

A CASE STUDY ON ROLE OF PATHYA-APATHYA IN THE MANAGEMENT OF TUNDIKERI (TONSILLITIS)

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ABSTRACT

Tundikeri is disease of throat characterized by shotha (inflammation) resembling the shape of Karpasa phala (Cotton fruit). It can be correlated to tonsillitis, there are about 7,455,494 Cases of tonsillitis in india per year, it is prevalent both in children and adults. Apart from antibiotics, surgical removal is the only option. About 200,000 tonsillectomies are done annually in India. Modern lifestyle with changing food culture has increased this disease. Due to apathy Ahara, Vihara like seetala, Ahara, Sukta, iksurasa, maamsa having madhura amla rasa, poor oral hygiene leads to accumulation and vitiation of kapha dosha, hence causes tonsillitis. Whereas Pathya ahar vihara like ushna jala, boiled yava, kulatha, musali, which mitigate kapha are beneficial. Kashyapa Samhita has quoted no medicine is equivalent to food; It is possible to make person disease free with just proper diet. Kapha and rakta shamaka treatment was given accordingly in the present case study, according to disease kaval with triphala, haridra, yashtimadhu, triphala guggulu and Dhanvantri gutika orally along with shadbindu raila Nasya was administered. Appropriate pathyapathya is an essential part of treating disease and is the need of the hour.

KEYWORDS: Tundikeri, tonsillitis, Pathya, Apathya

INTRODUCTION

Tundikeri is disease characterized by shotha (inflammation) it is defined as according to Vagbhatta “Tundikeri is vanakarpassiphalam” which means resemble cotton fruit¹. Acharya Sushruta has described it under Talugataroga² and Acharya Vagbhatta has kept it under kanthagatropa³.tundikeri is kapha Prakopaka and rakta dusti vayadhi⁴. Kaphakara Ahara like seeta, sukta, masha, ikshu rasa, Dadhi, taking cold items and Vihara like roaming in cold climate, taking head bath with cold water as well as by not maintaining oral

hygiene, the kapha dosha gets vitiated and accumulated in the structures of mukha⁵. It is estimated that 15% of all visits to family doctors are because of chronic tonsillitis⁶.it is about out of 10 children visit doctor tonsillitis every year. The rise in incidence of tonsillectomy is the major phenomenon; around 200,000 tonsillectomies are done annually in India⁷. The Aahar-vihar which is beneficial and nutritional to the body and also give the happiness to the mind is known as Pathya and opposite to that is known as Apathya⁸

Not only children but also makes adult to feel uneasy, restless and even bed ridden. Pathya apathya plays acts tremendously in the management of Tundikeri, Pathya (kapha hara) Apathya (kapha vriddhikar), the Aahar-vihar which is acts on disease need to advised according to dosha pradhana and Prakruti of the patient, in a general life style or during treatment and after treatment plays a vital role of disease with that; Nasya is a treatment modality for urdhwajatrugata roga. Where the medicated in different forms administrated to nasal cavity, kaval is a local treatment for mukha roga.

CASE REPORT-

A 39 years female patient came with complain of difficulty while swallowing, throat pain, sore throat, headache, earache,

PERSONAL HISTORY

General condition: Average	Shabda (speech) = Normal
Nadi (pulse) = 84/min	Druka (eyes) = Normal
Mala (stool) = 2 times a day	Akruti = sthoalya
Mutra (urine) = Normal.	Bala = Madhyama
Jihwa (tongue) = Eshata saam (slightly coated)	Raktadaaba (B.P) = 120/70mm/Hg.
Agni = Jataragni mandya	

Routine investigation such as CBC, RBS were in normal range.

CLINICAL FEATURES

She was Vata-kapha Prakruti; her Vikruti dosha was rakta and kapha

POORVA ROOPA- shotha (inflammation)

ROOPA-Shula, sopho, daha, prapka inflammation and redness of palate, uvula, and pillars, lingual tonsil⁹

SAMPRAPTI-

since 1 week, she was diagnosed as a case of Acute Tundikeri (tonsilitis) based on the present clinical features.

HISTORY OF PRESENT ILLNESS

The patient was Asymptomatic 3 weeks a back, patient gradually developed symptoms like difficult while swallowing, throat pain, sore throat, headache and earache since 3 week.

HISTORY OF PAST ILLNESS

No previous H/O any other illnesses.

TREATMENT HISTORY

She took allopathic medicine Anti-inflammatory, analgesics but symptoms reoccur.

