

ROLE OF GANDHAKA DRUTI PRATISARANA IN CHRONIC TONSILLITIS: A CLINICAL STUDY

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ABSTRACT

Tonsillitis is one of the major common problems amongst the children and Youngers. Ayurveda described Tundikeri which resembles Chronic tonsillitis. Ayurveda mentioned various therapeutic approaches for disease management such as Gandhaka Druti application over inflamed Tonsils. This article attempts an effort to explore principles and practices of Gandhaka Druti and article also aimed to highlights such traditional techniques correspondence to the modern research methodology. Patients were given Gandhaka Druti Pratisarana. The efficacy of the therapy was assessed with the help of parameters such as; inflammations, throat pain, fever, swallowing difficulty and cough. Pre and post treatment along with photograph was done to observe the local effect of therapy against infecting organism. The article finally concluded that the Gandhaka Druti application over inflamed tonsils may offer significant relief in Chronic Tonsillitis.

KEYWORDS: Ayurveda. Tonsillitis, Tundikeri, Gandhaka Druti.

INTRODUCTION

The infectious diseases are most common prevalence amongst the other disease in children and Youngers & upper respiratory tract infections is one of them. The upper respiratory tract infections may results inflammation on tonsils called tonsillitis. The frequent prevalence of such type of infections of tonsils affects school and college of children and youngers.

Ayurveda described Tundikeri which resembles Chronic tonsillitis. The ancient Acharyas mentioned many drugs alone or in combination to treat Tundikeri. Ayurveda also mentioned various Pralepa to treat inflammation: Gandhaka Druti is one of them used over inflamed tonsils. The results of study offer suggest significant potency of Gandhaka Druti in Chronic tonsillitis.

CASE REPORT

A 24 yrs old female patient visited to ENT opd of *Shalakyatantra* department Government Ayurved College and Hospital, Nanded on 25 September 2023 with chief complaint of inflammations, throat pain, fever, swallowing difficulty and cough. She was diagnosed as a case of Chronic Tonsillitis clinically.

Personal History

Female, 24yrs, non-diabetic, non-hypertensive patient

Diet-Nonvegetarian(mixed)

Appetite-Normal, but Difficulty in Swallowing.

Bowel-Regular

Addiction-Chocolate, ice-cream, cold drinks, junk food.

Ashtavidha Parikshana:

Nadi- Kaphapradhan rakta

Mala- Prakrut

Mutra- Prakrut

Jivha- Sama

Shabda- Swarbheda

Sparsha-Anushna

Druka-Prakrut

Akruti-Madhyama

LOCAL EXAMINATION

Patient presented with inflammation and hypertrophy of tonsils since 15 days. Presenting complaints were inflammations, throat pain, fever, swallowing difficulty and cough. Repeatedly taken treatment including Non steroidal anti inflammatory drugs, Antibiotics. but condition cured for few days and again re-episode occur after 2 month. Like this in 1 year, 4 to 5 episodes occurs. Along with hypertrophy pus pockets also developed Over Tonsils.

Treatment

After routine investigations, *Gandhaka Druti Pratisarana* i.e. *local application 2 times in day for 7 days*.

METHODOLOGY

Raw Gandhaka was collected from the market then purified.

Gandhaka Druti was prepared under the guidance of rashshala department.

Procedure

After written consent obtained from guardian of patient and through history and examination patients were asked to open the wide mouth, tongue depressor used to depress the tongue, if required. Pratisarana (painting) of tonsils were done with Gandhaka Druti using sterile probe with cotton wrapped to its one end or with ear bud separate one for each tonsil under the bright light source. Patient was advised not to take food one hour before and after the application of drug. Above procedure repeated every day 2 times for 7 days. Pre and post treatment photograph were taken.

Follow up findings

On *Gandhak druti Pratisarana* inflammatory symptoms i.e. inflammations, swallowing difficulty on very next day. throat pain, fever, cough subsided on 7th day.

Symptoms of Tundikeri (Chronic Tonsillitis).

