

Help for Tonsillitis/Sore Throat©

By Jeanne Rose - 04/21/01

INTRODUCTION: Tonsillitis is a very painful condition with fever and chills, swollen lymph glands in throat and neck, headache, sinus blockage, earache and nausea. Typically, it affects children and is usually caused by a streptococcus infection. Chronic tonsillitis is a sign of an overloaded lymph system. The lymphatic system is responsible for removing from the body the various toxins to which we are exposed. If the lymphatic system is overloaded, an infection can occur.

The standard of care for a bout of tonsillitis is a course of antibiotics. Antibiotics do treat the bacterial infection, however they also play havoc on the body. Since they kill all types of bacteria, the bacteria that line the gut and aid in food assimilation are also destroyed. Anyone taking an antibiotic should supplement with an acidophilus/bifida supplement replace what is lost. There are several alternative therapies for tonsillitis.

We have been experimenting with *A. ludoviciana* in the hopes of finding out a variety of uses for this new and interesting hydrosol and essential oil. Because it is so full of esters (85%), it was originally assumed that its most potent uses would be in skin care. However, on researching its American Indian roots, it was found that the herb used as a decoction or infusion was used primarily to treat respiratory infections, in particular sore throat.

HYDROSOLS: On 11/14/00 **Owyhee Hydrosol** was tried by Eileen Cristina for her sore throat. She had taken two aspirins at 7:25 am. Eileen and Jeanne Rose discussed her throat. It was decided to try the Owyhee hydrosol. At 9 am the throat was still scratchy and sore, the aspirin has given no relief. Two sprays of the Owyhee were used successively. Immediately relief. The sore throat was barely noticeable.

We have also found that **Bay Leaf hydrosol** as an alternate to the Owyhee is useful because it seems to be a potent killer of bacteria, analgesic and an effective aid as a spray in the throat when it begins to scratch itch and is on its way to becoming sore and inflamed. Another powerful antibacterial and antiviral spray would be a combination of Tea tree and Melissa hydrosol. **Oregano** as an inhalant or throat spray.

ESSENTIAL OILS: If you cannot get any of these hydrosols, you may, as an alternative, use the essential oils of Owyhee, Tea tree and Melissa. Add 10 drops to 2 ounces of water, shake each time you use it and spray directly into the throat.

EXTERNAL MASSAGE: A gentle massage of all your sore spots when you have cold/flu/throat problems would be a good alternative treatment. Use essential oils of Juniper berry (diuretic), Rosemary (stimulating to mind, eases muscle pain), Cedarwood (Cedrus) and Lavender (relaxing), would be a good blend. 10 drops of the mixed oils per ounce of carrier oil is about right.

BRONCHIAL/SINUS CLEANSER: Bronathome from France – 1995

Eucalyptus radiata	1.5%	Peppermint	0.75%
Pine (any kind)	1.5%	Rosemary pyramidalis	0.5%
Lavender (spike)	1.0%	Origanum	0.5%
Cinnamon	0.75%	propylene glycol	93.5%
		Or sugar and alcohol and glycerin	

This equals 6.5% essential oil, smells, and tastes like it.

This is therapeutic and cleansing when sprayed into the throat. Another bronchial/sinus cleanser would be any mixture of respiratory oils dissolved in alcohol and with glycerin/or honey added and sprayed frequently into the mouth.

HERBAL AND AROMATHERAPY BATHS: Use a variety of herbs, particularly Rosemary, Violet leaves, and just about any other herb you have available. Use 4 oz by weight of the herbs, infused in 2 quarts of just under boil water. Infuse for 20 minutes and then strain the liquid into a very warm bath. You can also add Epsom salts to the bath to detox. Soak for at least 20 minutes. Rinse with clean warm water, put on a pair of clean pajamas and go to bed. Use the warm leftover herbs as a fomentation or compress around your neck.

DIET: Often a short fast is recommended, the throat is very swollen and inflamed, making swallowing very painful. Warm vegetable and meat broth and vegetable juices are good sources of nutrition. Fruit juices contain lots of sugar that can interfere with white blood cells, and should be used sparingly.

SUPPLEMENTS: HERBS: Herbal medicine can help with the infection and secondary symptoms as well. Gargling Sage or Echinacea, with a little bit of Lemon juice and honey can soothe a swollen throat and provide antiseptic therapy directly to the tonsils. Echinacea can also be taken internally to boost the immune system. Chamomile or Peppermint tea can help alleviate nausea, headaches and fever. Mullein and Cleavers tinctures are good lymphatic tonics. A Mullein fomentation can also provide some relief from swelling and pain. Prepare a strong mullein tea and soak a

cotton or wool cloth in it, wring and wrap around the throat. Apple cider vinegar can be used in the same way. Both should be made as hot as can be tolerated, and left on as long as you would like. Thyme tea and gargle can also help reduce throat pain, fever, mucous and headaches.

