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A Single Case Study On *Tundikari* (Acute Tonsillitis) Treated With *Shaman Aushadhi*

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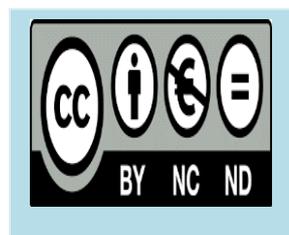
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ABSTRACT: -

In Ayurveda *Tundikari* is described under *Mukharoga*, which is characterized by *Jwara* (fever), *Pradaha* (burning sensation), *Vedana* (pain), *Sotha* (swelling), *Galadhakaranapida* (pain during deglutition). *Tundikari* may be correlated with tonsillitis. Inflammation of the tonsil is known as tonsillitis. Tonsillitis most commonly occurs in pediatric age groups. The incidence of this disease is about 7% of all visits to pediatrician. In the present study a 15 years old male patient suffering from *tundikari* (acute tonsillitis), since last 3 days. He was treated with Ayurvedic *Shaman aushadi* (*kanchanar Guggulu*, *Laxmivilas Rasa*, *Khadira Vati*) which gives an effective result.

Key Words: *Tundikari*, *Tonsillitis*, *Kanchanar Guggulu*, *Laxmivilas Rasa*, *Khadira Vati*



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INTRODUCTION

In Ayurveda, different classics have mentioned *Tundikari* (Tonsillitis) ^[1] as a disease of different part of *gala* (throat) or *mukha* (oral cavity).

Acharya Charaka mentioned *Tundikari* as a *mukhagata roga* (diseases of oral cavity), *Acharya Sushruta* mentioned as *talugata roga* (diseases of palate), where as *Acharya Vagbhata* has considered *tundikari* as a *galagata roga* (diseases of throat) .

As per Ayurveda, the vitiated *Kapha and Rakta dosha* causes a big cystic swelling resembling the fruit of *Vana Karpasa (Gossypium herbacum Linn)* in *talupradesha*.

According to modern science ^[2] tonsillitis is characterized by sore throat, fever, earache difficulty in swallowing, constipation, voice changes. In case of recurrent tonsillitis last resort is tonsillectomy. Many patients do not want to undergo tonsillectomy, then they come for Ayurvedic treatment. As an Ayurvedic physician it is our duty to treat the patients with medicine and told how to correct their lifestyle. by following *Pathya and Apathya* (wholesome unwholesome) so that it would not recur.

MATERIALS AND METHOD

Material

The details of the drugs , dosages and *Anupana* are given in Table 1.

	Drugs	Dosage	Anupana
1	Tab. <i>Kanchanar Guggulu</i>	500 mg BDPC	Luke warm water
2	Tab. <i>Laxmivilas rasa</i>	250 mg BDPC	Luke warm water
3	Tab. <i>Khadira vati</i>	125 mg TDS (Chewing)	

Method

1. Centre of the study: Institute of Post graduate Ayurvedic Education and Research, S.V.S.P.

2. Type of study: Simple random single case study

3. Plan of treatment: It is a OPD based treatment in this case study patient was treated with (Table -1) *Kanchanar Guggulu, Laxmivilas Rasa, Khadira Vati* and also followed *Pathya Apathya and Anupana*.

CASE REPORT

A 15 year old male came to our OPD with *jwara*(fever), *pradaha* (burning sensation), *vedana* (pain), *Sotha* (swelling), *Galdhakaranapida* (pain during deglutition).

1. History of present illness:

Patient was suffering from above symptoms for 3 days. Patient did not want to undergo any type allopathic medicine and surgery, so he attended our hospital for ayurvedic treatment.

