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AN AYURVEDIC MANAGEMENT OF THUNDIKERI (CHRONIC TONSILITIS)-CASE REPORT

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ABSTRACT

Thundikeri compared with tonsilitis mentioned by susrutha in talugata roga and Vagbhatacharya in kanta roga. The recurrent attack of tonsilitis make disease chronic and timely treatment is essential.The conventional line of treatment of thundikeri includes use of antibiotics and tonsillectomy.To over come this we have pratisaraniya kshara karma.Kshara has the property of bedana and lekana and help to reduce the inflammation.

KEY WORDS-*Thundikeri,kshara karma,tonsilitis*

INTRODUCTION

Tonsilitis,or inflammation of tonsils is a common disease which effects the children and young people and make up 1.3% of opd visits.It is predominantly result of a viral or bacterial infection.In acute tonsilitis patient may suffer sore throat ,fever,dysphagia.Reapeated occurences may lead to chronic tonsilitis which impact severly on patient's life.Chronic tonsilitis may be a complication of acute tonsilitis.Pathologically,micro abscess walled off by fibrous tiuressue have been seen in lymphoid follicles of tonsils.

Thundikeri is one among urdha jatrugata roga mentioned by Susrutha in talugata roga and Vagbhatacharya in kanta roga.Susrutha mentioned that it is due to vitiation of kapha raktha and resembles karpasa phala situated at talu.It is a bhedya Sadhya roga and drugs like shothahara,kapha raktha hara,Vedana hara can be used for its treatment.

The recurrent attack of tonsilitis make disease chronic and timely treatment is essential.The conventional line of treatment of thundikeri includes use of antibiotics and tonsillectomy.To over come this we have pratisaraniya kshara karma.Kshara has the property of bedana and lekana and help to reduce the inflammation.

Basic information of the patient
Age: 33 years
Gender: Male
Religion: Hindu
Occupation: Business
status: Middle class

CHIEF COMPLAINTS

C/O throat pain,cough and difficulty in swallowing since 15 days

ASSOCIATED COMPLAINTS

C/O ,anorexia and mild pain in neck since 15 days

History of Present Illness
Patient was apparently normal 6 years ago, gradually developed fever, throat pain, cough took antibiotic therapy and got relief, but had on and off symptoms, since 15 days the symptoms aggravated could not find any relief , so for further management he consulted Shalakya tantra opd of sdm hassan

PAST HISTORY

No/Ho/ DM, Asthma, Tuberculosis
Drug History or Medical history
Nothing specific
-systemic examination
Respiratory system, Cardiovascular system, Gastro intestinal system, Central nervous system and Musculoskeletal system has shown no abnormality.

Soft palate	Congestion
Movement of soft palate	Normal
Uvula	Congestion
Tonsils	Right -Congestion-+++
	Left-++

TONSILAR HYPERTROPHY GRADING SCALE

Tonsils fit within tonsillar fossa	Grade-0
Tonsils <25% of space between pillars	Grade-1
Tonsils <50% of space between pillars	Grade-2
Tonsils <75% of space between pillars	Grade-3
Tonsils >75% of space between pillars	Grade-4

GALA TODA

Signs And Symptoms	Grade
No Pain in Throat	0
Mild Pain in Throat	1
Moderate Pain in Throat	2
Severe Pain in Throat	3

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GALA DAHA

Signs And Symptoms	Grade
No Burning Sensation in Throat	0
Mild Burning Sensation in Throat	1
Moderate Burning Sensation in Throat	2
Severe Burning Sensation in Throat	3



DISCUSSION

The word meaning of pratisarana is gharsana/rubbing.Here pratisarana of palasa kshara is performed over tonsils..
Palasha -lekhana,shodha hara,kapha -raktha hara
Ksharaneeya Dravya and lekhana property-act as chemical cauterizing agent over tonsils.
Chedana,bhedana-size of tonsils decrease.
Ushna guna-minute burns and coagulation of micro lymphoid tissues,reduces intra cellular space and aggregates lymphoid tissue and reduce the size of tonsils.

RESULT

Complete reduction in size of enlarged tonsils was observed on 2nd day. Along with pain ,irritation of throat also reduced.With a follow up period of 6 months patient didn't had even a single time sore throat.

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