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Tonsillitis Index: Classification, Epidemiology, Prevention of Tonsillitis and Different Tonsillectomy Techniques for Recurrent Acute Tonsillitis

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ABSTRACT:
Tonsils function as a defense system and aid in keeping your body free of infections. About 5% to 40% of cases of tonsillitis are caused by bacterial infection, which is the most frequent cause of the condition. There are several different forms of tonsillitis, including viral tonsillitis and bacterial tonsillitis, which is brought on by bacteria like streptococcal pharyngitis. Tonsil redness and swelling are its symptoms. Tonsils that are covered in white or yellow patches or have a sore throat, swallowing problems, fever, swollen tonsils, etc. There are just a few treatment options, including surgery to remove the tonsils, medication such NASIDs and antibiotics, and home remedies. A tonsillectomy is a surgical procedure that totally removes the tonsil. Different methods are used to accomplish it. Any method of tonsillectomy is acceptable as long as the crypts are kept open and some tonsil tissue is left behind, including laser, radiofrequency, shaver, coblation, bipolar scissor, and Colorado needle. Even the finest surgeon will have a postoperative haemorrhage because bleeding is a possibility with all surgical methods. After cold dissection with ligature or suturing, there is the least chance of haemorrhage. A increased risk of late bleeding exists with all "hot" procedures using laser, radiofrequency, coblation, mono- or bipolar forceps. In seriously afflicted infants with recurrent tonsillitis, an antibiotic allergy, PFAPA syndrome (periodic fever, aphthous stomatitis, pharyngitis, and cervical adenitis), and peritonsillar abscess, total extracapsular tonsillectomy is still advised. It affects the patients' immunity.

Key words: Tonsillitis, Tonsillotomy, Antibiotics, Extracapsular

1 INTRODUCTION:

The two oval-shaped lymph nodes on either side of the throat's rear are known as the tonsils. They range in length from 1.75 to 2.5 cm and in transverse diameter from 1.5 to 2 cm. They serve as your body's defence mechanism and help to stave off diseases. The condition that develops when an infection spreads to your tonsils is known medically as tonsillitis. People have been impacted by this illness for ages. Tonsillitis was predominantly treated with natural treatments in previous times.Tonsillitis, or tonsil inflammation, is a typical condition that accounts for 1.3% of outpatient visits.[1]

The term "Tonsillitis" was first used in early 19th century to describe the inflammation of tonsils. Tonsillitis was primarily treated with herbal remedies and local applications, such as hot compresses. In late 19th and early 20th centuries, tonsillectomy, or surgical removal of the tonsils became a common treatment for tonsillitis. In mid-20th century, antibodies were introduced as a treatment for tonsillitis, and they quickly became the standard of care. Today, tonsillitis is typically treated with antibiotics, and tonsillectomy is reserved for sever or recurring case of tonsillitis.

Tonsillitis is most commonly caused by viral infection and about 5% to 40% of cases are caused by bacterial infection.[2] The most common causes of bacterial tonsillitis is Streptococcal pharyngitis, also known as strep throat. Other common causes of tonsillitis include the common cold, flu, and mononucleosis. The infection is also seen in the other parts of the throat. Tonsillitis is most common in childrens.[3] Common symptoms of tonsillitis can include sore throat, difficulty swallowing, swollen tonsils, white or yellowpatches on tonsils, fever headache, and fatigue. In severe cases tonsillitis can also cause enlarged lymph nodes I the neck as well as loss of appetite. There are various types of tonsillitis such as Viral tonsillitis, Bacterial tonsillitis, Chronic tonsillitis etc. Treatment of tonsillitis depends on the underlying cause of condition. For example , the bacterial tonsillitis is treated with antibiotics. In severe cases of tonsillitis , surgical removal of tonsils is necessary.

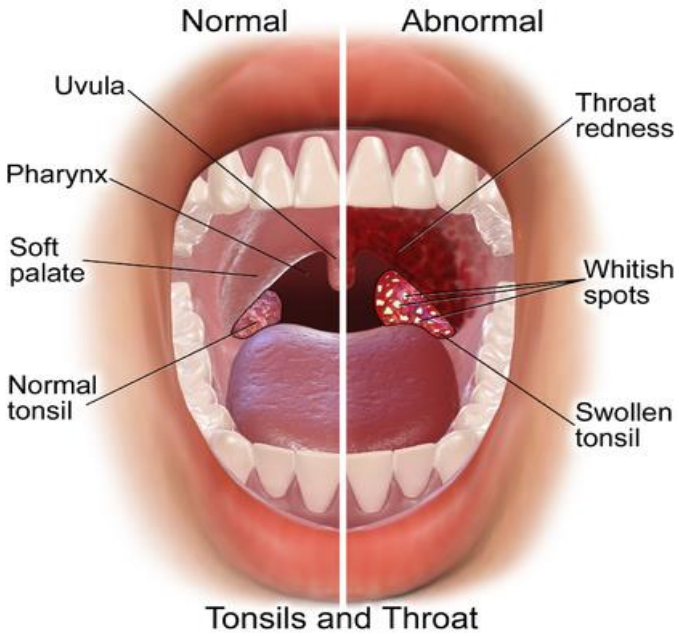


Fig. 1.1 Normal and Infected Tonsils

1.1 TYPES OF TONSILLITIS (4)

Viral Tonsillitis : Tonsillitis caused by a virus, such as the flu, the common cold, or mononucleosis, is known as a viral tonsillitis. The most frequent cause of tonsillitis is viruses. Tonsillitis is frequently brought on by the same viruses that cause the common cold, but it can also be brought on by other viruses, such as:

