

Adenoids - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Adenoids (lat. *adenoides*) are pathological changes in the nasopharyngeal tonsil, which leads to difficulty in nasal breathing, snoring, hearing loss, oxygen starvation of the brain and other disorders. Such disorders are associated with the process of proliferation of lymphoid tissue. Only an ENT doctor can recognize the disease using special instruments, because during a routine examination of the pharynx, this tonsil is not visible.

Key words: Adenoids, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Most often, adenoids occur in children aged 3 to 7 years against the background of inflammatory processes in the oral mucosa and after illnesses: scarlet fever, rubella, measles, acute respiratory infections, influenza, etc. The disease can be diagnosed by palpating the nasopharynx, x-ray, CT, endoscopy and rhinoscopy.

Types of adenoids

Depending on the severity of the disease, there are several stages of adenoid growth:

0 degree – physiologically normal size of the tonsil;

1st degree - the tonsil covers the upper part of the height of the nasal passages or vomer;

2nd degree – the tonsil covers 2/3 of the height of the nasal passages or vomer;

3rd degree - the tonsil completely covers the entire vomer, the most dangerous stage, in which nasal breathing is almost impossible. Often the disease in this form requires surgical intervention.

Causes

- not fully treated pneumonia and bronchitis;
- infectious diseases (chlamydia, mycoplasmosis, ureaplasmosis);
- viral diseases (Epstein Barr virus, cytomegalovirus);
- parasites.

Symptoms

- difficulty breathing through the nose;
- snore;

- a large amount of nasal discharge, often green or brown;
- wet cough;
- change in voice timbre;
- hearing impairment;
- enlargement and inflammation of the tonsils;
- due to lack of oxygen, fatigue and irritability are observed;
- frequent colds and bronchitis with long recovery;
- Chronic adenoids can lead to deformation changes in the shape of the skull: retraction of the lower jaw and reduced size due to a constantly open mouth.

Useful products for adenoids

General recommendations

Often, adenoids are accompanied by inflammation of the nasopharynx, so it is recommended to take 1 tsp of fish oil as a general tonic. – children from 2 to 7 years old and 1 dessert liter. - the oldest is 7 years old. Vitamin D [1] in fish oil is absorbed very quickly, softens the mucous membrane and inhibits the inflammatory process [2].

As a preventive measure for the development of the disease, doctors recommend regular rinsing of the nasopharynx with sea water. It should be remembered that under no circumstances should water collected from the sea be used for these purposes. It can be contaminated with dangerous substances and microorganisms that can easily enter the brain through the maxillary sinuses and lead to severe consequences or even death; also, a high concentration of salt can lead to excessive irritation of the olfactory receptors of the nose and, consequently, to a burning sensation. The best option is pharmaceutical preparations that have undergone the necessary sterilization.

In nutrition, you should adhere to a certain diet close to a balanced diet. This is the consumption of a large amount of vegetables, raw (grated) or stewed (carrots [3], cabbage [4], celery, broccoli [5,6], cauliflower, potatoes [7], onions [8], greens), non-acidic seasonal fruits (bananas [9], pears [10], apples [11], apricots [12] and others). Dried fruits and dried fruits made from them should also be included in the diet. It is better to drink freshly squeezed juices. It is mandatory to consume slimy porridges: oatmeal [13], barley and wheat. Fermented milk products (kefir, fermented baked milk [14], sour cream) and nuts will help compensate for the lack of plant and animal amino acids [15], calcium [16] and B vitamins [17].

Traditional medicine for the treatment of adenoids

There are many folk recipes for treating adenoids. Here are some of them:

- instillation into the nose (10-12 drops) of anise tincture diluted in warm water in a ratio of 1:3. The procedure should be carried out 3 times daily until the disease completely disappears. To prepare it, you need to grind star anise (15 g) and pour it with alcohol (100 ml). The resulting mixture must be kept for 10 days in a cool, dark place, shaking the container with the tincture every other day.

- drinking during the day small sips of a solution of mumiyo in water (0.2 g in 1 tbsp. water) and instilling dissolved mummy (1 g) in warm boiled water (5 tbsp. l.) into the nose.
- for a runny nose due to adenoids, you can use a mixture of freshly squeezed beet juice [18] (2 tbsp.) and liquid honey [19] (1 tsp.), which should be thoroughly mixed and instilled into each nostril, 4-5 drops 3 times a day.
- instill freshly squeezed celandine juice (1 drop) into each nostril 1-2 times for 7 days.
- rinse the sinuses 2-4 times a day with a solution of soda (1/4 tsp) and 10% alcohol tincture of propolis (15-20 drops) in a glass of warm boiled water. The mixture should be prepared fresh each time and used all at once.
- brew a decoction of oregano, coltsfoot [20] (1 tsp each) and string (1 tsp). Pour boiling water (1 tbsp) over all herbs and let steep for 6-8 hours or leave overnight. Before rinsing the nose, add fir essential oil (1 drop) to the strained broth. The course should be carried out for at least 4 days.
- make a decoction of crushed oak bark (1 tsp), mint leaves [21] and St. John's wort (0.5 tsp each) in 1 cup of boiling water. Let it brew for an hour, strain and rinse your nose 1-2 times a day for a week.
- As a prophylactic for adenoids, you can prepare a homemade ointment based on St. John's wort herb ground in a coffee grinder (1 tsp), melted butter [22] (4 tsp) and celandine juice (4-5 drops). Place everything in an airtight container and shake until an emulsion is obtained. After hardening, lubricate the inside of the nose thickly 2-3 times a day. The finished mixture can be stored in the refrigerator for 6-7 days.

Dangerous and harmful products for adenoids

For adenoids, doctors recommend excluding sweet foods, excessively salty foods and foods that can cause allergies [23] (strawberries [24], tomatoes [25], egg yolk, seafood, citrus fruits, honey, chocolate, flavored and chemically colored foods and etc.). An allergy attack can lead to unwanted swelling of the throat and roof of the mouth.

In the postoperative period (3-4 days), solid and hot foods should be avoided, which may unnecessarily irritate the damaged mucosa. The diet should include pureed soups, vegetable and meat purees and a large amount of liquid (compotes, uzvars, still mineral water).

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