TREATMENT FOR SORE THROAT/A VIOLET FLOWER SYRUP (1969)*

1/2 lb freshly picked Violet flowers (picked February-April)

2 cups water

Pour just at boil water over the flowers using a small glass pot

Cover, and steep the flowers overnight, Strain through silk or cheesecloth

Heat honey in a double boiler, slowly adding the strained Violet flower liquid

Simmer gently until it has formed a syrup consistency.

Add the juice of 1/2 to 1 lemon changes the color from blue to purple and the taste becomes perkier.

Take a Tablespoonful, as many times a day as needed. Intermix this treatment with a spray of Niaouli/Tea tree to the inside of the mouth as close to the tonsils as possible.*_____Jeanne Rose.

VITAMINS: Vitamin A aids tissue repair and had antibacterial properties. Take 100,000 IU a day for 3 days, then 25,000 IU a day until the infection clears. Make sure you are taking Vitamin A, not beta-carotene. Vitamin C stimulates the immune system and has antibiotic properties; take 5 - 15 grams a day. B-complex vitamins help maintain throat health and aid in the production of antibodies, take 50 mg/twice a day. Zinc lozenges have antiseptic and immune stimulating properties, take 1-15 mg. lozenge every 3 to 4 hours, until the condition improves. Please note all these dosages are for adults and children weighing over 100 pounds. For children 70 - 100 pounds, and over age 6, use three-quarters the dosage. For children less than 70 pounds and over age 6, use half the dose. If the child is under six, consult a healthcare professional for the optimal dose.

HOMEOPATHY: Homeopathic *Belladonna* and *Aconite* may be useful in the early stages of the infection. A general aid for tonsillitis is *Phytolacca*. If there is pus present, *Hepar sulph.* is used. Recommended dosage is 6C potency, three times a day. The tissue salts *Ferr. Phos.* and *Kali Mur* are effective against tonsillitis as well. Use 6X potency, 3 to 4 tablets each under the tongue every 2 hours.

EMOTIONS: When you are ill, depression is always a possibility. Keep Palmarosa in the diffuser as an antiviral and to cleanse the air. Inhale any of the anti-depressing scents such as Bergamot, Spearmint and spray Melissa or Lemon Verbena hydrosol on your pillow as an antiviral and to cheer you up. Watch silly cartoons so that you can laugh and help cough up any congestion.

ALWAYS USE baths, essential oils, hydrosols, dietary supplements and anything that you can possibly think of that will help with your condition.

NETI POT: Finally, do not forget cleansing daily with the Neti pot. This will cleanse the throat by removing old mucus debris in the nose and throat. Use an aromatic salt. Sea salt with Thyme and Tea tree e.o. added. A good formula is 2 ounces by quantity of sea salt. Grind or with a mortar and pestle, mash 6 drops of essential oil into 1 teaspoon of the salt. Then mix this with the balance of the salt. Store in an airtight glass jar. Use 1/4 t. salt to 8 oz warm water.

ACUPUNCTURE: Acupuncture can be used to relieve the sore throat pain, it can also assist the body in overcoming the infection that is causing the tonsillitis. If the condition is chronic, acupuncture can also be used to boost the body's immune function and prevent recurrence. Chinese herbal medicine has many antibiotic herbs at its disposal, as well as herbs to help with inflammation and irritation, a formula can be devised by a qualified practitioner that will match your particular symptoms. Find a good acupuncturist that will really work with you.

SYNERGY: Violet leaves and flowers as a compress on the throat. Inhalation of Frankincense. Spray of Bay Laurel or Owyhee hydrosol down the throat.

RESOURCE: *The Aromatherapy Book* is \$18.95 plus shipping. Order from 415-564-6785.

Hydrosols and essential oils from **Diamond Lotus** at dlotus@onemain.com

BIBLIOGRAPHY:

Jeanne Rose, Consultation Notes beginning in 1970

Stephen Byrnes, N.D, R.N.C.P. from *Healthy & Natural*, Vol. 7, Issue 4

Jeanne Rose, *The Herbal Studies Course*, 1988, part II,

copyright to Treatment for Sore Throat article to Jeanne Rose, 2001, 2005. Do not use without permission.

Copyright of Aromatic News is the property of Herbal Rose Report and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.