- rhinovirus
- Epstein-Barr virus

• HIV; hepatitis A

Bacterial Tonsillitis : Tonsillitis caused by bacteria, such as streptococcal pharyngitis (strep throat), is known as bacterial tonsillitis. Group A beta-hemolytic Streptococcus (GABHS) is the most common cause of bacterial infections, however Staphylococcus aureus, Streptococcus pneumoniae, and Haemophilus influenza have all been grown.[5] Pathogens that are both aerobic and anaerobic can cause bacterial tonsillitis. Even so, Corynebacterium diphtheriae, which causes diphtheria, should be taken into account as potential aetiology in unvaccinated individuals.[6]

1.2 CLASSIFICATION OF TONSILLITIS[7,8,9,13]

1. Acute Tonsillitis: This kind of tonsillitis is characterised by the development of white spots on the tonsils, which are brought on by a bacterial or viral infection. Acute lymphoid tonsillitis, which can be brought on by a viral or bacterial infection, is distinguished by swelling of the tonsils and nearby lymph nodes. Upper respiratory infections frequently accompany acute tonsillitis. Given the prevalence of viral aetiologies, supportive care, such as analgesics and hydration, is the basis of therapy for acute tonsillitis; hospitalisation is seldom necessary.[10]

• Peritonsillar abscess: This severe and painful form of tonsillitis develops when an abscess forms close to the tonsils. This pus accumulation is found in the tonsil's fibrous capusles. When there are abscesses in or around the tonsils, it is one of the most significant consequences of tonsillitis. Because it can obstruct a child's airway, this type of tonsillitis may be regarded as a medical emergency depending on its size and location.[11,12]

• Diffusion Phlegmon: This term refers to a widespread infection of the cervical fat. It is a serious inflammatory condition that requires quick surgical attention. The phlegmon has an acute clinical course. It may be found in any neck fat tissue area. the unique features of anatomical the mediastinum, cranial cavity, axillary region, infraclavicular fossa, and the anterior thoracic wall. Neck anatomy facilitates quick spread of suppurative process from one fat tissue compartment to another.

2. Chronic Tonsillitis: Chronic tonsillitis is defined as the continued presence of tonsillitis beyond three months. This particular form of tonsil is characterised by recurrent tonsillitis attacks that can be brought on by bacterial or viral infections. Despite therapy, this tonsil irritation is persistent. Although the definition of treatment duration varies slightly from medical specialty to medical specialty, 4 weeks of treatment without noticeable improvement is generally accepted.

3. Recurrent tonsillitis has symptoms that are quite similar to those of acute tonsillitis, but it frequently returns and flares up a few weeks following therapy. Infections are still more frequently the cause. However, if the clinical presentation matches the signs and symptoms of PFAPA (periodic fever, aphthous stomatitis, pharyngitis, and cervical adenitis) and other inflammatory diseases, the patient may be suffering from a serious illness must be weighed in.

1.3 SYMPTOMS OF TONSILLITIS: [14, 15]

Tonsillitis' typical warning signs and symptoms include:

- Tonsil redness and swelling.
- Tonsils with a white or yellow coating or spots
- A scratchy, muffled, or throaty voice.

- A sore throat; uncomfortable or
- Difficult swallowing.
- Fever
- Enlarged.
- Sensitive lymph nodes in the neck.
- Breathing difficulties
- Stomachaches
- Stiff necks; and
- Headaches

Tonsillitis symptoms in young children who are unable to communicate their feelings include:

- Drooling due to uncomfortable or
- Difficult swallowing;
- Refusal to eat; and
- Unusual fussiness.

