

AN AYURVEDIC MANAGEMENT OF *TUNDIKERI* (TONSILLITIS) IN THE CHILDRENDr. Rahul Singh^{1*}, Dr. Prof. Keerti Verma² and Dr. Gopal Teotia³^{1,3}P.G. Scholar, Dept. of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.²Professor & HOD, Dept. of Kaumarbhritya, Rishikul Campus, UAU, Haridwar.***Corresponding Author: Dr. Rahul Singh**

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ABSTRACT

Intermittent contaminations effectsly affects typical development and advancement of the kid. Tonsillitis is the aggravation of the tonsils two oval formed cushions at the rear of the throat which are resistant frameworks first line of safeguard. Tonsillitis hampers the personal satisfaction because of its intermittent assaults. Tonsillitis is exceptionally normal in pediatric practice. There are around 74,55,494 instances of Tonsillitis in India each year. Current medication gives indicative alleviation however doesn't check the repeat and furthermore has incidental effects. Additionally, ongoing conditions are frequently treated by tonsillectomy which likewise has its own difficulties/downsides. In this way, there is a need to discover a protected and powerful cure which diminishes the manifestations as well as builds prosperity. It tends to be followed by unsheathed fortune of Ayurveda. Tonsillitis can be correlated with *Tundikeri* in Ayurveda. *Tundikeri* is brought about by *Agni mandya*, *Kapha* and *Rakta dosha* because of inappropriate eating routine, helpless oral cleanliness and stationary way of life. Ayurveda gives distinctive treatment modalities to fix sicknesses. This paper is an endeavor to feature the clinical image of *Tundikeri* and its administration through Ayurveda.

KEYWORDS: Inflammation, *Kapha Rakta Dosh*a, Tonsillitis, *Tundikeri*.**INTRODUCTION**

Tundikeri the infection is regularly seen during occasional changes and it ordinarily happens during youth. *Acharya Sushruta* is quick to depict the infection *Tundikeri*. As indicated by him *Tundikeri* is referenced under *Talugata Roga* in *Sushruta Samhita*. It is showed as an expanding in *Talu* related with consuming sensation and decay. *Acharya Vagbhata* has referenced the illness "*Tundikerika*" as happens in the *Hanu Sandhi Pradesha*. Hence the infection "*Tundikeri*" happens in the *Talu Pradesha* of *Mukha* and as per *Acharya Vagbhata* it happens in *Kantha Pradesha* of *Mukha*, the survey of *Mukha* with exceptional spotlight on *Talu* and *Kantha* are important.

Tonsillitis is normal in kids and youthful grown-ups. Around 2,00,000 Tonsillectomies are acted in India per year.^[1] It is portrayed by Sore throat, fever, dysphagia, ear hurt, discomfort, loss of craving, hack, halitosis. It can happen as intense or constant. Refrigerated things, cold drinks, helpless cleanliness can exacerbate tonsillitis, whenever left untreated it can prompt different complexities like stifling spells around evening time, intense otitis media, peritonsillar ulcer, parapharyngeal sore, tonsilloliths, rheumatic fever.^[2] It very well may be associated with *Tundikeri* based on old style symptomatology in Ayurvedic messages. Ayurveda is

the most established arrangement of medication dependent on interminable laws of nature. Utilization of natural prescriptions is expanding step by step as there is no incidental effect or poisonousness and are likewise practical. *Tundikeri* happens because of *Kapha prakopa* and *Rakta dushti*,^[3] and *Doshas* are arranged in *Talu* and *Kantha Pradesha*. Medications having *Lekhan*, *Shothahar*, *Sandhaniya*, *Ropan*, *Rakta stambhan*, *Vedna sthapan* and *Pitta Kapha shamak* properties should be ideal for the treatment of Tonsillitis.

Derivation

Tundi - This word is gotten from the root "*Tung*" which signifies "Snout" and afterward it is suffixed from "*Ana*" which brings about the current word "*Tundi*". The significance of *Tundi* being Beak, Snout, *Bimbi*, Cotton spice, expanding of umbilicus.

तुण्डीकेरी समुद्रान्ता कार्पासी बदरेती च ।

तुण्डीति ॥ तुण्डीकाञ् शरीराणि ईर्यति । ईर् गति प्रेरणयोः । कर्मण्यम् ॥

Meaning

Tundikeri implies *Vana Karpas Phala* (*Gossypium herbacium*).

