



# A Review Article on *Tundikeri* (Tonsillitis) and Its Management through Ayurveda

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## ABSTRACT

Recurrent infections has adverse effects on normal growth and development of the child. Tonsillitis is the inflammation of the tonsils two oval shaped pads at the back of the throat which are immune systems first line of defense. Tonsillitis hampers the quality of life due to its recurrent attacks. Tonsillitis is very common in pediatric practice. There are about 74,55,494 cases of Tonsillitis in India per year. Modern medicine provides symptomatic relief but does not check the recurrence and also has side effects. Moreover, chronic conditions are often treated by tonsillectomy which also has its own complications/drawbacks. So, there is a need to find out a safe and effective remedy which not only relieves the symptoms but also increases wellbeing. It can be traced by unsheathed treasure of *Ayurveda*. Tonsillitis can be corelated with *Tundikeri* in Ayurveda. *Tundikeri* is caused by *Agni mandya*, *Kapha* and *Rakta dosha* due to improper diet, poor oral hygiene and sedentary lifestyle. *Ayurveda* provides different treatment modalities to cure diseases. This paper is an attempt to highlight the clinical picture of *Tundikeri* and its management through *Ayurveda*.

**Key Words:** *Inflammation, Kapha Rakta Dosha, Tonsillitis, Tundikeri*

## INTRODUCTION

Tonsillitis is common in children and young adults. About 2,00,000 Tonsillectomies are performed in India per year<sup>1</sup>. It is characterized by Sore throat, fever, dysphagia, ear ache, malaise, loss of appetite, cough, halitosis. It can occur as acute or chronic. Refrigerated items, cold beverages, poor hygiene can make tonsillitis even worse, if left untreated it can lead to various complications like choking spells at night, acute otitis media, peritonsillar abscess, parapharyngeal abscess, tonsilloliths, rheumatic fever<sup>2</sup>. It can be correlated with *Tundikeri* on the basis of classical symptomatology in *Ayurvedic* texts. *Ayurveda* is

the oldest system of medicine based on eternal laws of nature. Use of herbal medicines is increasing day by day as there is no side effect or toxicity and are also cost effective. *Tundikeri* occurs due to *Kapha prakopa* and *Rakta dushti*<sup>3</sup> and *Doshas* are situated in *Talu* and *Kantha Pradesh*. Drugs having *Lekhan*, *Shothahar*, *Sandhaniya*, *Ropan*, *Rakta stambhan*, *Vedna sthapan* and *Pitta Kapha shamak* properties are supposed to be ideal for the treatment of Tonsillitis.

## AIMS AND OBJECTIVES

- To study the role of *Ayurveda* in management of *Tundikeri*(Tonsillitis)



- To study the concept of *Tundikeri* (Tonsillitis) and its management through *Ayurveda*

## MATERIALS

All the references regarding *Tundikeri* are collected from *Bruhatrayi*, *Laghutrayi*, other *Ayurvedic* texts, modern textbooks and compilation is done.

## ETIOLOGY

Bacteria like Hemolytic streptococcus, Staphylococci, Pneumococci or H. Influenzae<sup>4</sup>. Virus like Adenovirus, Rhinovirus, Influenza A virus, Para influenza virus, Epstein bar virus are some possible pathogens causing Tonsillitis.