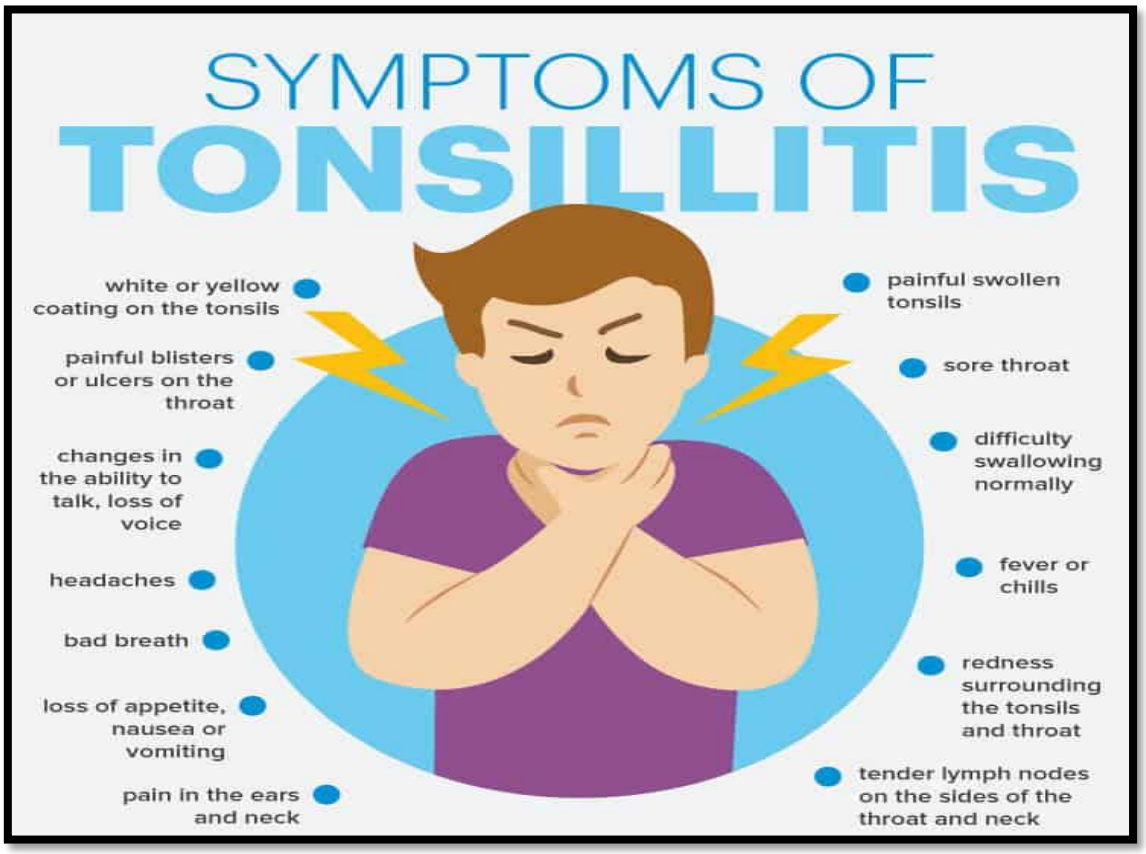


Fig.1.2 Symptoms of Tonsillitis

1.4 CAUSES [16, 17, 18, 19]

Numerous viruses, such as adenovirus and rhinovirus, can inflame the tonsils and the rest of the throat.

- Coronavirus
- Influenza
- Parainfluenza

- Coxsackievirus
- Measles
- Epstein-Barr virus
- Cytomegalovirus
- Respiratory syncytial virus
- Herpes simplex virus and others.

2. The initial viral infection is typically followed by bacterial infection of the tonsils. After receiving antibiotic therapy for streptococcus bacteria, tonsillitis frequently returns and is typically brought on by the same bacteria as it was initially, indicating that the antibiotic treatment may not have been entirely successful.

- Streptococcus pneumoniae,
- Mycoplasma pneumoniae,
- Chlamydia pneumoniae,
- Bordetella pertussis,
- Fusobacterium sp.,
- Corynebacterium diphtheriae,
- Treponema pallidum, and
- Neisseria gonorrhoeae are a few less frequent bacterial causes.

Tonsillitis is brought on by Vincent's angina, also known as Plaut-Vincent angina, which is an infection with treponema and spirochaeta.

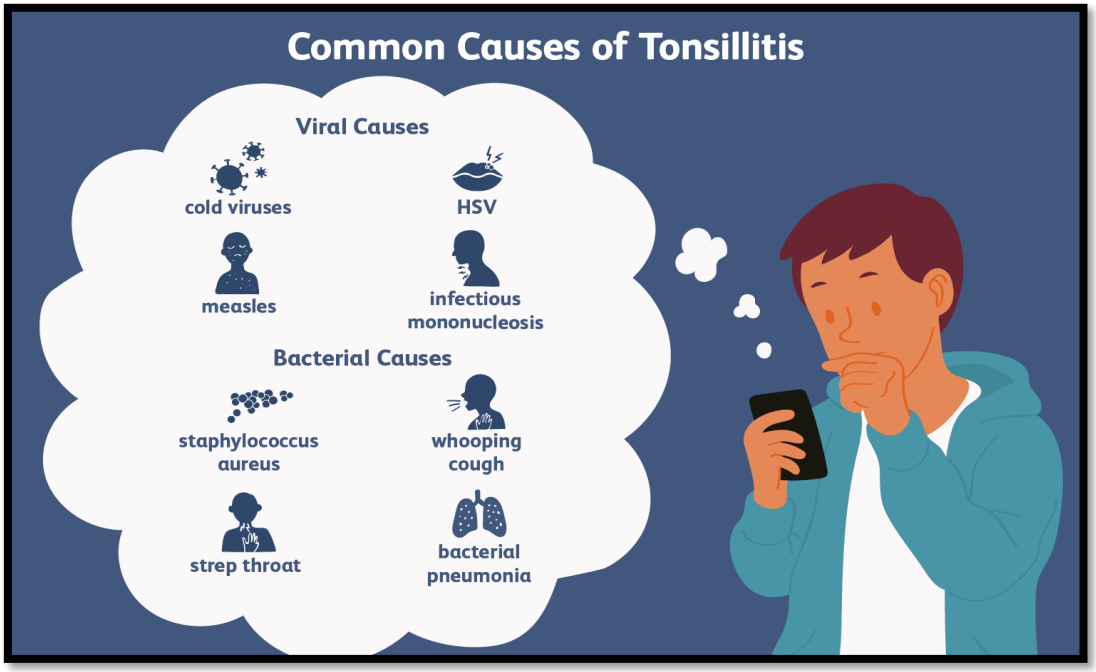


Fig. 1.3 Common causes of Tonsillitis [4]

1.5 PATHOPHYSIOLOGY OF TONSILLITIS:

Box 1. Red flag symptoms.

