



AYURVEDIC MANAGEMENT OF TUNDIKERI W.S.R TO TONSILITIS - A SINGLE CASE STUDY

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Abstract: Around 2,00,000 Tonsillectomies are acted in India per year. Tundikeri can be correlated with Tonsilitis. The main clinical manifestations of Tundikeri (Tonsilitis) is Paka (Inflammation), Toda (Pricking Pain), Daha (Burning sensation), Shotha (Swelling), Raga (Congestion). The management of Tundikeri can be done by various treatment method like Internal medication, Kavala, Gandusha, Shastra Karma. **Aim-**To evaluate the effect of Sitopaladi Churna (Orally) and Panchavalkala Kashaya (Decoction) for Kavala (Gargle) in the management of Tundikeri (Tonsilitis). **Materials and Methods:** The subject approached to Shalaky Tantra OPD of Institute of Teaching and Research in Ayurveda (I.T.R.A), Jamnagar, with symptoms of pain in throat, difficulty during swallowing food, fever, burning sensation in throat since 7 days was systemically reviewed and Oral medications and Kavala (Gargle) were prescribed. **Results:** The adopted ayurvedic treatment showed complete remission in the disease Tundikeri (Tonsilitis) within 14 days. **Discussion:** In the present case of Tundikeri (Tonsilitis) disease, vitiation of Kapha-Pitta and Rakta occurs predominantly. In the present case Nidana i.e Sheeta Guna Vishista Ahara like Cold beverages, cold food, Kapha Vardhaka Ahara plays a vital role in the Pathogenesis of Tundikeri (Tonsilitis). **Conclusion:** In the present case of Tundikeri (Tonsilitis), the adopted Ayurvedic treatment i.e., Sitopaladi Churna (Orally) and Panchavalkala Kashaya (Decoction) for Kavala (Gargle) has given a satisfactory result within 14 days.

Key Words: Kavala, Panchavalkala Kashaya, Sitopaladi Churna, Tundikeri, Tonsilitis.

1. INTRODUCTION:

Around 2,00,000 Tonsillectomies are acted in India per year. Tundikeri (Tonsilitis) is a disease condition of Mukha Pradesh (Oropharynx). Acharya Sushruta has mention 65 Mukharoga and Acharya Vagbhata has mention 75 Mukharoga. Vyakta Sthana of Tundikeri is Talu and Kantha by Acharya Sushruta and Acharya Vagbhata respectively. It is characterised by Daha (Burning sensation), Toda (Pricking pain), Paka (Inflammation), Raga (Congestion), Shotha (Swelling), Galoparodha (Dysphagia)ⁱ. The Dosha which plays a great role in the Samprapti of Tundikeri (Tonsilitis) is Kapha, Pitta and Rakta. Tonsillitis is normal in kids and youthful grown-ups. It is portrayed by sore throat, fever, dysphagia, ear hurt, discomfort, loss of craving, halitosisⁱⁱ. Refrigerated things, cold drink can exacerbate tonsillitis, whenever left untreated it can prompt different complexities like intense otitis media, peritonsillar ulcer, parapharyngeal sore, tonsilloliths, rheumatic fever. Medications having Lekhana, Shothahara, Sandhaniya, Ropana, Rakta Stambhana, Vedana Sthapana and Pitta Kapha shamaka properties should be ideal for the treatment of Tonsillitis.

2. PATIENT INFORMATION:

A 13-year-old female patient with a conscious state, well oriented with mild febrile condition came to Shalaky Tantra ENT OPD with the chief complain of pain in throat, burning sensation in throat, and difficulty in swallowing food, mild fever since 7 days. Patient was apparently normal before 7 days. Patient has taken ice cream before 7 days. After that she developed aforesaid symptoms in mild form and progressively increase the intensity of all the symptoms except



fever. Patient didn't take any medicine for the same. So, she came to *Shalaky Tantra* ENT OPD of Institute of Teaching and Research in Ayurveda, Jamnagar for the management of the disease condition

3. HISTORY OF PAST ILLNESS

The subject has no systemic illness.

PERSONAL HISTORY

- **Aharaja** : Vegetarian
- **Viharaja** : Day sleep for 1 hour
- **Habbits**: No any addiction

FAMILY HISTORY

No any significant history related to the disease was found.

EXAMINATION

Ashta Sthana Pareeksha

1. *Nadi*:Pitta Pradhan Kapha Anubandha, 72/min
2. *Mutra*: Prakruta, 5 to 6 times/day, once at night
3. *Mala*: Prakruta, regular, once a day
4. *Jihwa*: Lipta
5. *Shabda*: Hoarseness of voice
6. *Sparsha*: Jwara 99°F
7. *Druk*: Aawila
8. *Akruti*: Madhyama (Weight- 30kg)

Systemic Examination

There is no abnormality detected in any of the systemic examination.