FAMILY HISTORY

All family members are healthy and No H/O severe illnesses

Due to indulging in aetiological factors (kapha rakta Ahara Vihara), Kapha dosha will get vitiated and thus vitiated dosha circulates in Siras and get localised in Mukha Pradesh as urdhwanga is the prime seat of Kapha. Thus vitiated Kapha in association with other Dosha will result in the manifestation of Tundikeri¹⁰

NIDAN SEWANA(KAPHA VARDHAKA AAHARA VIHARA)

VITATION OF DOSHA KAPHA AND RAKTA

ACCUMULATION OF DOSHA IN MUKHA PRADESHA AS URDHAWANGA IS THE PRIMARY SEAT OF KAPHA

MANIFESTATION OF TUNDIKERI

SAMPRAPTI GHATAKA¹¹

Nidana: Kapha and Rakta Prakopaka Ahara and Vihara

Dosha : Kapha, Rakta

Dushya: Rasa, Rakta, Mamas

Srotas :Rasa, rakta and mamsavaha

Agni : Jataragni, Dhatwagni mandya

Srotodusti: Sanga and granthi

Roga marga: Bahya

Udbhava sthana: Amashaya

Adhistana: Antarmukha

TREATMENT PROTOCOL

Tundikeri is kapha and rakta predominant, so kapha pitta hara treatment was chosen. the patient was advised to avoid Apathya, details of the procedure is shown in the below table-

Poorva karma	Ksheera bala taila abhyanga and hot water swedana
Pradhana Karma	Nasya with Shadbindu taila 8 drops in each nostril
Paschata Karma	Dhoomapana followed by kaval with Yashtimadhu ,triphala and haridra

TABLET- triphala guggulu 2BD after meal

TABLET-dhanvantri 2BD after meal

PATHYA APATHYA¹²

PATHYA	APATHYA
Gargling (Gandoosham and Kavala)	Dadhi (curd)
Inhalation of medicated smoke (Dhoomapana)	Sleeping during day (Divaswapna)
Taptambu (boiled water)	Sour taste (Amla rasa), fish (Matsya)

TREATMENT DURATION-

7 days Nasya and Dhoomapana for 1 sitting given,15 days orally medication was given.



NASYA



DHOOMPANA

RESULT-

→First 2 days of treatment, she followed Pathya and avoided apathya, but on 3rd day she took cold water and watermelon (apathya) that aggravates her sings and symptoms

→4th day she again follow Pathya

→5th day after monitoring symptoms was reduced again

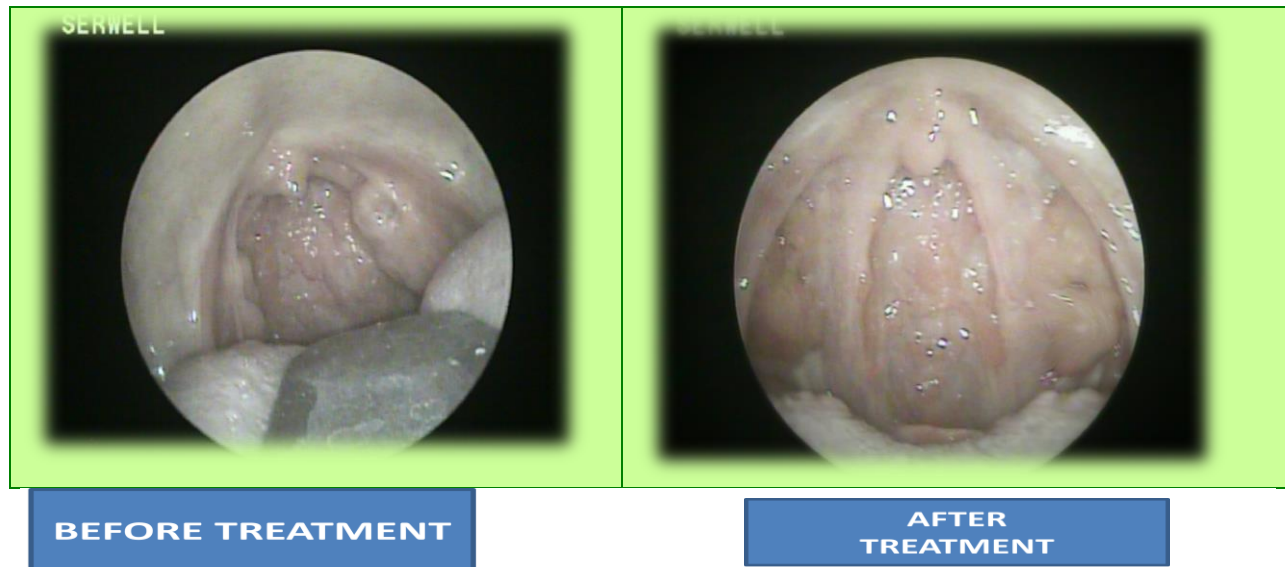
→On 6th day there were no recurrence of pain and inflammation during treatment

→On last day of treatment her symptoms were reduced she was able to swallow food properly, throat pain, was subside

→1st follow up 50% signs and symptoms were reduced

→2nd follow up 90% signs and symptoms was subside.