NICE recommends urgent referral for anyone with:

An unexplained sore throat persistent for longer than 3–4 weeks (refer within 2 weeks) to rule out Malignancy Presence of red or white patches/ulceration/ Swelling of the oral/pharyngeal mucosa for more than 3 weeks Pain on swallowing or dysphagia for more than 3 weeks The following features may suggest another more serious diagnosis: Stridor or respiratory difficulty (respiratory dis-tress, drooling, systemically unwell, painful swal-lowing and muffled voice: suspect epiglottitis) Suppurative complications (e.g. peri-tonsillar orparapharyngeal abscess) as there is a risk of airway compromise At risk of immunosuppression Suspected Kawasaki disease Diphtheria Signs of being severely unwell and with either the cause being unknown or a rare cause is suspected, such as Stevens–Johnson syndrome (high fever, arthralgia, myalgia, extensive bullae in the mouth followed by erosion and a grey–white membrane) Source: NICE (2015c) Box 1. Red flag symptoms. NICE recommends urgent referral for anyone with: An unexplained sore throat persistent for longer than 3–4 weeks (refer within 2 weeks) to rule out malignancy Presence of red or white patches/ulceration/ swelling of the oral/pharyngeal mucosa for more than 3 weeks ain on swallowing or dysphagia for more than 3 weeks The following features may suggest another more serious diagnosis: Stridor or respiratory difficulty (respiratory dis-tress, drooling, systemically unwell, painful swal-lowing and muffled voice: suspect epiglottitis) Suppurative complications (e.g. peri-tonsillar or parapharyngeal abscess) as there is a risk of airway compromise At risk of immunosuppression Suspected Kawasaki disease Diphtheria Signs of being severely unwell and with either the cause being unknown or a rare cause is suspected, such as Stevens–Johnson syndrome (high fever, arthralgia, myalgia, extensive bullae in the mouth followed by erosion and a grey–white membrane) Source: NICE (2015c) Red flag symptoms. NICE recommends urgent referral for anyone with: An unexplained sore throat persistent for longer than 3–4 weeks (refer within 2 weeks) to rule out malignancy Presence of red or white patches/ulceration/ swelling of the oral/pharyngeal mucosa for more than 3 weeks Pain on swallowing or dysphagia for more than 3 weeks The following features may suggest another more serious diagnosis: . Stridor or respiratory difficulty (respiratory dis- tress, drooling, systemically unwell, painful swal-lowing and muffled voice: suspect epiglottitis) Suppurative complications (e.g. peri-tonsillar orparapharyngeal abscess) as there is a risk of airway compromise . At risk of immunosuppression . Suspected Kawasaki disease . Diphtheria . Signs of being severely unwell and with either the cause being unknown or a rare cause is suspected, such as Stevens–Johnson syndrome (high fever, arthralgia, myalgia, extensive bullae in the mouth followed by erosion and a grey– Red flag symptoms. NICE recommends urgent referral for anyone with: . An unexplained sore throat persistent for longer than 3–4 weeks (refer within 2 weeks) to rule out malignancy . Presence of red or white patches/ulceration/ swelling of the oral/pharyngeal mucosa for more than 3 weeks . Pain on swallowing or dysphagia for more than 3 weeks The following features may suggest another more serious diagnosis: . Stridor or respiratory difficulty (respiratory dis- tress, drooling, systemically unwell, painful swal- lowing and muffled voice: suspect epiglottitis) . Suppurative complications (e.g. peri-tonsillar orparapharyngeal abscess) as there is a risk ofairway compromise. At risk of immunosuppression. Suspected Kawasaki disease. Diphtheria. Signs of being severely unwell and with either the cause being unknown or a rare cause is suspected,such as Stevens–Johnson syndrome (high fever,arthralgia, myalgia, extensive bullae in the mouth followed by erosion and a grey–

