

Homoeopathy in Laryngitis

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Abstract

Objectives:

To evaluate the usefulness of homoeopathic remedies in cases of laryngitis.

Materials & methods:

This study was carried out in OPD for 18 months. The patients suffering from laryngitis has been taken & corresponding homoeopathic similar remedy was selected after detailed case taking & based on symptom similarity.

Result:

30 cases were studied out of which 27 case showed improvement with homoeopathic treatment & two cases were partially improved.

Conclusion:

Homoeopathic medicines are effective in treating laryngitis when prescribed as per the principles of homoeopathy.

Keywords:

Laryngitis, Homoeopathy.

Introduction:

Laryngitis is acute or chronic inflammation of larynx. In most cases, laryngitis caused by a viral infection, or staining your voice. Most cases of laryngitis get better with or without treatment within a week. To help your vocal cords heals; it is important not to smoke, to avoid smoky environments, drink plenty of fluids (particularly water) & try to rest your voice as much as possible. Although not life threatening as other major illness, the symptoms can be distressing & can cause discomfort to enjoy normal life. Voice loss, chronic cough & airway obstruction are most likely complication of long duration untreated laryngitis.

Homoeopathy plays a major role in treating laryngitis. Homoeopathy is very effective in managing all the acute as well as chronic expressions of laryngitis. It also plays an important role in prevention of relapse of the condition.

Materials & methods:

Study duration: The study was carried out for 18 months

Study design: Pilot study.

Sample size: 30 cases taken for study

Inclusion criteria: Patient suffering from laryngitis as per case definition, all ages seen & from different socio- economical status will be considered for study.

Exclusion criteria:

1) Patient suffering from other multi- systemic disorder.

2) Cases with irregular follow up.

Selection of tools:

- Case history.
- RADAR software.
- Laryngoscope

Statistical techniques: Pie diagram & bar charts have been used to depict the observations.

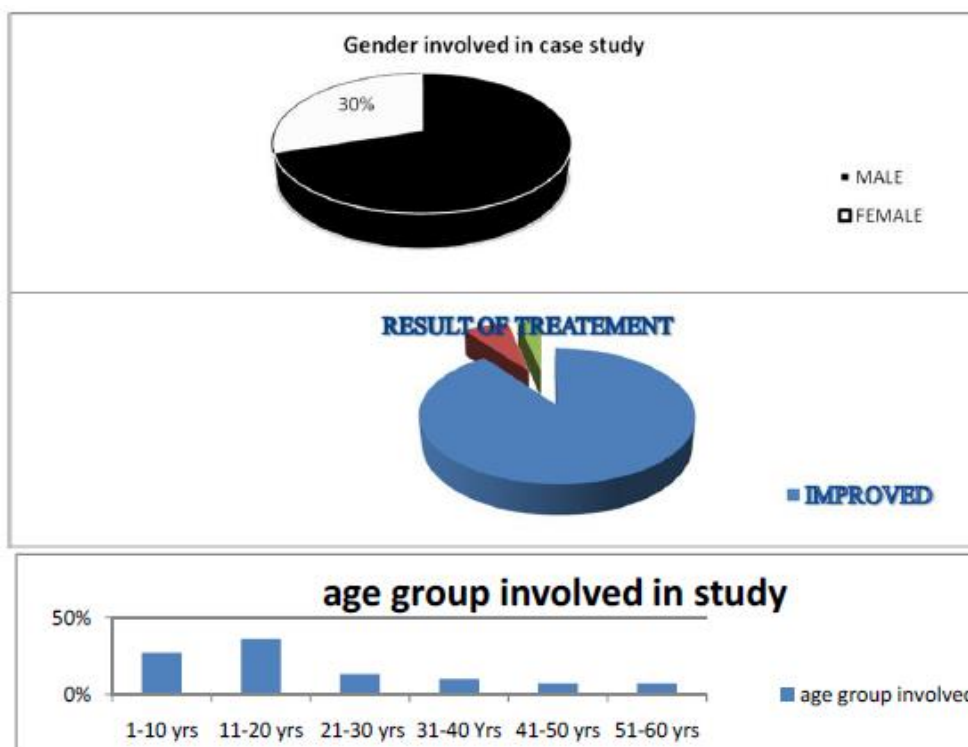
Result:

- 1) A total of 30 patients of laryngitis were studied
- 2) In all patients who participated in study, Male: Female ratio was (70:30.3)
- 3) The age group involved in study-

Analysis:

Age	NO. of cases	%
1-10 yrs	8	27%
11-20 yrs	11	36%
21-30 yrs	4	13%
31-40 yrs	3	10%
41-50 yrs	2	7%
51-60 yrs	2	7%

- 4) From the 30 cases, most frequently used medicine was Belladonna in 6 cases.
- 5) Out of 30 cases, 27 cases were improved with homoeopathic treatment & two cases were partially improved & one case did not show improvement



Discussion & conclusion:

30 cases were taken for study among them 27 cases were improved by homoeopathy . Medicine prescribed, based on totality similarity, repetition of medicine & seconds prescription had done strictly following Hahnemannian / classical homoeopathic principle. On every visit, the case was properly analyzed & observed the changes. The disease progress was checked in chronic cases at every week & in acute cases every 2 days interval. Along with advice to take warm salt water gargle & avoid cold drinks & spicy food. We found that homoeopathy is effective in cases of laryngitis.

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