



AN AYURVEDIC APPROACH FOR MANAGEMENT OF CHRONIC PHARYNGITIS: A CASE STUDY

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ABSTRACT

Chronic pharyngitis is chronic inflammatory condition of pharynx which becomes troublesome problem of this era. Treatment in modern medicine for this disease is symptomatic. This disease can be correlated with ekvrind vyadhi in Ayurved. A 42 year male patient came in OPD of Shalakyatantra department Dhanwantari Hospital of our institute complaining with discomfort in throat, foreign body sensation, alteration of voice, recurrent moderate cough. History reveals the same complaints occurs recurrently since 20 years. Patient was taken treatment from allopathy hospitals from many specialists but no permanent cure was there. Patient became exhausted and tired by taking many medications and due to recurrence of complaints. Variety of medication and methods mentioned in ayurved for ekvrinda like shodhan, gandush and internal medicines gives permanent cure for chronic pharyngitis.

KEYWORDS: Chronic Pharyngitis, Ekvrinda, Ayurved Management, Gandush, Virechan.

INTRODUCTION

Throat disorders are one of the troublesome problem in modern era. Chronic pharyngitis is chronic inflammatory condition of pharynx. There are two types' chronic catarrhal pharyngitis and chronic hypertrophic pharyngitis.^[1] Chronic pharyngitis caused due to primary infection in pharyngeal tissue itself and also from secondary to respiratory infections or any other system. Majority of treatment in modern medicine is symptomatic i.e. painkillers, antibiotics, steroid and local application of lidocaine. All these drugs having systemic complications. Pharyngitis can be compared with a disease Ekvrinda mentioned in ayurvedic literature by Acharya Sushrut.^[2] Ekvrind disease occurs due to vitiation of kaphadosha and rakta which settles at gala Pradesh (throat region) leads to lakshana shoth (inflammation) and shool (pain) of gala pradesh (pharyngitis). Associated lakshanas of this disease are daha (burning sensation in throat), kandu (itching at throat), gourav (discomfort in throat). To get rid of this disease samanya chikitsa mentioned in ayurved samhitas for mukhghat and galrogas.^[3] Chronic pharyngitis can cause a significant problem in daily life. Significant number of patients experience unacceptable morbidity, inconvenience and great loss due to recurrent sore throat. The use of antibiotics in patients with recurrent sore throat has lot of harmful effect on their health. Hence to

get control over this disease methods mentioned in ayurved can be helpful. Ayurved has variety of medications and methods in treatment of ekvrinda which are free from side effects and rather safe in use.

CASE REPORT

A 42 year male patient came in OPD of Shalakyatantra department Dhanwantari Hospital of our institute complaining with discomfort in throat, foreign body sensation, alteration of voice, recurrent moderate cough. History reveals the same complaints occurs recurrently since 20 years. Patient was taken treatment from allopathy hospitals from many specialists but no permanent cure was there. Patient became exhausted and tired by taking many medications and due to recurrence of pharyngitis. So he came for ayurved treatment in our hospital lastly.

Systemic Examination

1. General condition of patient is moderate
2. Pulse rate: 88/min
3. B.P. 130/80 mm of Hg
4. No Pallor
5. Weight- 56kg, Height- 158cm
6. RS - AE=BE clear, CVS - S1 S2 normal, no abnormal sound, CNS - conscious oriented.

Ashtavidh Pariksha: 1. Nadi–Vatpradhanpitta 2. Mala–malavshtambha (occasional) 3. Mutra–samyakpravrutti 4. Jivha–sama 5. Shabd–spashta 6. Sparsh–ushana 7. Druk–panduta 8. Akriti–madhyam.

Local examination of throat: Congestion of posterior wall of pharynx
Engorgement of vessels
Increased mucus secretion
Reddish nodules studded at posterior wall of pharynx
Uvula elongated and hypertrophied.

Management

1. Gandharv Haritaki churna 4gm at night with warm water for 3 days.
2. Sitopaladi churna 1gm + Yashtimadhu churna 1gm + tankan churna 125 mg with madhu lehya TID.
3. Haridrakhanda 2 tsf with milk bid.
4. Kwath prepared by Daruharidra and Trifala churna in equal quantity for gandush two times in a day.
5. Kahdiradi vati achushanarth (chewing) 4 times in a day This all regimen advised for 30 days.
6. Shodhan by Virechan: snehpan by panchtikta ghrita in increasing order 25ml for 1st day, 50 ml for 2nd day, 75ml for 3rd day, 100ml for 4th day, 6th day virechan by icchabhedi ras 250mg, 7th to 12th day sansarjankram.