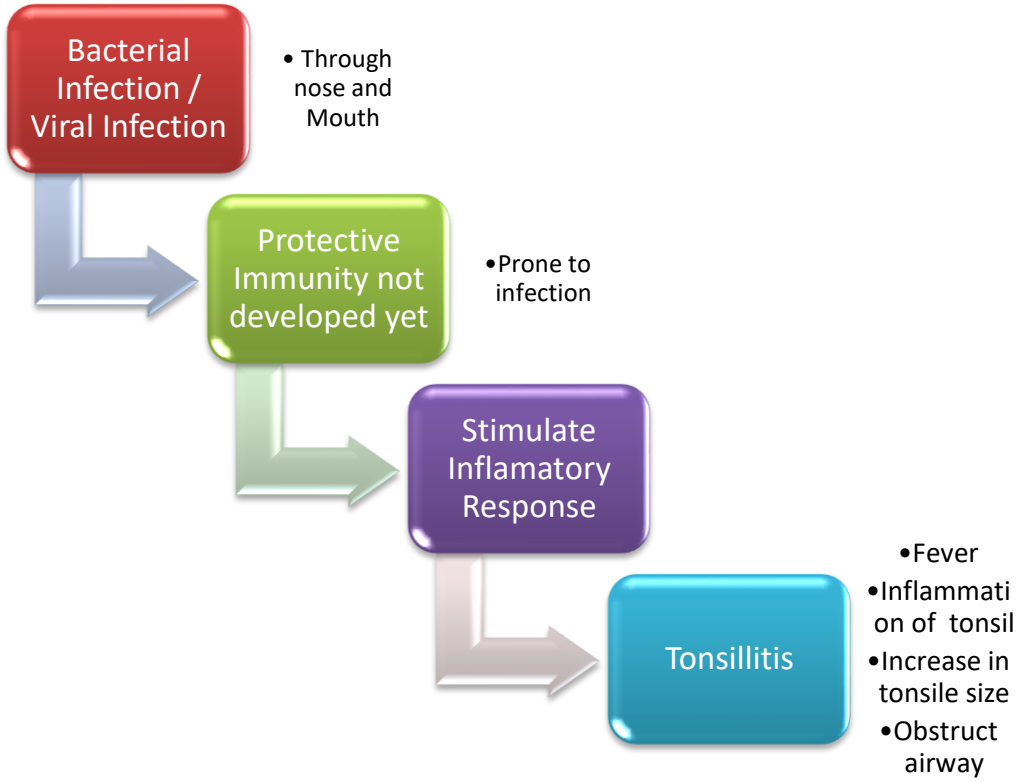


Fig. 1.4 Flow chart of Pathophysiology of Tonsillitis

1.6 PREVENTION OF TONSILLITS:

1. Wash your hand frequently.
2. Use napkins or tissue paper for covering mouth during sneezing, cough etc.
3. Avoid sharing foods and drinks in one utensils.
4. Avoid close contact with others how are sick.
5. Prefer to drink hot water and warm food.
6. Carry sanitizers.
7. Avoid cold food.
8. Gargle with salt warm water thrice a day.
9. Wear warm cloths during winter.

1.7 TREATMENT METHOD

It can be treated by three methods.

1. Home remedies
2. Medication
3. Tonsillectomy (surgery)

1.7.1 HOME REMEDIES:

With the help of home remedies tonsillitis can be treated in its early stage .

There are few steps which have to be followed by the patients.

- Stay Hydrated
- Avoid hard and Sharp food

- Gargle with warm water and salt
- Eating warm Liquor food
- Use of humidifier
- Chew cloves
- Drink tulsi with warm water
- Drink turmeric milk
- Drink tea

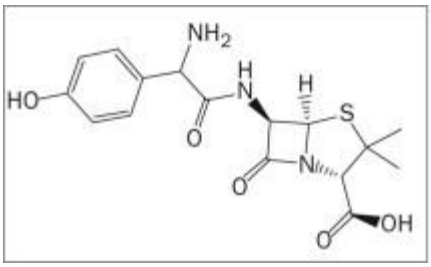
1.7.2 MEDICATION:

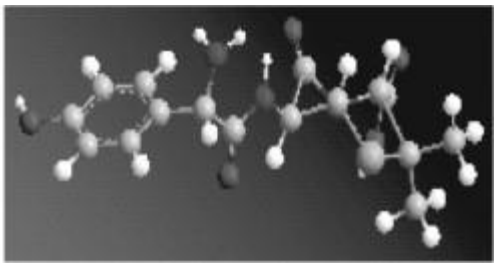
NSAIDs (e.g. ibuprofen) and are one kind of medication that can alleviate symptoms.[20] Corticosteroids(e.g. dexamethasone), usually administered as a single dosage of dexamethasone, might be thought of as an additional therapy to reduce pain ratings and speed up the time to recovery. Beta lactam antibiotics(e.g. penicillin or cefuroxime) are frequently used in the treatment of individuals who, according to Centro criteria, antigen testing, or throat cultures, are at high risk of developing bacterial pharyngitis. The most frequent cause of bacterial tonsillitis is Streptococcus pyogenes, and if antibiotic therapy is judged necessary, penicillin's are often the antibiotic of choice.[21] Antibiotic therapy with azithromycin or cephalosporin's is equivalent to treatment with penicillin in individuals with a penicillin allergy. However, the healthcare provider should balance the risks and benefits of using antibiotics.

Various Antibiotics are used such as :

1. Amoxicillin : Amoxicillin is a penicillin. It's a Beta lactam antibiotic.

- Chemical formula : C16H19N3O5S
- Trade name : Amoxil , Trimox, Acmox etc.
- Molecular weight : 365.4
- IUPACname: (2S,5R,6R)-6-[[(2R)-2-amino-2-(4-hydroxyphenyl)acetyl.]amino.]-3,3-dimethyl-7-oxo-4-thia-1-azabicyclo[3.2.0.] heptane-2- carboxylic acid
- Structure :





- Mechanism of action ;

Penicillin-binding protein 1 and other high molecular weight penicillin binding proteins are competitively inhibited by amoxicillin, which is the mechanism of action.9,10 Penicillin-binding proteins are in charge of the transpeptidase and glycosyltransferase processes that cause D-alanine and D-aspartic acid to cross-link in bacterial cell walls.10 Bacteriocidal effect results from bacteria's inability to construct and repair their cell walls and an upregulation of autolytic enzymes caused by the absence of penicillin binding proteins.[22]

