



## An Ayurvedic management of *Tundikeri* with special reference to Tonsillitis - A Case Study

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### ABSTRACT

According to Ayurveda, there are 74 diseases affecting the mouth, which can occur in seven locations. Among them, nine affect the palate. *Tundikeri* is one among the *kantagata rogas* as per Acharya Vagbhata. This can be correlated with tonsillitis due to its similarities in signs and symptoms like *shotha* (swelling), *paka* (congestion), *gala uparodha* (difficulty in swallowing). Nowadays tonsillitis is a pretty frequent complaint affecting approximately 10% of the population. Many preparations have been mentioned in ayurvedic texts in the management of *tundikeri*. *Shuddha gairika kanthapratisharana* is one of the best methods to treat tonsillitis (*tundikeri*) and *galarogas*. *shuddha gairika pratisarana* over inflamed tonsils and *khadiradi vati* chewing for 7 days given improvement in symptoms like inflammations, throat pain, fever, difficulty in swallowing and cough. Through this article the author is aiming to compile the modern and ayurvedic view of tonsillitis and its management through Ayurveda.

Keywords: Ayurveda, Tonsillitis, *Tundikeri*, *shuddha gairika*.

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### INTRODUCTION

Tonsillitis [1] is an inflammation of the tonsils, which are the defense organs of oral cavity and respiratory system. The frequent prevalence of such type of infections of tonsils [2] affects normal life of the people. It is mostly common in children. The characteristic features of this disease are pain in throat and difficulty in swallowing. The throat is reddened and the tonsils are swollen along with coatings and white-spots over them. *Tundikeri* [3] explained in the Ayurvedic classics can be correlated to Tonsillitis which occurs in *mukhapradesha*. *Tundi* means mouth and *keri* means location. *Tundikeri* resembles *vanakarapasika phala* (cotton fruit). As such there is no specific *nidana* is mentioned in *tundikeri*. The *nidana* of *mukharoga* is taken into consideration. Due to the indulgence in the etiological factors, when *kapha dosha* gets vitiated and vitiated *doshas* circulates in *siras* and gets localised in *mukhapradesha* as *Urdhwanga* is the prime seat of *kapha*. To cure *tundikeri*, in ancient times *Acharyas* specified a variety of medications, either singly or in combination. *Shuddha gairika* is one among them. It also has the cooling and anti-bilious action. Its topical application gives relief in pustular eruption. *kantapratisharan* with *shuddha gairika* is one of them used to treat inflamed tonsils. The results of study offer suggest significant potency of *shuddha gairika* and *khadiradi vati* in tonsillitis.

### MATERIAL AND METHODS

*Shuddha Gairika* & *khadiradi vati* was collected from GMP certified pharmacy.

### CHIEF COMPLAINTS:

Complaints of throat pain, difficulty in swallowing food and sore throat in the last 2-3 days.

### ASSOCIATED COMPLAINTS

Nothing specific.

### HISTORY OF PRESENT ILLNESS

Patient was apparently normal 1month ago, gradually she developed fever, throat pain, cough took antibiotic therapy and got relief, but it occurs recurrently, so for further management she consulted

Shalakya Tantra OPD of Parul Ayurved Hospital, Vadodara.

### HISTORY OF PAST ILLNESS

No any past history.

### PERSONAL HISTORY

AHARA: Diet predominantly of *katu* and *kashaya rasa*, *rooksha ahara*

VIHARAJA: Day sleep for 1 to 2 hours regularly.

Habits: NIL

### EXAMINATION:

#### ORAL CAVITY:

Soft palate	Congestion +
Movement of soft palate	Normal
Uvula	Congestion +
Tonsils [4]	Right enlarged & congested ++

#### EAR:

Right - EAC & TM	Normal
Left- EAC & TM	Normal

### ASHTAVIDHA PAREEKSHA

Nadi: *Prakruta*, 78/min

Mutra: *Prakruta*, once at night and four to five times per day.

Mala: *Prakruta*, regular, once a day

Jihwa: *Alipta*

Shabda: *Prakruta*

Druk: *Prakruta*

Akruti: *samyak*

Respiratory system, Cardiovascular system, Gastrointestinal system, Central nervous system and Musculoskeletal system has shown no abnormality.

