

# ADENOID HYPERTROPHY MANAGED WITH *ARTEMISIA CINA* DILUTION: A STUDY OF TWO CASES



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## ABSTRACT

Adenoid hypertrophy, is the enlargement of adenoid tissues in the nasopharynx, a common concern among children and often exhibits with nasal congestion, mouth breathing, snoring, and sleep disturbances. Spontaneous healing of enlarged adenoid is common in adolescents and adults, however, in this case study, we present two instances of pediatric patients who demonstrated adenoid-related health issues. After a thorough evaluation, and based on the principle of symptom similarity *Artemisia cina* was prescribed; this treatment continued for three consecutive weeks, and a follow-up lateral x-ray of nasopharynx was obtained one more week later. The use of homeopathic preparation of *Artemisia cina* appeared to ease their symptoms. This outcome suggests that *Artemisia cina* may hold promise as a homeopathic option for managing adenoid-related concerns in pediatric patients. However, we acknowledge that further research and a larger sample size are necessary to establish the usefulness of this approach.

**KEYWORDS:** Adenoid, *Artemisia cina*, Mouth-breathing, Alternative treatment

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## Introduction

Adenoids are lymphoid tissues found in the upper posterior region of the nasopharynx (Mnatsakanian et al., 2019). This lymphoepithelial tissue collection may present as distended, with or without any infections, called 'Enlarged Adenoids' or 'Adenoid Hypertrophy' (Goeringer and Vidić, 1987). Enlarged adenoid is a frequently reported pathological condition that may occupy the entire nasopharynx and expand posteriorly into the posterior choanae of children at their preschool ages (Chi et al., 2013). This disease can be manifested by various non-infectious causes, including gastric reflux disease, and passive cigarette smoking, in addition to various infections of viruses and bacteria (Geiger and Gupta, 2019). Natural adenoidal tissue regression is common in adolescence, though may occasionally observed in old age (Rout et al., 2013). There is a scarcity of specific epidemiological data on enlarged adenoids, yet one meta-analysis found a significantly high incidence in children (Pereira et al., 2018).

Parents usually visit physicians with complaints of occasional coughing and recurrent awakening of their child during sleep (Chervin et al., 2001). In adenoid-enlarged patients, the physician finds out the patients frequently breathe through their mouth, speak with a characteristic hyponasal voice, and may exhibit a high-arched hard palate, increased facial height, and midface retrusion (Harari et al., 2010). In addition,

patients also may experience purulent rhinorrhea, post-nasal drip, nasal obstruction, snoring, and occasional fever (Eom et al., 2014). Common radiological tests to confirm the diagnosis include a lateral x-ray of the nasopharynx (Adedeji, 2016) and/or Computed Tomography of the sinuses; a few additional laboratory tests, such as a culture-sensitivity test from a nasal swab and blood tests to measure microbial influence, immunoglobulin E and eosinophil counts, may also perform (Bowers and Shermetaro, 2019). Conventional medicines have several choices of medicines including antibiotics, anti-histamines, and steroids for adenoid hypertrophy management. However, patients with recurrent infections may also suggested for surgical intervention (Geiger and Gupta, 2019). Homeopathy, a medical practice, relies on two fundamental principles: 'Individualization' and 'Potentization.' 'Individualization' emphasizes the tailored treatment of each patient, while 'Potentization' involves the concept of high-dilution to create homeopathic remedies (Teixeira, 2011). From its commencement, homeopathy is being criticized in many ways (Grams, 2019). However, it is well-accepted by patients in many countries (Cukaci et al., 2020), as well as it is a popular choice among the Bangladeshi patients (Shahjalal et al., 2022). In this particular case study, the researcher embarked to treat adenoids using *Artemisia cina*. This

medicinal plant, and its dilution has several significant properties including antibacterial, antioxidant and antihistamine (Suresh et al., 2011), (Zhurinov, 2023). In its potentized form, as per the homeopathic pharmacopeia, this herb exhibited a broader range of symptoms; children exhibits with a habit of bore nose with finger until bleed, easily get agitated, dislike to be touched, rubs the noses and sleeps on prone position, etc. (Kent, 1989).