2. Bacampenicillin: Bacterial infections of the skin, subcutaneous tissues, and respiratory tract are among the many bacterial illnesses that can be treated with bacampicillin, an ampicillin prodrug. It has

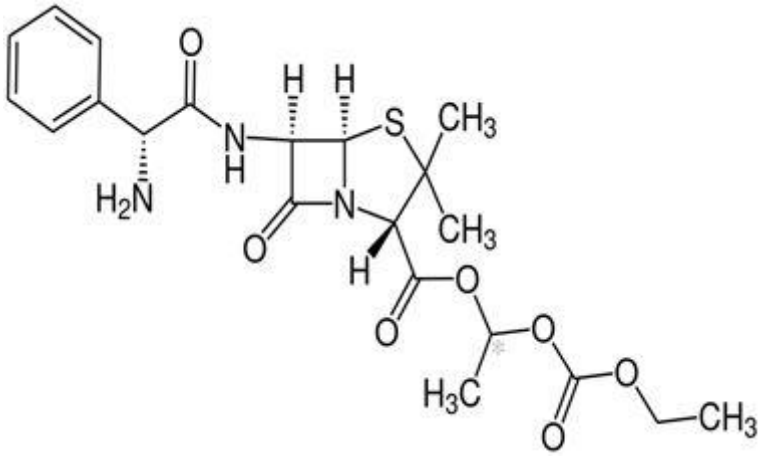
the same microbiologic activity as ampicillin and works to kill bacteria by preventing the formation of cell wall mucopeptides. It has no microbiological activity.

- Chemical Formula : C21H27N3O7S
- IUPAC Name : 1-[(ethoxycarbonyl)oxy]ethyl (2S,5R,6R)-6-[(2R)-2-amino-2-phenylacetamido]-3,3-dimethyl-7-oxo-4-thia-1-azabicyclo[3.2.0]heptane-2-carboxylate
- Trade Name : Ambaxin (Upjohn) / BacaciI (Pfizer) / Bamaxin (Upjo) / englobe (AstraZeneca) / Spectrobid (Pfizer)
- Molecular weight : 465.52
- Availability of Dosage Form

S. no	Forms	Strength
1	Tablet	800mg, 400mg, 100ml
2	Tablet Film coated	1.2g, 400mg, 800mg , 1200mg

Table No. 1.1 Available Dosage Form of Bacamepenicillin

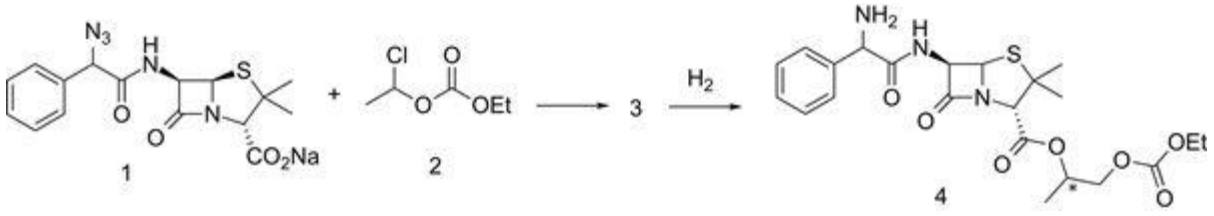
- Structure



- Mechanism of action: Esterases found in the intestinal wall hydrolyze bacampicillin as it is absorbed from the gastrointestinal tract. It acts as a bactericide by inhibiting the formation of cell wall mucopeptides and is as microbiologically active as ampicillin.[23]

- Synthesis:

Semi-synthetic penicillin-related antibiotic.The antibacterial spectrum is significantly widened, allowing for usage against numerous Gram-negative bacteria, as a result of the very little chemical change between ampicillin and benzylpenicillin. This allows for extensive oral action. To improve ampicillin's oral absorption even more, many technologies have been used. Ampicillin's prodrug, barbomycin, was created with this objective in mind.



A mixture carbonate ester made from acetaldehyde and ethyl chloroformate is combined with an azidopenicillin sodium salt (1) to create ester 3. Bacampillin (4) is created by reducing the azido linkage with hydrogen and an appropriate catalyst. Each enantiomer functions. The medication is swiftly absorbed from the digestive system and immediately cleaves into bioactive ampicillin, acetaldehyde, CO2, and ethanol via serum esterases.[23]

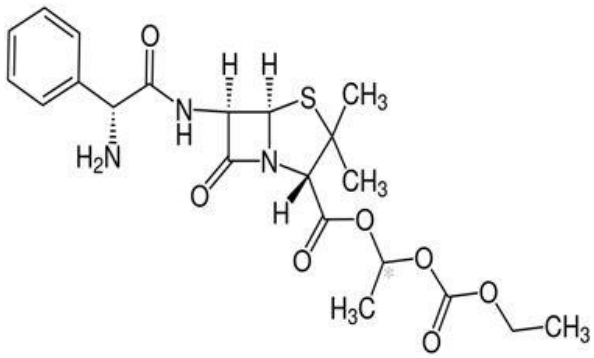
3. Cefadroxil: This cephalosporin antibiotic is used to treat a variety of bacterial infections, including tonsillitis, skin and soft tissue pharyngitis, and urinary tract infections (UTI) brought on by S. pneumoniae, H. influenzae, staphylococci, S. pyogenes (group A beta-hemolytic streptococci), E. coli, P. mirabilis, Klebsiella sp. Its water-soluble, long-acting, broad-spectrum cephalexin derivative