Symptoms	0 th Day	1 st Day	7 th Day
Inflammation	+++	++	-
Cough	+++	+	+
Throat pain	++	++	-
Fever	++	+	-
Swallowing difficulty	+++	++	-

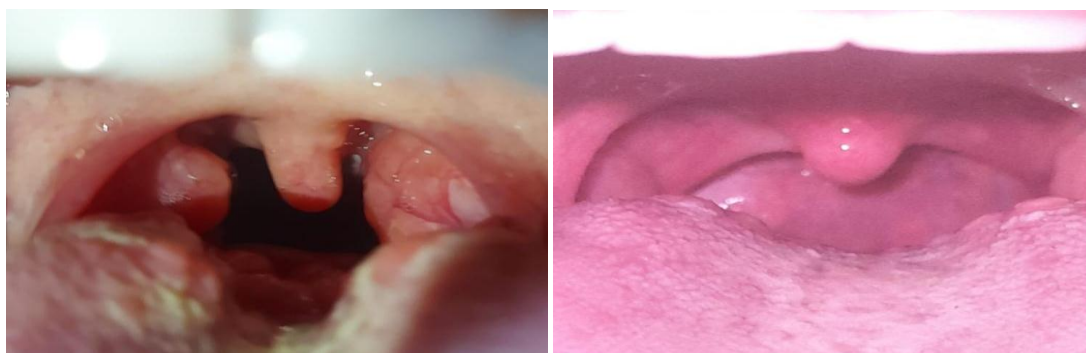


Fig. B: After Gandhaka Druti Pratisarana (Day – 7).

RESULT

After receiving treatment of *Gandhaka druti Pratisarana*, on 7th day patient got relief from Tundikeri (Chronic Tonsillitis).

DISCUSSION

Probable Mode of Action of Gandhaka Druti.

Tundikeri is a disorder of Kapha Dosha predominance. This predominant Kapha vitiates Rakta Dhatu, together cause inflammation of tonsils. Hence there are needs of treatment which will alleviate Kapha and at the same time it should not be Rakta Dushtikara too, Except Tila Tailam all the content of Gandhaka Druti has Ushna, Tikshna Guna, Kamu Rasa and Katu Vipaka. Though Tila tailam has Madura Rasa and Vipaka, it is a Sanyogvahi therefore carries the properties of the substance with which it is processed.

Katu Rasa having properties like *Mamsan Vilikhati* i.e. corrodes the muscle tissue *Shonita Sanghat Bhinnati* i.e. cleans the accumulation or other obstructions. *Margan Vivrunoti* Le, cleans and dilates the passage and alleviates kapha Dosha and protects from excessive granulation in ulcer. The substance processing Katu Rasa also has Deepana and Pachana property. They help in the radical removal of toxic substances from the body. They cause the separation of the matters obstructing the Strotas and dilate them. It kills Krimi (micro-organisms). Ushna Veerya has properties like Dahana, Pachana, Swedana, Vilayana which in effect causes Kapha Shamana.

While preparation of Druti, it is directly introduced to the fire i.e. Agnisanskara. Due to Agnisanskara there will be rise in Agni Mahabhoota and decrease in Aap and Prithvi Mahabhoota. Therefore final product will be having Laghu, Tikshnu, Sooksma and Ushna properties. The main ingredients of Gandhaka possessed the Krimigna property. These all properties of Gandhaka Druti results in Kapha Dosha Shamana and also rejuvenate Rakta Dhatu leads Samprapti Bhang which resulting Tundikeri Vyadhi Shamana.

CONCLUSION

It was concluded that *Gandhaka Druti Pratisarana* (lepa) is an effective therapy in Chronic Tonsillitis, since it possess Anti pyretic, Analgesic and Anti microbial action. It is safe, economic and easy to use. The painting procedure is done through the aid of an ear bud or any smooth stick, and hence this may cause vomiting due to stimulation of gag reflex. To get rid of this, instead of painting the medicine can be used in the form of spray. Apart from the

way of application the peculiar smell of sulphur too may cause vomiting sensation. To be free from this, the Gandha Nashana Samskara of sulphur can be carried out before preparing the Gandhaka Druti.

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