तुण्डीकेरी कार्पास्याम् वनकार्पासीफलं संनिभम् । तत् फलानुकारी शोथः ।

The infection or the *Shotha*, which seems like that of cotton fruit.

Definition

शोफः स्थूलस्तोददाह प्रपाकी प्रागुक्ताभ्यां तुण्डिकेरी मता तु ॥

As per *Acharya Sushruta Tundikeri* is the illness brought about by the vitiation of *Kapha* and *Rakta* and portrayed by *Shotha* (expanding), *Toda* (pricking kind of agony), *Daha* (burning sensation), *Prapaka* (Suppuration).

हनुसंध्याश्रितः कण्ठे कार्पासीफलसन्निभः ।
पिच्छिलो मन्दरूक् शोफः कठिनः तुण्डीकेरीका ॥

As indicated by *Acharya Vagbhata*, *Tundikeri* have the state of *Karpasiphala* and its area is *Hanusandhi Ashrita Kantha* (base of the temperomandibular joint). It is *Pichchhila* (Slimy), *Manda Ruk* (Mild torment) and a firm expanding.

The depiction given by *Acharya Sushruta* takes after the intense phase of tonsillitis where as the definition by *Acharya Vagbhata* is highlighting likely the constant phase of tonsillitis.

Etiology

Microbes like Hemolytic streptococcus, Staphylococci, Pneumococci or H. Influenzae.^[4] Infection like Adenovirus, Rhinovirus, Influenza An infection, Para flu infection, Epstein bar infection are some potential micro-organisms causing Tonsillitis.

Nidana of Mukh Rogas

There is no particular *Nidana* depicted for the sickness *Tundikeri* in works of art. Yet, there is a reference of the overall *Nidana* of *Mukha Rogas*. So the *Samanya Nidana* for *Mukha Rogas* can be said in this specific circumstance. Since *Tundikeri* is the sickness of either the *Talu* or the *Kantha*, which are the pieces of *Mukha*. The causative elements for *Mukha Rogas* are given beneath:

Subtleties of *Nidana* of *Mukha rogas* are referenced in Table 1.

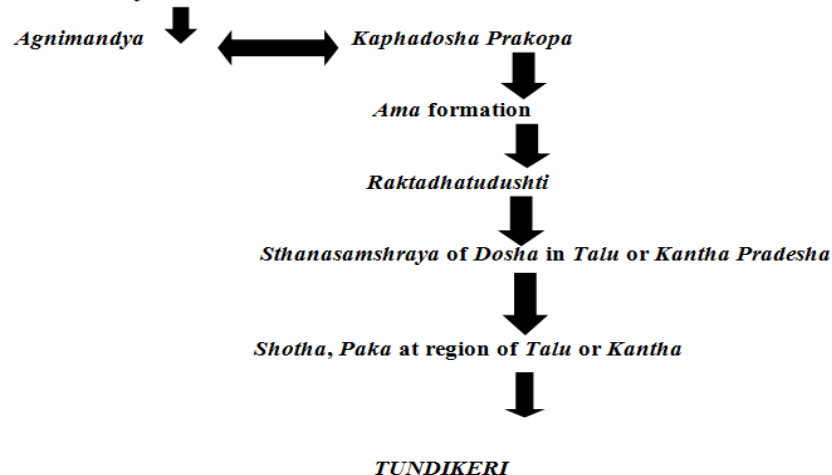
Sr. No.	Samhita	Aaharaja nidana	Viharaja nidana
1.	<i>Ashtanga hridaya</i>	Excessive intake of <i>Matsya</i> (fish), <i>Mahisha Mamsa</i> (buffalo'smeat), <i>Varaha Mamsa</i> (pig's meat), <i>Amalaka</i> , <i>Mulakam</i> (raw radish), <i>Masha</i> (black gram), <i>Dadhi</i> (curd), <i>Kshira</i> (milk), <i>Shukta</i> , <i>Ikshurasa</i> (sugarcane juice) and <i>Phanita</i> .	Excessive indulgence in <i>Avak Shayya</i> (sleeping in prone position), <i>Dwishato Dantadhavana</i> (improper dental hygiene), <i>Dhuma</i> (improper <i>Dhumapana</i>), <i>Chhardana</i> (improper vomiting), <i>Gandusha</i> (improper gargaling), <i>Siravyadha</i> (improper venesection).
2.	<i>Madhavnidana</i> , <i>Bhava Prakash</i> , <i>Yog Ratnakar</i>	Excessive intake of <i>Aanuppishit</i> , <i>ksheer</i> , <i>dadhi</i> , <i>matsya</i> .	

