

**A CASE REPORT OF NIMBADI ARKA KAVALA IN THE
MANAGEMENT OF TUNDIKERI W.S.R TO TONSILLITIS****Dr. Sayali Gade*¹, Dr. Suvarna Golecha²**

¹Post Graduate Scholar, Department of Shalakyatantra, Shri Vivekanand Nursing Home Ayurved Mahavidyalaya and Chikitsalaya, Shrishivajinagar Rahuri Factory, Maharashtra, India.

²Professor & HOD of Department of Shalakyatantra, Shri Vivekanand Nursing Home Ayurved Mahavidyalaya and Chikitsalaya, Shrishivajinagar Rahuri Factory, Maharashtra, India.

Article Received on 01 June 2026,

Article Revised on 22 June 2026,

Article Published on 01 July 2026,

<https://doi.org/10.5281/zenodo.21031273>

Corresponding Author*Dr. Sayali Gade**

Post Graduate Scholar, Department of Shalakyatantra, Shri Vivekanand Nursing Home Ayurved Mahavidyalaya and Chikitsalaya, Shrishivajinagar Rahuri Factory, Maharashtra, India.



How to cite this Article: Dr. Sayali Gade*¹, Dr. Suvarna Golecha². (2026). A Case Report of Nimbadi Arka Kavala In The Management of Tundikeri W.S.R To Tonsillitis. World Journal of Pharmaceutical Research, 15(13), 926-932.

This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTARCT

Tonsillitis is one of the common clinical conditions come across in ENT practice. It is an infection of the Tonsils caused by bacteria, virus, fungus etc. As per Ayurvedic classics it is considered as Tundikeri, one among the Mukhagata Rogas and characterized by Throat Pain, Dysphagia and enlarged Tonsils and occurs due to Kapha Pradhana Tridosha. Kharshana, Pratisarana, Kavala, Shirovirechana, Lepana, Kashaya pana, Pathya and Bhedana are explained for the management of Tundikeri. NSAIDs and removal of Tonsils are the main lines of treatment explained in contemporary science, however due to adverse effects like bleeding, reduction in the immune system, resistance to the drug, etc. there is a need of safe drugs. Hence to overcome this problem there is a Kriyakalpa (topical treatment) explained in Ayurveda, known as Kavala (Gargling with medicated liquid in mouth) which is cost-effective safe, and easy to perform. Hence considering all the above facts,

Nimbadi Arka which is described as the choice of treatment for Tundikeri (Tonsillitis) has been selected for the study.

KEYWORDS: Tundikeri, Kavala, Nimbadi Arka, Tonsillitis.

INTRODUCTION

Tundikeri is one of Mukhagata Rogas mentioned in Ayurveda. Acharya Susruta had included under Talugata rogas^[1] and Acharya Vagbhata had included under Kanthagata Vyadhi. It is characterized by hard swelling at the conjoining part of Hanu resembling the fruit of Karpasa associated with Kathina Shotha, Manda Ruk, Paka, Toda, etc.^[2] The treatment mentioned for Tundikeri include Lepana, Kavala, Pratisarana, Kashaya paana, Nasya, Raktamokshana and Bhedana.^[3] The symptoms of Tundikeri resemble Tonsillitis.

Arka is the unique medicinal preparation explained in Arka prakasha written by King Ravana. is mentioned as Taluroganashaka Arka in Arka Prakasha, has Nimbadi Arka been selected as the trial drug for the study.

AIMS AND OBJECTIVES

- Investigating the effect of Kavala in the management of Kanthagata Rogas
- To evaluate the effect of Nimbadi Arka Kavala in the management of Tundikeri w.s.r to Tonsillitis.

CASE REPORT

A 20 year old male patient, visited the Salakya Tantra OPD of our Ayurveda hospital. He complaints Throat pain, dysphagia and enlarged Tonsils since 1 week. CBC also assessed.

General Examination

Vital signs - Pulse: 82/min., Resp. rate: 18 /min., Temperature: 99.1 °C, Weight: 45 kg,
Pallor: Absent, Tongue: Dry, Clubbing: absent, Lymphadenopathy: Absent

Systemic Examination: CVS, CNS, RS, GIT – No abnormality.

Local Examination

•THROAT EXAMINATION

Lips-Normal

Teeth-Normal

Gums-Normal

Tongue-Normal

Buccal mucosa-Normal

Parotid Duct-Normal

Palate-Congested, Swollen Tonsils

Anterior pillar (palato glossal arch)-Redness, Congested

Posterior pillar(palato pharyngeal arch)-Redness, Congested

TREATMENT GIVEN

The patient was treated with Nimbadi Arka kavala as a local therapeutic procedure. Arka is the unique preparation, in which the essential contents are extracted from medicinal plants, metals and minerals. This is mentioned in Arka Prakasha written by King Ravana, where we come across 505 Arka preparations among which many of them are mentioned for diseases related to Eye and ENT.