#### Case Presentation:

**Case 1:** A 5-year-old female child is facing an issue with moderately enlarged adenoids. This problem has persisted for over 2 years. The child exhibits signs of crankiness, sniffing, restlessness, and frequently hawks up. Her parents have observed that she often sleeps with her mouth open and awakens frequently. In their efforts to alleviate these symptoms, the child has taken conventional medications. However, her parents are concerned about the recurring nature of the condition and the substantial amount of medication she has been taking. They were aware about the homeopathic medicine's scope as an alternative medicine and considered a gentler approach to address her health concerns.

**Case 2:** A 4-year-old female child came in with a moderately enlarged adenoid. The child was displaying irritability, restlessness, and persistent coughing. Additionally, she exhibited a habit of sleeping with her mouth open, which led to disturbed sleep patterns. The child's family had a history of regular use of homeopathic medicine, and hence decided to pursue this approach.

Diagnosis: A lateral view X-ray of the nasopharynx revealed a fairly enlarged adenoid in the first case (Figure-1, Case-1-A), and a moderately enlarged adenoid in the second case (Figure-1, Case-2-A) for the respective patients.

## Materials and Methods

### Medication and Dosage:

Based on the presenting symptoms, the patients were recommended to orally administer *Artemisia cina* in a 6C dilution. They were instructed to dissolve 0.5 ml of the medicine in 60 ml of distilled water, which was then divided into 20 equal doses (1 ml each time, three times a day).

After the completion of the prescribed homeopathic medicine, the patients were kept for a drug-free period of seven days. They were scheduled to return after 28 days with a follow-up X-ray examination.

### Imaging:

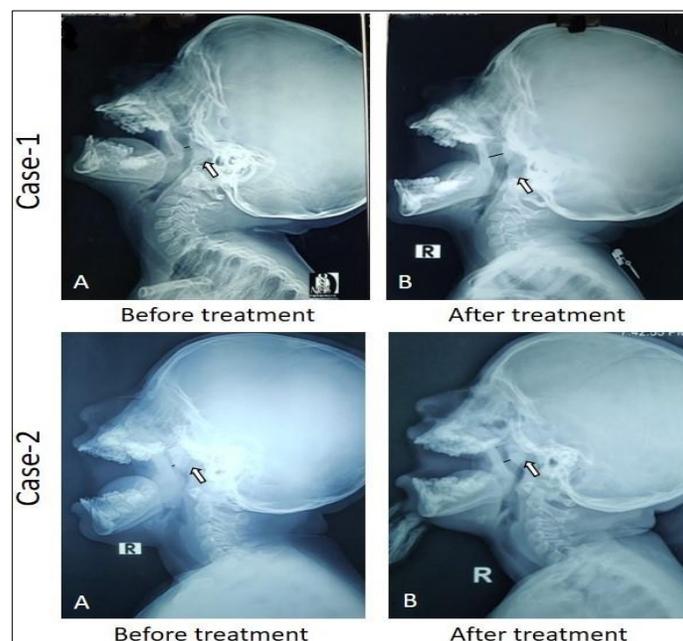
At the conclusion of the homeopathic treatment, a subsequent follow-up lateral X-ray of the nasopharynx was conducted. Both X-ray images were analyzed, revealing that enlarged adenoids were smaller in size than before.

### General Guidance:

Patients were advised to maintain proper personal hygiene practices and were instructed to avoid exposure to cold as much as possible. Additionally, they were encouraged to avoid lying on the floor without clothing and to consume warm, nutritious food.

## Results

In Case-1, the adenoid hypertrophy led to a narrow airway passage, as indicated by a small line in the lateral X-ray of the nasopharynx (Figure-1, Case-1-A). In the follow-up X-ray, there was a noticeable reduction in adenoid size, resulting in a wider airway passage, which was marked by a larger line (Figure-1, Case-1-B). In Case-2, the enlarged adenoid had nearly closed off the airway passage, depicted by a small line in the initial X-ray (Figure-1, Case-2-A). However, in the subsequent X-ray, the adenoid was mildly enlarged, and the airway opening had broadened significantly, marked with a line (Figure-1, Case-2-B). Both children reported improved sleep quality and reduced breathing discomfort following the treatment.