- Chemical Formal : C16H17N3O5O
- Weight : 363.388
- IUPAC Name : 6R,7R)-7-[(2R)-2-amino-2-(4-hydroxyphenyl)acetamido]-3-methyl-8-oxo-5-thia-1-azabicyclo[4.2.0]oct-2-ene-2-carboxylic acid
- Trade Name : Acidrox Kid (125 mg) , Cedol DT (500 mg)
- Avilable Dosage Form :

S.No	Forms	Strength
1	Capsule	530mg
2	Powder, For Suspension	10g .10.5g
3	Tablet, film coated	1g /1
4	Solution/drop Suspension / drops	150mg/5 ml
5	Injection powder for Suspension (parenteral)	2.5g
6	Syrup	125mg / 5 ml
7	Powder (parenteral)	250 mg /5 ml , 500mg /5 ml

Tablet No. 1.2 Available dosage forms for Cefadroxil in market

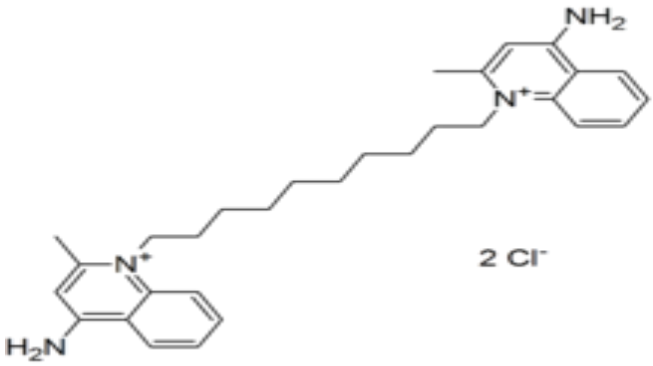
- Structure :



➢ Mechaism of Action : The third and final step of bacterial cell wall formation is inhibited by cefadroxil, which works similarly to all beta-lactam antibiotics by attaching to particular penicillin-binding proteins (PBPs) inside the bacterial cell wall. Bacterial cell wall autolytic enzymes like autolysins then cause cell lysis; it's likely that cefadroxil interacts with an autolysin inhibitor.[24]

4. Dequalinium: Dequalinium is an ingredient in a number of over-the-counter (OTC) medications used to treat oral inflammation and infections such tonsillitis, pharyngitis, and gingivitis.9An antibacterial agent with several targets is dequalinium. Additionally, it has antiviral, antifungal, antiparasitic, anticancer, and neuroprotective properties.9 It is a quaternary ammonium compound10 since it is made up of a lengthy hydrophobic hydrocarbon chain, an amphipathic cation, and two aminoquinaldinium rings at either end.Dequalinium was examined for the construction of medication and gene delivery systems due to its flexible structure.[25]

- Chemical Formula : C30H40N4
- Molecular weight : 456.6654
- IUPAC Name : 1,1'-(1,10-Decanediyl)bis(4-amino-2-methylquinolinium) dichloride1,1'Decamethylenebis(4aminoquinaldiniumchlorideDecamethylenebis(4-aminoquinaldinium chloride)
- Trade Name : Dequadin and SP Troche
- Structure :



➢ Available Dosage Form :

S. no	Form	Strength
1	Tablet	0.25mg
2	Lozenge	0.25mg,250mcg,25mg/loz
3	Solution (buccal)	0.5%w/v
4	Liquid	0.5%
5	Insert (Viganal)	10 g

6	Solution and ointment (tropical)	
7	Tablet (Vaginal)	10mg
8	Pastille (oral)	
9	Solution (oral)	1mg / 10 ml

Table No. 1.3 Available Dosage Forms of Dequalinium in market

1.7.3 **TONSILECTOMY (SURGERY)**:[32-33]

Since three thousand years ago, tonsillectomy has been performed, with varying degrees of success. Glove in 1918 and McNeill in 1960 both provided thorough histories of tonsillectomy. The practise is first mentioned in "Hindu medicine" around 1000 BCE. Around a millennium later, the Roman aristocrat Aulus Cornelius Celsus (25 BCE–50 CE) described a procedure whereby the tonsil was separated from the surrounding tissue using the finger (or a blunt hook if necessary) before being cut out.[26] Paulus Aegineta (625–690), who lived in the seventh century, provided a thorough description of the tonsillectomy technique, including how to handle the unavoidable postoperative bleeding. Before the procedure is once again described in such accuracy and detail, 1,200 years have passed.[26]

In 1600, Scottish doctor Peter Lowe provided an overview of the The snare, the ligature, and the excision were the three techniques in use at the time.[26] Benjamin Bell first created an equipment for removing the uvula, which Philip Syng Physick refined in 1828. This tool, which became known as the tonsil guillotine (and later as a tonsillotome), was used to remove tonsils for nearly 80 years.[26] After American physician Ballenger observed that partial removal frequently failed to fully relieve symptoms, the practise of performing complete rather than partial tonsil removal became more prevalent by 1897. The tonsil was completely removed using a knife and forceps, which produced considerably better outcomes than partial removal. The guillotine method of tonsillectomy subsequently lost favour in America.[26] A tonsillectomy is a surgical technique that removes the tonsil completely, including its capsule, by cutting open the peritonsillar gap between the tonsil capsule and the muscle wall. It can be done with or without an adenoidectomy. . It might mean tonsillectomy with adenoidectomy depending on the circumstances, particularly in reference to SDB. The operation takes 20 to 30 minutes to perform.

