



IJPPR

INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH
An official Publication of Human Journals

ISSN 2349-7203





Human Journals

Review Article

January 2022 Vol.:23, Issue:2

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A Review on: "Tonsillitis"

 <p>IJPPR INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH An official Publication of Human Journals</p>		<p>ISSN 2349-7203</p> 
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Keywords: Tonsils, tonsilloliths, streptococcus pyogenic, Tonsillectomy.

ABSTRACT

TONSILLITIS is commonly known as an infection in the throat. Main types: BACTERIAL TONSILLITIS and viral TONSILLITIS. Diagnosis of acute tonsillitis is clinical, and it can be difficult to distinguish viral infection from bacterial infections. Rapid antigen testing for this has a very low sensitivity in the diagnosis of bacterial tonsillitis but is more accurate tests it takes a longer time to deliver results. Tonsillitis is mostly caused by common viruses, but bacterial infections also can be the cause of infection. The most common infection-causing bacterium of tonsillitis is Streptococcus pyogenes. Other bacteria also may cause tonsillitis. In this review paper, I'll review about details of TONSILLITIS.

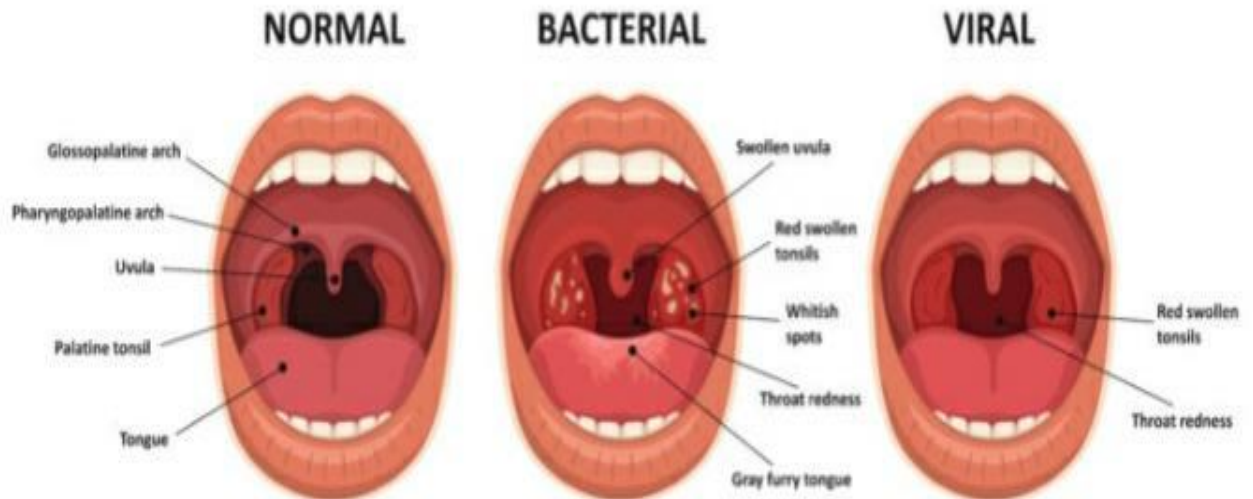


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INTRODUCTION:

Tonsillitis is defined as inflammation of tonsils. It is mostly bacterial infections of the throat. In this infection, the stone-like structure form, and it is called TONSILLOLITHS. It has a bad smell due to sulfide. Tonsils are important in the immune system of the human body but the removal of tonsils has no clinically significant negative effects on the immune system.



Classification

HUMAN

1 Acute tonsillitis:

- Primarily caused by bacterial or viral infections
- Present with tonsillar erythema, edema, fever, cough, and headache.
- Tonsillectomy is not usually indicated to treat acute tonsillitis; viral tonsillitis is self-limited and bacterial tonsillitis will resolve antimicrobial therapy.

2 Subacute tonsillitis:

- Subacute tonsillitis is mostly caused by bacterial actinomyces.

3 Chronic tonsillitis:

- The persistence of infection for a duration over the 3 months is known as chronic tonsillitis.
- The virus usually stays and leads to chronic inflammation.

