Article Side

Digging into the Mysterious white stuff on tonsils by Irene Peterson

Article published on July 24th 2012 | Health

Tonsil stones can best be described as the white spots on tonsils. These white spots are the result of lodgments of different substances in the crevices of the tonsils. These substances include different microorganisms, primarily bacteria, along with mucus, food particles or dead cells. All of these substances mingle together and harden eventually to turn to the thing we know to be the white stuff on tonsils. Tonsil stones or tonsilloliths, as it is most commonly known in the world of medicine, is the name given to these white spots on tonsils. While there is no scientifically acknowledged reason behind the deposition of these substances into the fissures of tonsils, it is believed that they are caused by smoking or simply by tonsillitis, which refers to the inflammation of tonsils.

There are several symptoms that point to the development of this white stuff on tonsils. To begin with, the process of swallowing is likely to become painful for the sufferer due to the friction caused as the food particles scrape the surface of the tonsil stones. Secondly, a bad breath is almost always a symptom of tonsils stones. As the organisms present in the tonsil stones respire, several different compounds are released which cause the breath to smell bad. Tonsil stones are sometimes also accompanied by a pain in the neck region. The stones cause tonsils to swell and become inflamed which leads to frequent spells of coughing. This has two effects on the individual in question. It causes the individual to experience fatigue and also causes their throat to become sore.

There are several treatments that are designed specifically to deal with the removal of these white spots on tonsils. The treatment types are both natural as well as surgical. Irrigation is one of the most popular treatments that are made use of to extract these tonsil stones. It involves directly water onto the stones with the help of a thin pipe at a controlled pressure in order to cleanse the fissures of the tonsils. It is highly important to keep the water pressure regulated as a high pressure could cause the tonsils to burst and might result in an even worse condition. Secondly, laser treatments are also done not only to remove tonsil stones but also to flatten the tissues to prevent the condition from resurfacing in the future. Another important technique that is applied is known as tonsillectomy which is the removal of the entire tonsil itself. This is usually done when no other treatment method is effective.

Natural remedies may also be used in order to remove tonsil stones. Tools such as a clean tooth pick or simply oneâ€™s fingers can be used in order to gouge the stones out. However, this may be extremely painful and is only suitable for individuals who can bear a considerable amount of pain. The treatment that you end up getting must be a clear reflection of the amount that you are willing and able to invest on the treatment and also your overall attitude to pain.

Article Source:
http://www.articleside.com/health-articles/digging-into-the-mysterious-white-stuff-on-tonsils.htm - Article Side

Irene Peterson - About Author:
There are a number of natural remedies that may also be practiced to ensure that it can a white stuff on tonsils . tonsilloliths are known to employ cotton swab in order to remove a Tonsil stones from the fissures of their buccal cavity.

Article Keywords:
tonsil stones symptoms,tonsil stones treatment,tonsiloliths,white spots in throat

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!