❖ **Different Tonsillectomy Techniques**

1. Extracapsular Techniques

• Monopolar Electrocautery: This technique stops any bleeding while removing the tonsils using heat.

• Cold knife (steel) dissection: Your tonsils are removed by a surgeon using a scalpel, a common surgical tool. The bleeding will then be stopped using stitches or electrocautery (intense heat).

• Snare tonsillectomy: The procedure involves the use of a snare, a specialised surgical tool with a tiny wire loop at one end. Once your tonsil has been released by your surgeon, this device will be wrapped around it to clamp it off. Bleeding is reduced as a result.

• Harmonic scalpel: This technique simultaneously removes your tonsils and stops the bleeding by using ultrasonic vibrations.

2. Intracapsular Techniques

• Bipolar radiofrequency ablation procedures using biopolor technology: Conductive saline solution is transformed into radiofrequency energy during a tonsillectomy.molecular dissociation occurs with a negligible thermal energy transfer into an ionised plasma layer.[27]
• Laser carbon dioxide
•A microdebrider : A microdebrider is a motorised rotary shaving tool with continuous suction. It is composed of a tube that is attached to a hand piece, which is then attached to a motor with a foot pedal and a suction mechanism. 90% to 95% of the tonsil is removed with a partial tonsillectomy, using a mix of suction and cutting, while the tonsillar capsule is left in place.
But over time, more and more scientists came to understand the significance of tonsils in human immunity [28].
When deciding whether to have a tonsillectomy, patients should take into account the increased long-term risk of respiratory, infectious, and allergic diseases [29].
In seriously afflicted infants with recurrent tonsillitis, an antibiotic allergy, PFAPA syndrome (periodic fever, aphthous stomatitis, pharyngitis, and cervical adenitis), and peritonsillar abscess, total extracapsular tonsillectomy is still advised.
Even the finest surgeon will have a postoperative haemorrhage because bleeding is a possibility with all surgical methods. After cold dissection with ligature or suturing, there is the least chance of haemorrhage. A increased risk of late bleeding exists with all "hot" procedures using laser, radiofrequency, coblation, mono- or bipolar forceps.[4]

S.no	Tonsilar disease	Therapy
1	Acute Tonsillitis with Bacteria	Analgesia(ibuprofen, local benzocaine, steroids and betalactame antibiotics
2	Common cold	In most cases a virus Analgesic and steroids
3	Recurrent acute tonsillitis eith Downtime and 5-7 episodes per year	Complete extra capsular tonsillectomy
4	Tonsillar Hyperplasia with ronchopathia	Partial tonsillectomy
5	Tonsillar Abscess (quinsy)	Abscess drain via tonsillectomy auction or aspiration. And beforeSurgery; abetalactme antibiotics + metronidazole, steroids and pain killer.
6	Mononucleosis	Analgesia, steroids, rest in bed, ultrasound of spleen and liver, i.e. parenteral feeding.

Table no. 1.4 The different recommended therapies of the tonsils

❖ **Immune effects of tonsillitis and tonsillectomy:**

Because the M cells are shed from the tonsil epithelium in chronic or recurrent tonsillitis, the controlled process of antigen transport and presentation is changed. Fewer early memory B cells develop into J-chain-positive IgA immunocytes as a result of the direct influx of antigens, which disproportionally increases the population of mature B-cell clones. Furthermore, constant antigenic stimulation can overwhelm tonsillar lymphocytes to the point where they are unable to respond to additional antigens. Once this immunological impairment takes place, the tonsil is no longer capable of providing adequate

local protection or supporting the upper respiratory tract's secretory immune system. Therefore, it would seem that there is a therapeutic benefit.involves the removal of persistently afflicted tonsils. However, some studies show that minor changes in Ig concentrations in the serum and surrounding tissues after tonsillectomy. [30-31] However, no research has been done to date to show that tonsillectomy has a significant clinical impact on the immune system.[30-31]

CONCLUSION

Tonsillitis is a frequent illness that primarily affects kids. The information above covers some of the most important aspects of tonsillar pain, including its symptoms, kinds, causes, dangers, and consequences, as well as its diagnosis and treatment choices. Due to a viral or bacterial infection, tonsillitis might manifest as sore throat, fever, etc. Young age and exposure to germs are two risk factors and problems that commonly result in tonsillar discomfort and consequences including cellulitis and abscess if not treated. Taking precautions is crucial since tonsillitis may spread and is infectious. As prevention is always preferable than cure, adopting appropriate hygiene practises might be helpful. Various adjustments to the typical tonsillectomy have been made in an effort to lessen these negative effectsa promotion over time. These include laser, harmonic scalpel, bipolar radiofrequency, and tonsil dissection employing monopolar or bipolar electrocautery. The immune system is negatively impacted by tonsillectomy.

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