Samprapti

Ill-advised oral cleanliness either because of admission of unnecessary *Madhura*, *Amla*, *Lavana Rasa* prevailing *Ahara*, *Snigdha*, *Abhishyandi Ahara*, Improper oral

cleanliness, or dozing in inclined position causes *Agnimandya*, *Kaphadosha Prakopa* and *Rakta Dushti*. This prompts *Sthana Sanshraya* of *Doshas* in *Talu* or *Kantha Pradesha* and lead to *Tundikeri roga*.

Aharaja Nidana - Viharaja Nidana



Samprapti-ghataka

Dosha: Kapha (According to Acharya Vagbhata)

Kapha Rakta (According to Acharya Sushruta)

Dushya: Rasa, Rakta, Mamsa

Srotasa: Rasavaha, Raktavaha, Mamsavaha

Agni: Jatharagni, Dhatvagni Mandya

Srotodushiti: Sanga

Roga Marga: Bahya

Udbhava Sthana: Amashaya

Adhithana: Mukha, Hanusandhi

Vyaktisthana: Talu or Kantha

Clinical Features Of Tundikeri^[5,6]

- Toda (Pricking Pain)
- Daah (Burning Sensation)
- Paak (Suppuration)
- Shopha (Inflammation)
- Sore throat
- Enlarged delicate lymph nodes

Sadhyasadhya

Acharya Sushruta has said just Talu Arbuda is Asadhya among Talu Rogas, all others are Sadhya Rogas.

Acharya Vagbhata has likewise said Tundikeri to be

among the Sadhya Rogas. None of the later Acharyas have said Tundikeri as Asadhya. Consequently Tundikeri is a Sadhya Roga.

Ayurvedic Management

Ayurveda is a study of life which gives therapeutic as well as preventive standards for sound life. Ayurvedic treatment targets taking out pollutions, lessening side effects, boosting insusceptibility, decreasing pressure and expanding amicability throughout everyday life.

Nidana parivarjan

Intends to keep away from the causative variables of the disease.^[7] It is the principal line of treatment of any illness. Tonsillitis shows because of Kapha prakopa, Agnimandya, Rakta dushti. So all the Kapha Rakta pakopaka and Agnimandya karak aahar vihar ought to be kept away from in Tonsillitis.

Ayurveda has distinctive treatment modalities for the administration of infections like:

Antah parimarjan chikitsa, Bahi parimarjan chikitsa, Shastra pranidhan chikitsa.^[8]

A. Antah parimarjan chikitsa

Sanshodhan karma referenced by various Acharyas are given in Table 2.

Sr. No.	Acharyas	Shodhan karma
1.	Charaka	Dhumpana, pradhaman nasya, virechana, vaman, langhan.
2.	Sushruta	Dumpana, Gandusha, Kawala, Pratisarana.
3.	Vagabhatta	Raktamokshana, Nasya, Gandusha.
4.	Yogratnakara	Raktamokshan.

Sanshaman

In the light of above conversation, Drugs having Lekhan, Shothahar, Sandhaniya, Ropan, Rakta stambhan, Vedna sthapan and Pitta Kapha shamak properties should be ideal for the treatment of Tonsillitis.

Subtleties of *Sanshaman Aushadh yoga* are referenced in Table 3.

Sr. No.	Kalpana	Sanshaman Aushadh Yoga
1.	Churna	Pippalyadi churna, Tejovatyadi churna, Kalak churna, Peetaka churna, Mridwikadi churna.
2.	Vati	Yavagrajadi vatika, Kshar gudika, Shiva gutika, Kshar gutika, Panchkola gutika, Kanchnar Guggul, Yavaksharadi Vati.
3.	Kwatha	Darvyadi Kashaya, Katukadi Kashaya, Dashmoola Kwath, Patoladi Kwath, Panchavalkala Kashaya, Daruharidra, Nimba, Rasanjana, Indrayava with Madhu.
4.	Bhasma	Tankana Bhasma, Sphatika Bhasma.
5.	Rasa	Kumar Bharana Rasa, Amalapittantak Rasa, Mahalakshmilasa Rasa, Praval Panchamrita Rasa.
6.	Ekal dravya	Daruharidra, Haritaki, Nimba, Mustaka, Ativisha, Patha, Kutaki, Vacha, Kanchanara, Shunthi.

