Repeated antibiotics
- Antihistamines (Allegra, Alex Junior)
- Montelukast combinations
- Antipyretics (Crocin, Calpol)

History of Presenting Complaints: The child had recurrent cough and throat infections since the age of 5 years, with worsening over the last two years. The cough was paroxysmal, predominantly worse at night, often ending in vomiting, and typically starting in the evening after 5–6 pm. Complaints were aggravated during seasonal changes and exposure to cold. Enlarged tonsils were persistent, along with nasal obstruction due to a left-sided nasal polyp. Recurrent febrile episodes compelled frequent school absenteeism.

Mental and Emotional State: From early childhood, the patient exhibited a sensitive and emotionally perceptive temperament. He was obedient, disciplined, and conscientious, often internalizing emotions rather than expressing them outwardly. He demonstrated a marked fear of darkness and fear of being alone, present since early childhood. Emotional sensitivity was evident as he would feel distressed even when

his sibling was reprimanded. Over time, this sensitivity evolved into health-related anxiety, especially during illness episodes. He preferred solitary activities, enjoyed drawing, and showed excellent memory and numerical skills, performing well academically, particularly in mathematics. Despite cognitive strengths, he avoided sports and physical competition. Speech development was delayed, with proper speech achieved only after 5 years of age, suggesting deeper constitutional immaturity.

Past History

- Severe viral infection at 8 months of age, followed by loose stools
- Recurrent respiratory infections
- Delayed speech development

Family History

- Mother: Allergic tendency
- Maternal grandmother: Diabetes mellitus
- Maternal grandfather: Hypertension
- Younger sibling: Allergic complaints

Generalities

- **Thermal:** Chilly patient
- **Perspiration:** Profuse, especially on head, even in winters
- **Thirst:** Small quantities, frequent
- **Appetite:** Normal, craving for non-vegetarian food (chicken)
- **Sleep:** Sound sleep, prefers lying on left side
- **Stool & Urine:** Normal

Physical Examination

- Enlarged tonsils
- Nasal polyp (Left > Right)
- Right-sided wheezing
- Mapped tongue
- Black spots on teeth since early childhood

Totality of Symptoms

- Recurrent tonsillitis with enlarged tonsils
- Paroxysmal cough, < night, ending in vomiting
- Cough < evening and seasonal change
- Nasal dryness with obstruction
- Fear of dark and being alone
- Emotional sensitivity, easily hurt
- Chilly constitution with head perspiration
- Thirst for small quantities
- Strong family history of allergy

Rubrics Considered

- Mind – Fear – dark
- Mind – Fear – alone
- Mind – Sensitive, emotional
- Mouth – Tongue – mapped
- Throat – Tonsils – enlarged
- Cough – Paroxysmal
- Cough – Night – midnight, after
- Stomach – Vomiting – during cough

Repertorization Result

Leading remedies included:

- Arsenicum album
- Kali bichromicum
- Natrum muriaticum
- Sulphur
- Phosphorus
- Drosera

Remedies	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Intensity	18	17	16	16	15	15	15	14	13	13	13	12	12	12	12	12	11	10	
Result	7/18	7/17	7/16	7/16	7/15	7/15	7/15	7/14	7/13	7/13	7/13	7/12	7/12	7/12	7/12	7/12	7/11	7/10	
Clipboard 1																			
COUGH - MORNING	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
COUGH - LOOSE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
THROAT - SWELLING - Tonsils	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
NOSE - DRYNESS - Inside	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
COUGH - NIGHT	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
STOMACH - VOMITING - cough - during - egg	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
GENERAL - FOOD and DRINKS - sweets - desire	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3

Remedy Selection & Reasoning

- **Sulphur** was prescribed as the **constitutional remedy**, addressing the underlying psoricmiasm, low immunity, recurrent infections, and constitutional heat-perspiration imbalance.
- **Ferrumphosphoricum** supported the acute inflammatory tendency and early febrile states.
- **Belladonna** and **Heparsulphuris** were used during acute inflammatory exacerbations.
- **Arsenicum album** was indicated during febrile episodes with restlessness, chilliness, dryness, anxiety, and prostration.
- **Drosera** was prescribed as an intercurrent remedy for paroxysmal cough with vomiting.

Miasmatic Analysis: The case predominantly reflected **Psoricmiasm**, evidenced by recurrent infections, hypersensitivity, allergic diathesis, and functional disturbances. Mild sycotic tendencies were seen in nasal polyp formation. Treatment was aimed at clearing the psoric background.

Treatment Plan

- Arsenicum album 200C – single dose, repeated after 15 days when indicated
- Sulphur 200C – constitutional dose
- Ferrumphosphoricum 6X – 4 tablets, four times daily
- Saccharumlactis 200C – placebo, twice daily
- Drosera 30C – SOS during cough episodes

Follow-Up Summary with Prescription

Date	Clinical Status	Prescription
Dec 2023	Fever, cough improved in 3 days	Arsalb 200, Ferr-phos 6X
Jan-Mar 2024	No cough, no fever, immunity improving	Sac lac, constitutional support
Apr-Jun 2024	Tolerated cold climate without illness	No acute remedy
Aug-Oct 2024	No recurrent respiratory complaints	Observation
Nov-Dec 2024	Viral episodes managed without antibiotics	Arsalb / supportive
Jan 2026	No recurrence of tonsillitis, tonsils normal	Treatment completed

Transformation Table

Parameter	Before Treatment	After Treatment
Frequency of tonsillitis	Every 1–2 months	Nil
Antibiotic dependence	Frequent	None
Cough episodes	Severe, nocturnal	Absent
Immunity	Poor	Significantly improved
School absenteeism	Frequent	Rare
General health	Weak, recurrent illness	Active, healthy

DISCUSSION

This case exemplifies the effectiveness of individualized classical homeopathy in chronic pediatric conditions. The emphasis on mental-emotional development, constitutional susceptibility, and miasmatic background allowed a deeper level of cure rather than symptomatic suppression. The gradual reduction in frequency and intensity of infections, improved vitality, and sustained remission reflect true homeopathic healing. Avoidance of repeated antibiotics further supports immune restoration. The child's overall growth, confidence, and quality of life improved markedly, validating the holistic approach adopted.

CONCLUSION

This case demonstrates that recurrent tonsillitis with allergic predisposition and low immunity can be effectively managed through classical homeopathy when guided by totality, miasmatic understanding, and individualized remedy selection.

The sustained remission, improved immunity, and overall well-being observed in this patient confirm a genuine constitutional transformation achieved through homeopathic treatment at Dr Batra's® Homeopathy Clinic.

REFERENCES

- Hahnemann S. *Organon of Medicine*. 6th ed. New Delhi: B Jain; 2002.
- Kent JT. *Lectures on Homeopathic Philosophy*. New Delhi: B Jain; 2003.
- Boericke W. *Pocket Manual of Homeopathic MateriaMedica*. New Delhi: B Jain; 2009.
- Allen HC. *Keynotes and Characteristics*. New Delhi: B Jain; 2005.
- Clarke JH. *A Dictionary of Practical MateriaMedica*. London: Homeopathic Publishing; 1900.
- Close S. *The Genius of Homeopathy*. New Delhi: B Jain; 2001.
- Roberts HA. *The Principles and Art of Cure by Homeopathy*. New Delhi: B Jain; 2006.
- Sankaran R. *The Spirit of Homeopathy*. Mumbai: Homeopathic Medical Publishers; 1991.
- Vithoulkas G. *The Science of Homeopathy*. New York: Grove Press; 1980.
- Banerjee SK. *Miasmatic Prescribing*. New Delhi: B Jain; 2008.