### *Nidana of Mukh Rogas*

Details of *Nidana of Mukha rogas* are mentioned in **Table 1**

S.No.	Name of Book	Aaharaja nidan	Viharaja nidan
1.	<i>Ashtanga hridaya</i>	Excessive intake of <i>Matsya</i> (fish), <i>Mahisha Mamsa</i> (buffalo's meat), <i>Varaha Mamsa</i> (pig's meat), <i>Amalaka</i> , <i>Mulakam</i> (raw radish), <i>Masha</i> (black gram), <i>Dadhi</i> (curd), <i>Kshira</i> (milk), <i>Shukta</i> , <i>Ikshurasa</i> (sugarcane juice), and <i>Phanita</i>	Excessive indulgence in <i>Avak Shayya</i> (sleeping in prone position), <i>Dwishato Dantadhavana</i> (improper dental hygiene), <i>Dhuma</i> (improper Dhumapana), <i>Chhardana</i> (improper vomiting), <i>Gandusha</i> (improper gargling), <i>Siravyadha</i> (improper venesection)
2.	<i>Madhavanidan</i> , <i>Bhava Prakash</i> , <i>Yog Ratnakar</i>	Excessive intake of <i>Aanuppishit</i> , <i>ksheer</i> , <i>dadhi</i> , <i>matsya</i>	

### *Samprapti*

Excessive intake of *Madhura*, *Amla*, *Lavana Rasa* dominant *Ahara*, *Snigdha*, *Abhishyandi Ahara*, Improper oral hygiene, or sleeping in prone position causes *Agnimandya*, *Kaphadosha Prakopa*, and *Rakta Dushti*. This leads to *Sthana Sanshraya of Doshas in Talu* or *Kantha Pradesha* and lead to *Tundikeri roga*.

### Clinical features of *Tundikeri*<sup>5,6</sup>

- Toda* (Pricking Pain)
- Daah* (Burning Sensation)
- Paak* (Suppuration)
- Shofa* (Inflammation)
- Sore throat
- Enlarged tender lymph nodes

## AYURVEDIC MANAGEMENT

*Ayurveda* is a science of life which provides not only curative but also preventive principles for **Table 2** *Sanshodhan* by different *Acharyas*

healthy life. *Ayurvedic* treatment aims at eliminating impurities, reducing symptoms, boosting immunity, reducing stress and increasing harmony in life.

### *Nidan parivarjan*

Means to avoid the causative factors of the disease.<sup>7</sup> It is the first line of treatment of any disease. Tonsillitis manifests as a result of *Kapha prakopa*, *Agnimandya*, *Rakta dushti*. So all the *Kapha Rakta pakopaka* and *Agnimandya karak aahar vihar* should be avoided in Tonsillitis.

*Ayurveda* has different treatment modalities for the management of diseases like:

*Antah parimarjan chikitsa*, *Bahi parimarjan chikitsa*, *Shastra pranidhan chikitsa*<sup>8</sup>

### A. *Antah parimarjan chikitsa*

*Sanshodhan karma* mentioned by different *Acharyas* are given in **Table 2**



S.No.	Acharya	Shodhan karma
1.	Charaka	Dhumpana, pradhaman nasya, virechana, vaman, langhan,
2.	Sushruta	Dumpana, Gandusha, Kawala, Pratisarana
3.	Vagabhatta	Raktamokshana, Nasya, Gandusha
4.	Yogratnakara	Raktamokshan

### Sanshaman

In the light of above discussion, Drugs having Lekhan, Shothahar, Sandhaniya, Ropan, Rakta stambhan, Vedna sthapan and Pitta Kapha

shamak properties are supposed to be ideal for the treatment of Tonsillitis. Details of Sanshaman Aushadh yog are mentioned in **Table 3**

**Table 3.** Sanshaman Aushadh Yog

S.No.	Kalpna/ Formulation	Sanshaman Aushadh Yog
1.	Churna	Pippalyadi churna, Tejovehadi churna, Kalak churna, Peetaka churna, Mridwikadi churna,
2.	Vati	Yavagrajadi vatika, Kshar gudika, Shiva gutika, Kshar gutika, Panchkola gutika, Kanchnar Guggul, Yavaksharadi Vati
3.	Kwatha	Darvyadi Kashaya, Katukadi Kashaya, Dashmoola Kwath, Patoladi Kwath, Panchavalkala Kashaya, Daruharidra, Nimba, Rasanjana, Indrayava with Madhu
4.	Bhasma	Tankana Bhasma, Sphatika Bhasma,
5.	Rasa	Kumar Bharana Rasa, Amalapittantak Rasa, Mahalakshmilasa Rasa, Praval Panchamrita Rasa
6.	Ekal dravya	Daruharidra, Haritaki, Nimba, Mustaka, Ativisha, Patha, Kutaki, Vacha, Kanchanara, Shunthi

