

## Review on *pharynxitis* in children

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### ABSTRACT

Pharyngitis is inflammation of the mucous membranes that line the back of the throat, or pharynx. This inflammation can cause discomfort, dryness, and difficulty swallowing. Acute pharyngitis, is a disease which is similar to chronic pharyngitis but is of less severe intensity and takes less time to heal. Chronic pharyngitis is a condition that lasts for longer than a month to get adequately cured.

**Keywords:** Pharyngitis, Acute, Chronic, Viral infection, erythema, edema

### INTRODUCTION:

Pharyngitis is broadly defined as mucous membrane inflammation either localized to the posterior pharynx or contiguous with the adjacent membranes of the posterior nares or larynx. In temperate climates, most cases occur in winter months, corresponding with peaks in respiratory viruses, *the appropriate recognition of patients with more complicated infections that require*

*diagnostic evaluations and treatment is one of the challenges of primary care medicine.* Viral pharyngitis often clears up on its own within a week or so. However, knowing the cause can help people narrow down their treatment options. This article focuses on at the causes, transmission, symptoms and preventive measures of pharyngitis.

### **Review on Acute Pharyngitis:**

#### **Definition:**

*Acute inflammation of pharyngeal mucosa and submucosa, mostly involved in pharyngeal lymphoid tissue is Pharyngitis. It includes infection of pharynx and tonsils..This is also known as acute tonsillopharyngitis.*

*Inflammation of the Pharynx secondary to an infectious agent is Pharynxitis. Most common infectious agent is Group A Streptococcus and various viral agent. It often co-exists with tonsillitis.*

#### **Aetiology:**

*Viral infection: Viral >90%*

- Rhinovirus – common cold

- Coronavirus – common cold
- Adenovirus – pharyngoconjunctival fever; acute respiratory illness
- Parainfluenza virus – common cold;
- Coxsackievirus - herpangina
- EBV – infectious mononucleosis
- HIV

**Bacterial infection:**

- Most common bacterial cause of pharyngitis
- Accounts for 15-30% of cases in children and 5-10% in adults.
- *Mycoplasma pneumonia*
- *Arcanobacterium haemolyticum*
- *Neisseria gonorrhoea*
- *Chlamydia pneumoniae*
- The tonsils and pharyngeal mucosa are erythematous and may be covered with purulent exudate.

- The tongue may also become red ("strawberry tongue")
- *Environmental factors*

**Clinical Features:**

- Acute pharyngitis is typically described as the triad of sore throat, fever, and pharyngeal inflammation characterized by erythema and edema, although exudates, vesicles, or ulcerations may also be present.
- Although pharyngitis may be a primary disorder, sore throat and pharyngeal erythema may also be prominent in systemic disorders, such as the acute retroviral syndrome, or part of a more generalized upper respiratory tract infection.
- Most cases of acute pharyngitis are due to common viral infections and are benign, self-limited processes.

<b>Symptoms of Viral Pharyngitis</b>	<b>Symptoms of Bacterial Pharyngitis</b>
<ul style="list-style-type: none"> <li>• a cough</li> <li>• a headache</li> <li>• fever</li> <li>• body aches</li> <li>• sneezing</li> <li>• congestion in the nasal passageways</li> <li>• swollen lymph nodes</li> <li>• fatigue</li> <li>• mouth ulcers</li> </ul>	<ul style="list-style-type: none"> <li>• significant pain when swallowing</li> <li>• tender, swollen neck lymph nodes</li> <li>• visible white patches or pus on the back of the throat</li> <li>• tonsils that are swollen and red</li> <li>• a headache</li> <li>• abdominal pain</li> <li>• fatigue</li> <li>• nausea</li> <li>• vomiting</li> <li>• rash, which is known as scarlet fever or scarlatina</li> </ul>

**Complications:**

- Involved in adjacent organs: otitis media, sinusitis, and acute respiratory inflammation.