7. After virechan above mentioned regimen (treatment 1 to 5) continued for 30 days.

RESULT

After proper examination clinical symptoms are recorded in patient's case paper. After the fulfillment of criteria, consent in written was taken from the patient on the 1st day of registration in OPD. Patients photograph with chronic pharyngitis was taken for comparison. Mild but non-significant improvement is recorded on 7th day of follow-up. It has been reported that moderate improvement on 15th and 30th day of follow-up subsequently. After shodhan by virechan patient shows significant improvement in pain, discomfort and redness in throat. After virechan, treatment regimen continued for next 1 month for avoiding recurrence. The patients were reviewed after one week of completion of treatment and after one month thereafter. There was no recurrence occurs.

Assessment Criteria

1. Pain or discomfort in throat -Before treatment +++
After treatment nil
2. Redness in throat – Before treatment +++
After treatment nil
3. Photographs of throat region before and after treatment.



Before Treatment



After Treatment

DISCUSSION

Primary aim for treating any kind of disease should always correct agni and anuloman of vatadosha. Gandharv Haritaki churna is mruduvirechana drug used for relieving malavshtambh, anuloman of vat dosha. It also helps for maintaining agni. Sitopaladi churna containing dravyas having katurasatmak, kaphashamak properties. By local action it reduces irritation and improves soothing in throat.^[4] Yashtimadhu (*Gycerrhiza glabra* Linn.) churna is madhur sheet dravya acts as swarya, kanthya, kandughna, shonitsthan, shothaghna.^[5] Yashtimadhu shows anti-inflammatory, antipyretic and anti-exudative activity.^[6] Tankan churna

having katurasatmak, kaphvatshamak, jantughna, stambhan, ropan, durgandhnashan, deepen and anuloman properties which helps to relief in symptoms of pharyngitis. Madhu is yogvahi carries properties of all drugs mixed with it. It also acts on kaphadosha. Haridrakhanda is unique chiktitsa for kapha-raktaj vyadhis. In ashtang sangrah katuvarg dravya are mentioned for chiktitsa of vrinda.^[7] Haridra (*Curcuma longa* Linn.) is katu, kapha-pittahar, raktashuddikar, shothaghana dravya having katu tiktaras, katuvipak and ushvirya.^[8] It is having ruksha gun acts for shoshan of secretions in pharyngitis. This disease mainly occurs due to vitiation of kaphadosha which settles in Mukha (Gala) Pradesh causing shotha (inflammation) of Gala Pradesh.

Ashtang Hriday^[9] has mentioned the Kawalgandush Chikitsa which provides good relief in Mukhagat and Gala rogas. It not only gives soothing effect to the throat (gala Pradesh) but also cures the symptoms^[10] like Shoth (Inflammation), Shool (pain), Aruchi (Anorexia) in a very precise manner. Gandush is a procedure in which either medicated fluid or paste of the drugs is filled in the mouth in a dosage; it is retained for specific duration and then spit out. Many other drugs are also mentioned in the contexts of treatment of diseases of oral cavity. It is a simplest method of treatment with minimal or no side effects. It is procedure by which daruharidra and trifla kwath (decoction) is taken in mouth which is shown in and it can move easily in mouth cavity and spit out after gargling.^[11] Daruharidra has Tikta, Kashaya rasa, Katu vipak, Ushna virya, Laghu, ruksha guna. It is useful in alleviating of Pitta and Kapha doshas which are the main doshas behind ekvrind samprapti. Its bark contains an alkaloid. Berberine which possess antibacterial, antioxidant and anti-inflammatory properties. Daruharidra possess shothaghana, Jwaraghna and Kapha abhishyandahara properties.^[12] Dhanwantari Nighantu said that Daruharidra has properties similar to turmeric but it is mainly useful for Karna-netra-mukha-rogas (Ear, nose, throat disorders).^[12] Trifala having katu kshaya rasatmak, ruksh gunmak, kaphaghna, sthambhan, raktashodhan and raktashaman properties.^[13] Khadiradi Vati kalp is mentioned specially for mukhrogas.^[14] Khadiradi vati is tikta kashay rasatmak, sheet viryatmak, katu vipaki, having pitta kaphghna doshaghna. By these properties it acts in ekvrinda decreasing secretions as well as soothing effect. Virechan is shodhan process commonly used for piitaj raktaj and kaphaj vyadhis. Shodhan by virechan also mentioned for chikitsa of mukhagalrogas.^[15] As ekvrinda is raktaj and kaphaj vyadhi it acts as purification of dosha and stimulates action of shaman dravyas. Role of virechan in chronic condition is very vital as doshasanchiti remains from many years. In this patient very promising results were found after shodhan by virechana. Panchtikta ghrita having tikta rasatmak, raktshodhak pittaghn and kaphghna action. So it was used for abhyantar snehpan in poorva karma of virechan. Icchabhedi ras having rechan (purgation) action used for virechan. Madhyam shuddhi was found. After completion of virechan sansarjan kram was followed.

CONCLUSION

From above case study it is concluded that ayurved has very effective remedies for total cure of chronic pharyngitis. Ayurved drugs used in this treatment are easily available. It is worth trying for longer duration in cases of chronic pharyngitis. This overall regimen did not cause any untoward effects.

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