### B. Bahi parimarjan chikitsa

Bahi parimarjan chikitsa includes- Kawala, Gandush, Pratisarana etc. The Bahi parimarjan

Chikitsa Karma and Aushadh Yog are mentioned in **Table 4.**

**Table 4** Bahi Parimarjan Chikitsa karma and Aushadh Yog

S.No.	Chikitsa Karma	Aushadh Yog
1	Kawala	Tankana bhasma, Haridra Kashaya, Vacha, Atis, Patha, Rasna, Kutki, Neem Kashaya
2	Gandusha	Triphala, Trikatu, Yavakshara, Daruharidra, Chitraka, Rasanjana, Nimba, Saptachadadi Gandusha kashya
3	Pratisarana	Marich, Atis, Patha, Vacha, Kushtha, Arlu, Saindhav lavan and Madhu Tankana and Madhu, Sphatika and Madhu, Apamarg kshar and Tankana kshar, Peetaka choorna and Pravala bhasma

### C. Shastra pranidhan chikitsa

Acharya Sushruta has described treatment of the Tundikeri as per line of treatment for Galashundika. The treatments advocated by Acharya Sushruta are both surgical Bhedana (Incision) and Chhedana (Excision).<sup>9</sup>

#### Pathya Apathya

If you Feed your body with healthy foods medicine will no longer be required.<sup>10</sup>

Acharya Kashyapa has explored the medicinal potential of Aahar and stated it as “Mahabhaishajya”<sup>11</sup>. So, there is a big scope of utilizing Ayurvedic approach to cure as well as to prevent diseases for a quality life.

According to Yogaratnakara Pathya-Apathya in Mukha rogas are as follows<sup>12</sup>-

#### Pathya



*Ahara: Trinadhanya, Yava, Mudga, Kulattha, Jangala Mamsa Rasa, Karvellaka, Patola, Karpurajala, Ushna Jala, Tambula, Khadira, Ghrita and Katu Tikta Dravya.*

*Vihara: Swedana, Virecana, Vamana, Gandusha, Pratisarana, Kawala, Raktamokshana, Nasya, Dhumapana, Shashtra and Agnikarama.*

#### **Apathya**

*Ahara: Amla Rasa Dravyas, Abhishyandi Ahara, Matsya, Dadhi, Kshira, Guda,*

*Masha, Ruksha Kathina Padartha, Guru Ahara.*

*Vihara: Diwaswapna, use of Shitala Jala, Adhomukha Shayana, and Snana.*

## **DISCUSSION**

Recurrent attacks of disease like tonsillitis affects the normal growth and development of a child and may lead to various health hazards. Tonsillectomy puts a straight forward attack on Respiratory and Gastro intestinal tract. Tonsils are the sentinels of the oral cavity. Antibiotics does not check the recurrence as well as chronicity of the disease.

Ayurveda is a science of life and longevity that has changed the lives of countless people for literally thousands of years. Ayurvedic management will be helpful in relieving the classical symptoms of *Tundikeri roga* with *Sanshodhan, Sanshaman* and *Shastra Chikitsa*.

## **CONCLUSION**

*Tundikeri* can be cured by proper treatment followed by healthy diet and maintaining oral hygiene, reducing the chances of tonsillectomies. Tonsillitis has adverse effect on growth and

development of the child. Treatment principles in ayurvedic texts can be converted to standard norms for the better understanding of Tonsillitis. Above article shows different treatment modalities from *Ayurvedic* texts which can be used to treat tonsillitis. Need of the hour is to develop a holistic approach to address the problem of Tonsillitis and its treatment as per *Ayurveda* to avoid future health hazards and for a healthy lifestyle.

The three treatment modalities will help provide management in a purely natural way without any side effects as said- “Ayurvedic treatments always yield side benefits, not side effects”.



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