4 Recurrent tonsillitis.

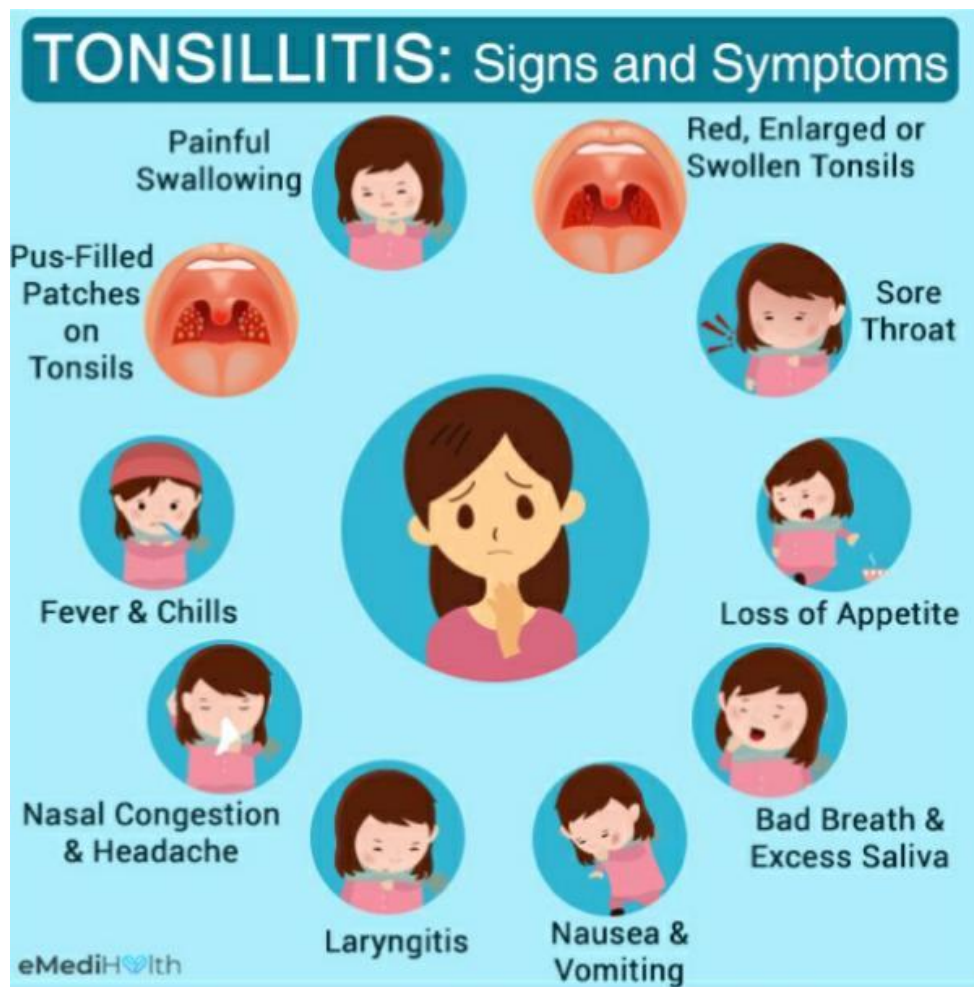
- Tonsillitis that recurrent is primarily caused by bacterial infections (streptococcus)
- Tonsillectomy is indicated for patients with recurrent tonsillitis.

Causes: bacterial infection, stress, weak immunity.

following bacteria can cause tonsillitis: streptococcus, Adenoviruses, Epstein-Barr virus, Herpes simplex virus, Cytomegalovirus, Measles virus, etc.

Symptoms: people may experience: pain in the ear, pain during swallowing, fatigue, fever, malaise, congestion or runny nose, impaired voice, enlargement in neck lymph nodes, soreness in the throat, swollen tonsils, excess salivation, bad breath, mouth breathing, poor appetite, pus formation, chills, tender lymph nodes.

Diagnosis: physical exam;



- Using a light instrument to look at the throat at the infection site
- Checking for a rash which is associated with some cases of strep throat
- Palpating neck to check swollen gland (lymph nodes)
- Listening to the voice of patient with a stethoscope
- Checking of enlargement of the spleen

Throat swab–this is a simple test in which doctors rub a sterile swab over the back of a patient's throat to get samples of secretions.

The sample will be checked in the lab or the clinic.

In rapid clinical tests determination of infection (positive or negative) is very fast.

Complete blood cell count -in this test the number of different cells are counted by taking small amounts of blood samples of patients.

Treatment:

Medication:



- Nonsteroidal anti-inflammatory drugs to decrease inflammation and reduce fever
- Analgesics to relieve pain
- Penicillin stops growth of bacteria or to kill specific bacteria
- Antibiotics to stop the growth of bacteria or to kill bacteria

Self-care:

- Tea with honey
- Saltwater gargle
- Throat lozenge etc to soothes throat



Surgery: Tonsillectomy to removes tonsils.

Prevention: washing your hands often, especially before touching to nose or mouth. Avoid sharing food, drink, or utensils with someone who is sick. Drink cool water.

CONCLUSION:

Tonsillitis is an infection in the throat due to a virus or bacteria.

It can cure by treatment at early stages but in severe conditions tonsils should remove.

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