The treatment was administered thrice a day for 7 days.

Symptoms such Throat pain, Dysphagia, Enlarged Tonsils were assessed before and after treatment.

CBC also assessed before and after treatment.

DEFINATION

Withholding and moving the medications in the oral cavity as per the capacity of mouth till there is Dosha Vilayana, called Kavala.

MATRA

* According to Sushruta – The Kavala is the in which a sufficient quantity of liquid medication can be made into movements in the oral cavity without any discomfort.^[4]

* According to Sharangdhara – The Kavala is the procedure in which the medicated pastes are made into movements in the oral cavity, called as Kavala.^[5]

* According to Vagbhata- The procedure in which filling the mouth with liquid or paste to $\frac{1}{2}$, $\frac{1}{3}$, or $\frac{1}{4}$ of the capacity of moth with movement of medicine inside towards the to cheeks and throat is called as Kavala.^[6]

MATERIAL AND METHODS

The raw drugs for the preparation of the Nimbadi Arka^[7] were collected.

Sl. No.	Ingredients Sanskrit Name	Botanical/ Name	Chemical	Part used	Qty req.
01	<i>Nimba</i>	<i>Azadiracta</i>	<i>indica</i> <i>A.Juss</i>	Leaves	125gm
02	<i>Vacha</i>	<i>Acorus calamus L</i>		Root	125gm
03	<i>Rasna</i>	<i>Pluchea lanceolate L</i>		Leaves	125gm
04	<i>Katurohini</i>	<i>Picrorhiza kurroa</i> <i>Royle ex Benth.</i>		Root	125gm
05	<i>Paatha</i>	<i>Cissampelos pareira</i> <i>Linn</i>		Root	125gm
06	<i>Ativisha</i>	<i>Aconitum heterophyllum</i> <i>Wall.ex.Royle</i>		Root	125gm

Course powder of Vacha, Rasna, Paatha, Ativisha and Katurohini and Fresh leaves of Nimba (Total 360gm) was added with 10 times water. This mixture was transferred to Arka Yantra and heated over 100°C. When the vapours started to come was collected in a jar. The heating was continued until siddhi lakshana of Arka was attained .1 Litre of Arka was obtained in 3-4 hours. The procedure was repeated until attaining the required quantity of Arka. Informed written consent was received from patients. Intervention of Nimbadi Arka in terms of Kavala was done for 3 times in a day for 7 days.

The parameters like pain, dysphagia, enlarged tonsils, and CBC were used for the assessment.

PRASHASTHA ARKA LAKSHANA^[8]

- Tikshna gandha (strong fragrance)
- When kept in Mruttika paatra(mud vessel) colour of Arka is same as that of the drug.
- When kept in any transparent vessel the colour of Arka should be like Shankha(conch) and Chandrama(moon-milky white)
- When kept on tongue, the taste should be that of the drug.

MODE OF ACTION

Nimba

Is having Tiktha Kashaya Rasa, Laghu Guna, Sheeta Virya and Katu Vipaka. It is Kapha Pitta shamaka. Due to Tikta rasa it is Rakta Sodhaka and helps in reducing the inflammation. Sita Virya and Laghu Guna helps in reducing the inflammation and swelling. Kapha-Pittahara

property helped to reduce inflammation. Leaves contain ingredients such as Nimbin, nimbanene, polyphenolic flavonoids are known to have antibacterial and antifungal properties. It is a well-These might be helped in reducing symptoms of Tundikeri.

Vacha

Is having Katu-Tiktha Rasa, Laghu, Tikshna guna, Ushna Virya and KatuVipaka. It is Kapha - Vata Shamaka. The lekhana and mucolytic properties of this medication are well-known. It has an aromatic and expectorant character that helps to relieve vitiated Kapha. The volatile content of Vacha has presence of Asarone which is having immunomodulatory activity, antibacterial properties. These might be helped in reducing symptoms of Tundikeri.

Patha

Is having Tikta rasa, Laghu - Tikshna Guna, Ushna Virya, Katu Vipaka and Kapha - Pitta shamaka. It is used in ulcers formed externally. Its root acts as antiseptic and useful in chronic infections. It posses bitter component, is beneficial in infections. C. pareira has yielded isoquinoline alkaloids, as well as a few flavonoids, flavonoid glycosides, and fatty acids. Crude extracts have antipyretic, anti-inflammatory, antiulcer, antibacterial, antioxidant, and immunomodulatory Tundikeri.

Rasna

Is having Tikta Rasa, Guru Guna, Ushna Virya and Katu Vipaka. It is Kapha Vata shamaka. The ethanolic extract of the aerial part of *Pluchea lanceolata* exhibited significant anti-inflammatory activity which is able to reduce oedema. These might be helped in reducing symptoms of Tundikeri.