### ASSESSMENT OF GENERAL CONDITION

Bowel - Irregular

Appetite - Reduced

Micturition - Regular, 6-7

Sleep - sound

Temperature - 98.6°f

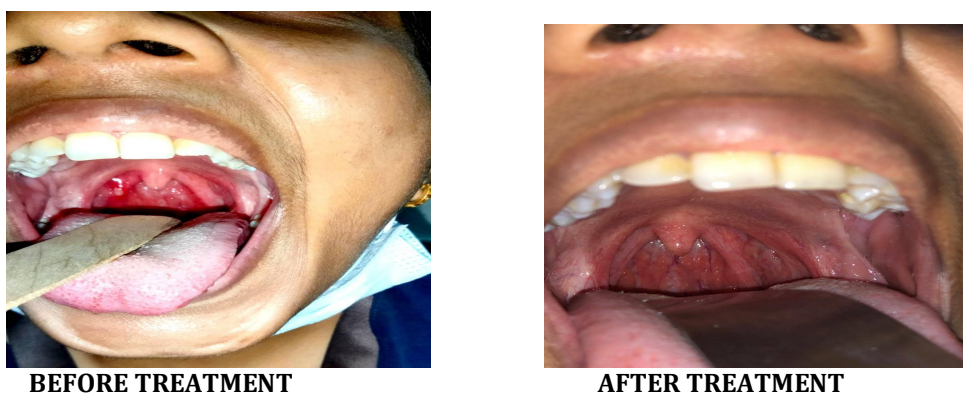
### TREATMENT GIVEN:

Days 1-7	<i>Kanthapratisaran</i> with <i>shuddha gairika</i> Once daily; Morning time and <i>khadiradi vati</i> 1Tab BD for chewing after food.
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### RESULT

Regression of Patient symptoms was observed from the third day of treatment and complete remission of the condition was observed by 7th day of treatment. During the treatment no minor or major complications was observed in the patient.

Sign & Symptoms	Before treatment	After Treatment
<i>Kathina Shotha</i>	+	-
<i>Toda</i>	++	-
<i>Paka</i>	++	-
<i>Galoparodha</i>	++	-



**Fig 1: Complete remission after treatment**

## DISCUSSION

*Ayurvedic* managements in daily routine life have changed the experiences of innumerable individuals for in a real sense millennium. They are very much useful in assuaging the old-style side effects of *sanshodhana* and *sanshamana chikitsa* [5]. According to the role of dosha, *Kapha samutklesh lakshanas* were understood by the presence of *kathina sophra* and *Galauparodha*. *Pitta samutklesh lakshanas* were understood by the presence of *raagatva* which is indicated in *rakta dusti* also. *Kosthagata aama* was understood by the presence of reduced appetite and bowel. Hence this condition has been diagnosed as *Tundikeri* in *sama kapha pitta avastha*. So, it was treated by *Pratisaran* [6] with *Gairika* (Red Ochre) a silicate of Alumina and oxide of iron. In *Ayurveda* it is also known as *Geru*, was used after purification methods. It tastes sweet, astringent with non-saline and unctuous pharmacological action and has the chemical components such as anti-phlegmatic, anti-bilious and cooling nature. Though it is *pitta-nashaka* [7], *kaphahara* and *vranaropaka* so it acts good in *Tundikeri*. Along with this *Kadiradi vati* is also being given. It's an *ayurvedic* herbal medication which contains effective herbs including *kadhira* (*acacia catechu*), *Javitri* (*Myristica fragrans*), *kankol* (*piper cubeba*), *Bhimseni karpoor* (*cinnamomum camphora*), these ingredients combinedly comprises *kashaya* (astringent) and *Ropan* (healing) property. This property helps to reduce inflammation and gives relief in tonsillitis. It also has the phytochemicals such as flavonoids, glycosides, alkaloids, saponins, tannins and volatile oils. Along with these components, *khadiradi vati*[8] has the following healing properties such as antioxidant, antiseptic, anti-inflammatory [9], anti-microbial, astringent, emollient, expectorant. Provides better aid in oral care.

## CONCLUSION

*Tundikeri* can be cured by appropriate treatment, proper regimen and also by keeping up the oral cleanliness. Tonsillitis has an unfriendly impact over the development and advancement of the youngster. The treatment standards in *ayurveda* can be changed from one standard to the another for the better comprehension of Tonsillitis.

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