2. Clinical examination:

Asta Vidha Pariksha:

Nadi: 80 beats/min

Mala: *Mala vibandha* (Constipation)

Mutra: Normal

Jihva: *Avaranayukti* (Coated)

Sabda : *Karkash* (Hazy voice)

Sparsha: *Jwara* (Fever)

Drik: Normal

Akriti: *Madhyama*

General examination:

Weight: 58kg

Height: 5'4"

Face: Swelling

Blood pressure: 120/70 mm of Hg

Respiration: 25/min

OBSERVATION AND RESULTS

The patient was observed for 14 days and on each 7 days interval the changes were noted basis the objective parameter. (Table 2)

Symptoms	1 st Day	7 th Day	14 th Day
<i>Jwara</i> (fever)	102 ⁰ F	97 ⁰ F	97 ⁰ F
<i>Pradaha</i> (burning sensation)	+++	+	-
<i>Vedana</i> (pain)	+++	+	-
<i>Sotha</i> (swelling)	+++	++	-
<i>Galdhakaranapida</i> (pain during deglutition)	+++	+	-

DISCUSSION

Tonsil is an ovoid mass of lymphoid tissue situated in the lateral wall of oropharynx between the anterior and posterior pillars. The inflammation of tonsil is known as tonsillitis. Tonsillitis is mainly of 2 types, acute and chronic tonsillitis. Acute tonsillitis occurs from primary infection of tonsil or from secondary infection of upper respiratory tract. The causative organisms are Hemolytic streptococcus, Staphylococcus, Haemophilus influenzae, Pneumococcus. Therefore they are mainly treated with antibiotics, analgesics and anti-inflammatory drugs, gargling with saline water and surgery as last option.

In Ayurveda, due to intake of *Kaphprakapoka* (causing aggravation of kapha) and *Raktapradusaka* (which vitiate blood) ahar (diet) vihar (habit) in *Talupradesha* vitiated *Kapha* And *Rakta* produces a big cystic swelling resembling the fruit of *Vana Karpasa* (*Gossypium herbacum* Linn). According to *Samprapti*, *Tundikari* is mainly *Kaphprakapoka Raktapradusaka vikar*. Therefore management should be base on pacification of *Kaphaja* and *Rakta Dosa*.

Kanchanar Guggulu^[3] is prepared from drugs *Kanchanara Tvak*, *Pippali*, *Sunthi*, *Marica*, *Suddha Guggulu* etc. so, *Kanchanar Guggulu* mainly balances the *Kapha*. The bitter, astringent and pungent taste of the *Guggulu* helps in reducing the size of the mass. Moreover aggravated kapha makes obstruction towards flowing of udana vayu (kaphavrita udana). So, there is pain and huge swelling. The tikhsna (sharp), katu (pungent) properties of *Kanchanar Guggulu* are able to clear the channel (srota sodhan) which gives relief to the patient.

Laxmivilas Rasa^[4] is prepared from *Suddha Parada*, *Suddha Gandhaka*, *Karpura Gokusura*, *Krishna Abhraka*, *Bhasma Atibala Mula*. So, *Laxmivilas Rasa* mainly acts as *Kapha Vataghna* agent. which is beneficial for *Urdha Jatrugata Roga* (upper part of body). *Khadira Vati*^[5] is prepared by *Khadira*^[6], *Vacha*, *Chandana*^[7], *Yasthimadhu* etc. *Khadira* mainly acts as *Kapha-Pittahar* agent. *Chandana* acts as *Dahaprasamaka*, *Jwara* etc.^[8] Therefore use of three drugs in case of *Tundikari* have showed satisfactory results overobjective parameters (Table 01, 02).

CONCLUSION

After observing the positive results it may be concluded that *Kanchanar Guggulu* 500 mg twice daily, *Laxmivilas Rasa* 250 mg twice daily and *Khadira Vati* 125 mg thrice daily for 14 days is beneficial for *Tundikari* (acute tonsillitis). No side effects has been observed during the entire treatment period. So, the Ayurvedic treatment may be called effective and safe therapy for *Tundikari*.

It also notable here that the dosage of three drugs should be variable in consideration of *vaya* (age), *bhar* (body weight) and *agni bala* (power of digestion).

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