**Figure 1.** Comparative presentation of lateral x-ray of nasopharynx of the two patients. A: Before treatment, and B: After treatment (with *Artemisia cina*)

**Discussion**

Homeopathy is considered a form of personalized medicine within the realm of alternative healthcare (Rajendran, 2019). It involves the use of highly diluted substances to stimulate the body's innate healing processes; it is postulated to function by encouraging the body's natural healing mechanisms to promote overall well-being (Rubik, 2002). Homeopathic remedies are selected based on the principle of symptom similarity, as outlined in various materia medica texts and in accordance with the principles established by Samuel Hahnemann in the Organon of Medicine (Hahnemann, 2005). Homeopathic *Artemisia cina* is recommended when a patient presents with a specific set of clinical symptoms; which may include irritability, a persistent ill-humored disposition, an

aversion to being touched, constant nose-digging or picking, unproductive hawking, and a preference for sleeping on the belly. *Artemisia cina* is a well-known remedy in homeopathic practice, particularly for addressing health concerns in children (Kent, 1989), (Vermueulen, 2001).

Repertory of homeopathic medicines is an important tool used to select the appropriate remedy (Figure-2). During the evaluation, the symptoms recorded in the patient's medical record are systematically identified and qualified, making it valuable for homeopathic treatment and future reference. It is clear that three well-assessed symptoms that accurately represent patient characteristics may be sufficient to select a drug (Bagot, 2018).

Remedy	Cina	Bell	Sulph	Iod	Sil	Ant-c
<b>Totality</b>	24	21	19	18	18	18
<b>Symptoms Covered</b>	7	8	6	8	6	5
<b>Kingdom</b>						
[Complete ] [Nose]SWELLING:Lymphatic tissue, adenoids: (29)		2	1	2		
[Complete ] [Nose]SWELLING:Nares, posterior, choanae: (17)		1		1		
[Complete ] [Mind]IRRITABILITY:Children, in: (92)	4	3	3	3	3	3
[Complete ] [Mind]IRRITABILITY:Children, in:Touch agg.: (3)	3			1		4
[Complete ] [Nose]BORE WITH FINGERS, MUST: (41)	4	1	3		1	
[Complete ] [Generalities]WARMTH:Agg.: (637)	3	4	4	4	4	4
[Complete ] [Nose]ITCHING, TICKLING: (333)	4	4	4	3	4	
[Complete ] [Generalities]ITCHING, TICKLING:Orifices: (543)	3	3	4	3	3	3
[Complete ] [Mind]IRRITABILITY:Touch, by: (14)	3	3		1	3	4

**Figure 2.** Repertorization of the symptoms using Complete Repertory by Van Zandvoort (Van Zandvoort, 1994)

The choice of potency depends on individual symptoms, the severity of the condition, and the expected response to the remedy. It is worth noting that lower potencies, such as 6C, has been shown to be effective in many cases (Jütte, 2005). In these patients, homeopathic medicines reduced the size of the adenoids thereby improving airflow, and reducing symptoms such as breathing discomfort, sleep disturbances, and irritability, which can contribute to an overall better feeling, and also indicates that use of *Artemisia cina* in lower potency was justified.

**Conclusion**

Adenoid issues are frequently observed in children. This specific case study introduces a novel approach to the treatment of adenoids. The attractiveness of this medical system lies in its simplicity, cost-effectiveness, and minimal side effects. However, the precise mechanism of action of this treatment approach is not yet comprehensively understood, which necessitating further extensive research to explore the concept of ultra-diluted medicine.

**Authors' Contribution**

SAH, MZ, MAH, and MRA equally contributed in the treatment of these two cases, and manuscript management.

MRA also helped in repertorization. NH supervised the treatment, analyzed the data, and prepared the manuscript.

**Conflict of Interest**

Authors have no conflict of interest to declare

**Consent**

Well informed written consent was taken from the patient's parents, and both patients had no hesitation about taking homeopathic medicine as this is a well-practiced alternative medicine in Bangladesh.

**Acknowledgement**

Authors is a certified homeopathic medicine practitioner and treated these patients.

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