Treatment Adopted

13/11/2023 to 27/11/2023

Medicines-

1. *Sitopaladi Churna*-5gm with *Madhu* after food BD
2. *Panchavalkala Kashaya* (Decoction)-100 ml *Kavala* (Gargle) (Luke warm) BD for 15 min

Pathya

The patient was advised not to consume cold water, food substances which are hard to digest (*Guru Ahara*) and causing obstruction of body channels (*Abhishyandi*) like curd (*Dadhi*), milk (*Ksheera*), black gram (*Masha*), dry and hard food items (*Ruksha, Katina Anna*) like *Bhakri*, sleeping with head inclining down in prone position (*Adhomukha Shayana*), and sleeping during the day (*Divaswapna*).

4. ASSESSMENT METHOD

Subjective Parameters

1. Pricking Pain in the throat
2. Dysphagia
3. Burning sensation
4. Fever

Objective Parameters

1. Tonsillar swelling
2. Congestion in Throat

Guideline followed

For pain

Visual Analogue Scaleⁱⁱⁱ

For Dysphasia

Dysphagia Severity Scale^{iv}



For Tonsillar swelling
Brodsky Grading Scale^v

5. OBSERVATION AND RESULT

SL NO	SUBJECTIVE PARAMETERS	DAY 0	DAY 7	DAY 14
1	<i>Toda</i> (Pricking pain)	8	5	0
2	<i>Galoparodha</i> (Dysphagia)	3	2	0
3	<i>Daha</i> (Burning sensation in Throat)	+++	++	0
4	<i>Jwara</i> (Fever)	99°F	98.6°F	98.6°F

SL NO	OBJECTIVE PARAMETERS	DAY 0	DAY 7	DAY 14
1	<i>Shoatha</i> (Enlargement of tonsils)	Grade 4	Grade 3	Grade 0
2	<i>Raga</i> (Congestion in throat)	+++	++	0

By this adopted treatment protocol Fever completely subsides within 5 days. There is moderate improvement in rest 3 complaints i.e Dysphagia, Pain, Burning sensation in throat. Moderate relief also seen in Enlargement of tonsils and congestion in Throat within 7 days. Complete remission of the condition was observed by the 14th day of treatment.

6. DISCUSSIONS:

Tundikeri is mostly seen in young age people. During young age *Kapha Dosha* is more predominant. Tonsilitis is seen in people with lower immunity. The timely treatment should be opted to prevent the progress of the disease condition. The *Nidana* i.e *Sita guna vishista Ahara* like Cold beverages, cold food, *Kapha Vardhaka Ahara* plays a great role in the Pathogenesis of *Tundikeri* (Tonsilitis). The *Sthanasamshraya* of *Dushita Dosha* occurs at *Kha Vaiguna* i.e. *Gala pradesha* (Oropharynx). *Shoatha* (Swelling), *Daha* (Burning sensation), *Toda* (Pricking Pain), *Galoparodha* (Dysphagia), *Raga* (Congestion) are seen in *Purvarupa* as well as *Rupa* stage. For the *Samprapti Vighatana* of *Tundikeri* (Tonsilitis) the line of treatment adopted is systemic as well as local medication. *Sitopaladi Churna* is an *Ayurvedic* preparation which has immune modulator, expectorant, analgesic, anti tussive and anti-inflammatory properties^{vi}. It contains 5 drugs i.e *Sitopala*, *Tugakshiri*, *Pippali*, *Brihat ela*, *Twach*^{vii}. The overall *Doshik* effect of *Sitopaladi churna* is *Kapha-Pitta*, *Rakta samaka*. It also has the properties of *Vedana Samaka*, *Jwarahara*, *Kapha Chhedana*. *Panchavalkala* contains 5 drugs i.e *Nyagrodha*, *Udumbara*, *Parisha*, *Plaksha*, *Aswastha*. It has astringent, antiseptic and antimicrobial properties that helps *Samprapti vighatana*. It has effect of *Kapha-Pitta-Rakta Samana*.

7. CONCLUSION:

In the present case of *Tundikeri* (Tonsilitis), the adopted *Ayurvedic* treatment i.e. *Sitopaladi Churna* (Orally) and *Panchavalkala Kashaya* (Decoction) for *Kavala* (Gargle) has given a satisfactory result within 14 days.

ADR:

There is no ADR seen in the present study.

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