Ativisha

Is having Tikta, Katu rasa, Laghu-Ruksha guna, Usna Virya and KatuVipaka. It is Tridosha shamaka by action. The drug is known to posses Alkaloids, Phenols, Flavonoids, Tannins, Saponins, and Carbohydrates. Carbohydrates are considered to be potential source of energy providing protection from wounding, infections. The drug is having the chemical constituent Aconitine which is having anti bacterial and anti inflammatory properties.

These might be helped in reducing symptoms of Tundikeri.

Katurohini

Is having Tikta rasa, Ruksha Laghu guna, Ushna Virya, and Katu Vipaka. It is Kapha Pitta shamaka. Picrosides are the active ingredients in the herbal plant *P. kurroa*, which have anti-inflammatory properties. These might be helped in reducing symptoms of Tundikeri.

Mode of Action of therapy Kavala

Sneha dravya, Mridu Abhyanga in Urdhwajatrugata, followed by Mridu Swedana, can help relieve pain. Swedana aids in the reduction of inflammatory processes.

The muscles of the neck and throat are relaxed during this procedure. Mridu Abhyanga and Swedana helps in dislodging the pathology. Another benefit of the Poorvakarma is – it gives strength to cheek and throat muscles to withhold the medication for longer duration. As the drug is used as Koshna (warm) the heat of the drug will cause vaso-dilatation which results in increasing blood supply to the area and which in turn helps to reduce the inflammation. Due to continuous movement it stimulates the mucosal layer, which increases production of saliva. Saliva contains antimicrobial agents such as secretory IgA and lysozymes which decreases the inflammation. It soothes the throat by forming a therapeutic barrier and drawing a large amount of fluid from the tissues in the throat area, thus washing the virus out. The complete active principles of the drug work at the site of infection since the Arka is a complete extract of the drugs. There will be a rinsing activity with the continual passage of the liquid at the tonsillar area, which will aid to destroy and wash away the bacteria. Continuous contact with the drug stimulates the salivary glands, increases secretions, and cleans the area, leaving it free of infection.

OBSERVATIONS AND RESULTS

Patient got total relief from Throat pain, Dysphagia and Enlarged Tonsils.

CBC also improved in 1 week.

DISCUSSION

The case demonstrated significant improvement in symptoms of Tundikeri (Tonsillitis) following treatment with Nimbadi Arka Kavala. Compared to conventional treatments, this Ayurvedic approach offers a curative solution with minimal risk of recurrence.

CONCLUSION

Nimbadi Arka Kavala is an effective and affordable treatment for Tundikeri(Tonsillitis). This case highlights the potential of Ayurvedic interventions in managing disorders, warranting further research through larger clinical trial.

REFERENCES

1. Sushruta, Sushruta Samhita with Nibandha sangraha commentary of Sri Dalhana and the Nyayachandrika panjika of Sri Gayadasa on nidanasthana Edited by Vaidya yadavji trikamji Acharya and P V Sharma, Choukamba orientalia; Varanasi: 2009; Nidana Sthana, p-333.
2. Sushruta, Sushruta Samhitawith Nibandha sangraha commentary of Sri Dalhancharya and the Nyayachandrika panjika of Sri Gayadasacharyaon nidanasthana Edited by Vaidya yadavji trikamji Acharya and PV Sharma, Choukamba orientalia; Varanasi 2009; Nidana Sthana, p-333.
3. Sushruta, Sushruta Samhita with Nibandha sangraha commentary of Sri Dalhancharya and the Nyayachandrika panjika of Sri Gayadasacharyaon nidanasthana Edited by Vaidya yadavji trikamji Acharya and PV Sharma, Choukamba orientalia Varanasi: 2009; Chikitsa Sthana, p-484.
4. Sushruta. Sushruta Samhita edited with Ayurveda Tattva Sandipika commentary. Edited by Kaviraj Ambikadutta Shastri. 13th Edition 2002; Chikitsasthana 40th Chapter 71th Shloka. Varanasi : Chaukhamba Sanskrita Samsthana, p.186. Sharangadhara.
5. Sharangadhara with commentary of Adhamalla's Dipika and Kashirama's Gudhartha Dipika. Edited by Pandita Parashuram Shastri Vidyasagar, 5th Edition 2002. Triteeya Khanda 10th Chapter 4th Shloka. Varanasi: Chaukhambha Orientalia. p.283.
6. Vagbhata. Ashtanga Samgraha. vol 1; 9 ed; 2005; Varanasi; Chaukhambha orientalia; sutra sthana chapter, 31: 532: 534.
7. Indradeva Tripathi, Arka Prakasha of Lankapati Ravana; 1995; Varanasi; Krishnadas Academy; Saphama Shathakam, 119.
8. Lankapati Ravana. Arka Prakasha with Hindi Tika, 1 ed; 1995; Varanasi: Krishnadas Academy, 14.