- Others: acute nephritis, rheumatic fever, and septicaemia, etc

**Treatment:**

- Non general symptoms or light symptoms: local treatment, such as gargle, lozenge, etc.
- severe general symptoms: rest in bed, more drink, antivirus, antibiotics

**Transmission:**

Both viral and bacterial forms of pharyngitis are contagious. The germs that cause pharyngitis tend to live in the nose and throat. When a person with the condition coughs or sneezes, they release tiny droplets that contain the virus or bacteria into the air. A person can become infected by:

- breathing these tiny droplets in
- touching contaminated objects and then touching their face
- consuming contaminated food and beverages

This is why it is essential for a person to wash their hands before handling food or touching their face. People usually recover from viral infections, such as the common cold, within 7 to 10 days. However, due to the viral incubation period, people may be contagious before any symptoms appear.

**Chronic Pharyngitis:**

*Definition: diffuse inflammation of pharyngeal mucosa and submucosa, and pharyngeal lymphoid tissue.* Chronic pharyngitis is usually the cause of enlarged tonsils and an Ear, Nose, and Throat. It is a chronic inflammatory condition of the pharynx characterized by hypertrophy of mucosa, seromucinous glands, subepithelial lymphoid follicles and even the muscular coat of the pharynx.

**Two Types of Chronic Pharyngitis:**

- Chronic Catarrhal Pharyngitis
- Chronic Granular Pharyngitis (Hypertrophic)

**Aetiology of Chronic Pharyngitis-**

- Persistent infection in the surrounding structures of pharynx like sinus, tonsils, nose etc including dental sepsis.
- Mouth breathing exposes pharynx to air which has not been filtered, humidified and adjusted. These are usually resulting of nasal polyp, rhinitis, turbinate hypertrophy, adenoids, and tumours. It can also be due to protruded teeth or habitual mouth breathing.
- Environmental Pollution
- Faulty voice production as seen in certain professions like singers and over use of voice. Can also occur in case of pharyngeal neurosis.

**Treatment:-**

1. Etiological factor or causative agent must be eradicated for resolution of Pharyngitis. Eg., abstain from cold, irritant food.
2. Voice rest is essential
3. Speech therapy where faulty voice production is seen.
4. Warm Saline gargles may be soothing and even relieves pain and irritation.
5. Mandl's paint can be applied to mucosa of pharynx

**Discussion:**

- **Preventive Measures:**

Children should Wash hands often. Child should be kept away from other people while he or she is still contagious. Do not let children to share food or drinks. Do not let children to share toys or pacifiers.

These items should be washed with soap and hot water.

- **Effective Remedies**

1. **Gargle with salt water**

This is one of the oldest and easiest home remedies for sore throat. Salt is known to have amazing anti-bacterial properties. Mix ¼ teaspoon of salt in a cup of warm water. Gargle at least two-three times a day. It will rinse away the bacteria and neutralize the acids that may be causing the burning sensation

2. **Honey**

A decoction of ginger, honey and a squeeze of lime mixed with warm water or a teaspoon of raw honey. Honey quotes and moistens the throat and is very effective in treating night time cough. Preferably raw honey, over regular honey for medicinal purposes. Honey also acts as a hypertonic osmotic which means that it can draw water out of the inflamed tissues. This helps in reducing swelling and inflammation in the throat.

3. **Ayurvedic herbal supplements for pharyngitis**

*Khadiradi Bati, Lavanqadi Bati, Vyoshadi Bati Ber is a medicinal tree and its various parts, such as leaves, roots, bark, seeds are used from time immemorial to treat wide range of ailments like chronic cough,*

*eye diseases, hair care, wounds and indigestion etc. Zizyphus is useful in preventing frequent attack of colds and influenza. A teaspoon of the fresh juice of the fruit can be taken with a pinch of pepper once daily for preventing colds. The ripe fruits of cultivated variety are mild laxative and expectorant. The leaves of the tree are astringent and causes sweating on oral use. The roots are applied externally on rheumatism, gout and similar conditions.*

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