OBSERVATION AND RESULT



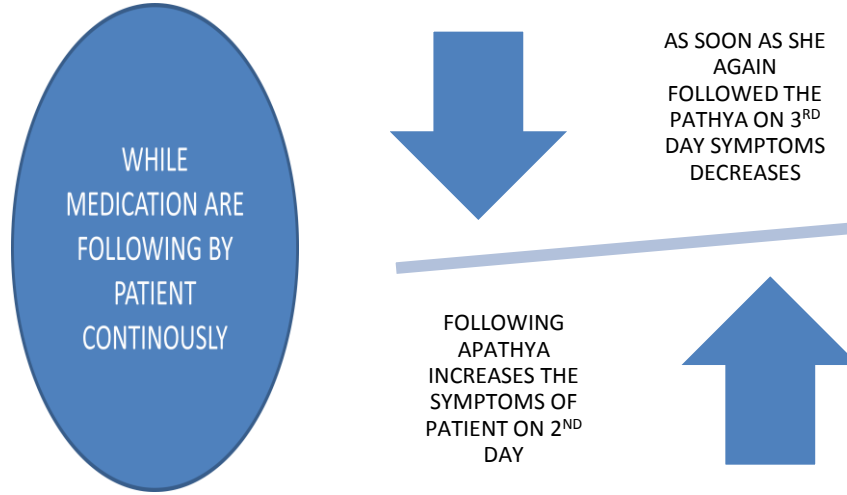
DISCUSSION

In our classical texts Tundikeri has been described under the mukharoga (diseases of oral cavity), Tonsillitis is the inflammation of the tonsils two oval shaped pads at the back of the throat. Tundikeri can be correlated with tonsillitis as both the terminologies have similar features like Pain and Burning sensation in throat (Ruk, Daha), Prapka (suppurative inflammation), Shopha (Enlarged tonsils) etc^{13,14,15}. Manifestation of symptoms and its severity depends on its extent of involvement of Dosha-Dushya Sammurcchana, Pathya Apathya Ahara Vihara .The line of management starts with Nidana Parivarjana . Factors like cold water

and foods, dust, smoke, food habits and daily regimens further aggravate the condition. Though the disease is Kapha and Rakta predominant, so treatment was adopted accordingly. Nasya with shadbindu taila absorbed by nasal cavity and oral mucosa due to its anatomical condition and eliminates the vitiated kapha¹⁶, reduces headache and acts as an anti-inflammatory and antimicrobial action. Kavala is one among the treatment modalities mentioned for Mukha roga haridra to expel kapha, as well as to open blood vessels in order to improve blood circulation¹⁷ Turmeric is an anti-inflammatory, antimicrobial, antioxidant, and anti-neoplastic properties¹⁸.

Triphala is classified as a *Tridosha rasayana*, meaning that the energetic are appropriate for *Vata*, *Pitta*, and *Kapha* or all types of patients. Charak describes *rasayana* as having the qualities of supporting strength and immunity¹⁹. *Yastimadhu* is a pitta hara property. *Triphala guggulu* reduces pain. *Dhanvantri gutika* is used in jawarahara, kapha hara, and reduces

allergy and have antimicrobial property²⁰. The *Aahar-vihar* which is beneficial and nutritional to the body and also give the happiness to the mind is known as *Pathya* and opposite to that is known as *Apathya*²¹. Here after taking medicine also patient unfollow the *Pathya* suddenly aggravates her symptoms, refollowing *Pathya* subside the symptoms again.



CONCLUSION

Pathya *apathya* plays a vital role in this trending disease, mode of action of medicine depends on *pathya* *apathya*, *pathya* *apathya* is the preventive measure of disease caused by doshik imbalance. *pathya* helps in soften the srotasa and dosha alliviation, prevention is better then cure in oder to avoid surgery we can cure disease in initial level. As *pathya* *apathya* is synonyms of treatment.

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