B. Bahi parimarjan chikitsa

Bahi parimarjan chikitsa incorporates- Kawala, Gandusha, Pratisarana and so on The Bahi parimarjan Chikitsa Karma and Aushadh Yoga are referenced in Table 4.

Sr. No.	Chikitsa Karma	Aushadh Yoga
1.	Kawala	Tankana bhasma, Haridra Kashaya, Vacha, Atis, Patha, Rasna, Kutki, Neem Kashaya.
2.	Gandusha	Triphala, Trikatu, Yavakshara, Daruharidra, Chitraka, Rasanjana, Nimba, Saptachadadi Gandusha kashya.
3.	Pratisarana	Marich, Atis, Patha, Vacha, Kushtha, Arlu, Saindhav lavan and Madhu, Tankana and Madhu, Sphatika and Madhu, Apamarg kshar and Tankana kshar, Peetaka choorna and Pravala bhasma.

C. Shastra pranidhan chikitsa

Acharya Sushruta has portrayed treatment of the *Tundikeri* according to line of treatment for *Galashundika*. The medicines pushed by Acharya Sushruta are both careful *Bhedana* (Incision) and *Chhedana* (Excision).^[9]

Pathya Apathya

In the event that you Feed your body with good food sources medication will presently don't be required.^[10]

Acharya Kashyapa has investigated the restorative capability of *Aahar* and expressed it as "*Mahabhaishajya*".^[11]

Along these lines, there is a major extent of using Ayurvedic way to deal with fix just as to forestall infections for a quality life.

As per Yogaratnakara Pathya-Apathya in Mukha rogas are as follows^[12]

Pathya

Ahara: Trinadhanya, Yava, Mudga, Kulattha, Jangala Mamsa Rasa, Karvellaka, Patola, Karpurajala, Ushna Jala, Tambula, Khadira, Ghrita and Katu Tikta Dravya.

Vihara: Swedana, Virecana, Vamana, Gandusha, Pratisarana, Kawala, Raktamokshana, Nasya, Dhumapana, Shashtra and Agnikarama.

Apathya

Ahara: Amla Rasa Dravyas, Abhishyandi Ahara, Matsya, Dadhi, Kshira, Guda, Masha, Ruksha Kathina Padartha and Guru Ahara.

Vihara: Diwaswapna, use of Shitala Jala, Adhomukha Shayana and Snana.

DISCUSSION

Repetitive assaults of infection like tonsillitis influences the typical development and advancement of a youngster and may prompt different wellbeing dangers. Tonsillectomy puts a straight forward assault on Respiratory and Gastro intestinal parcel. Tonsils are the sentinels of the oral cavity. Anti-infection agents doesn't check the repeat just as chronicity of the sickness.

Ayurveda is a study of daily routine and life span that has changed the experiences of innumerable individuals for in a real sense millennia. Ayurvedic the executives will be useful in assuaging the old style side effects of *Tundikeri roga* with *Sanshodhan*, *Sanshaman* and *Shastra Chikitsa*.

CONCLUSION

Tundikeri can be restored by appropriate treatment followed by solid eating regimen and keeping up with oral cleanliness, diminishing the odds of tonsillectomies. Tonsillitis has unfriendly impact on development and advancement of the youngster. Treatment standards in ayurvedic writings can be changed over to standard standards for the better comprehension of Tonsillitis. Above article shows distinctive treatment modalities from Ayurvedic messages which can be utilized to treat tonsillitis. Need of great importance is to foster a comprehensive way to deal with address the issue of Tonsillitis and its treatment according to Ayurveda to stay away from future wellbeing risks and for a solid way of life.

The three treatment modalities will assist with giving administration in a simply normal manner with no incidental effects as said-"Ayurvedic medicines consistently yield side advantages, not incidental effects".

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