

COMBINED THERAPEUTIC EFFECT OF DIFFERENT KALPANAS OF  
YASHTIMADHU IN PHARYNGITIS – A CASE STUDYSharma Ankit<sup>1\*</sup> and Chauhan Vikas<sup>2</sup><sup>1</sup>Assistant Professor, Department of Shalaky Tantra,<sup>2</sup>Associate Professor, Department of Kayachikitsa, Prakash Institute of Ayurvedic Medical Sciences & Research  
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**ABSTRACT**

Pharyngitis is an inflammatory condition of mucosal and sub mucosal tissue of throat which is extremely common in autumn and spring. It is quite painful and most common cause of a sore throat of general population. It can be correlated with *Rohini*. **Methods:** A 16 year old male patient presented with complaints of sore throat, dysphagia, alteration of voice & dry cough since last 3 months in shalaky OPD of Prakash hospital, Management done on OPD basis. Treatment chosen was *Yashtimadhu ghan vati* orally, *yashtimadhu kwath (kavala)*, *yashtimadhu pratisarna*. **Results:** There was marked improvement in symptoms like dry cough, dysphagia, sore throat, alteration of voice with the treatment of 1 month. **Conclusion:** Significant result was observed with this treatment protocol of pharyngitis.

**KEYWORDS:** Pharyngitis, *Yashtimadhu*, *Pratisarna*, *Kavala*.**INTRODUCTION**

Pharyngitis is a common disorder in adult and children. Recurrent pharyngitis causing repeated use of antibiotic agents and absence from school or work. In prospective family study 16 % of adults and 41% of children reported as illness with sore throat over a 1 year time.<sup>[1]</sup> In today era limitation of allopathic treatment in the area of recurrent and chronic type of disorder draws focus towards *ayurvedic* line of treatment. Pharyngitis can be compared with a disease *Rohini* mentioned in 17 disease occurring in *kanthapradesh*.<sup>[2]</sup> Out of the 17 disease like *Rohini*, *Ekvrinda*, *Vrinda*, *shataghani* and *galaugha* seems to be represent a particular group of disorder indicating towards inflammatory pathologies. This disease mainly occurring due to vitiation of *rakt & kapha dosha* which settles in *gala Pradesh* causing *sotha* (inflammation of *gala Pradesh*) and *shool* (pain), associated *lakshana* of this disease includes *daha* (burning), *Gaurav* (discomfort of throat). To get rid of such painful disease, Classics has mentioned *kawala*, *pratisarna*, internal medication, which are free from side effects and rather safe in use. *Yashtimadhu* used as *kanthya Asuadhi* in our classic since more than 4000 years. It has been described as *kaphanissaraka* (expectorant), *kanthya* (good for throat), antimutagenic, anti-oxidant activity and *nadibalya* (nervine tonic), anticonvulsant.<sup>[3,4,5]</sup> Liquorice is also an anti-pyretic, anti-inflammatory and a wound healer medicine.<sup>[6]</sup> Pandit Bhavamishra has written that liquorice improves

the complexion, relieves problems of the eyes<sup>[7]</sup> and acts as spermatogenic,<sup>[8]</sup> antacid agent and also an effective general tonic as well as anticonvulsant. In this study we used *Yashtimadhu Kawala*, *pratisarna* & *ghan vati*.

**CASE REPORT**

A 16 year male patient came in OPD of *shalaky tantra* department of Prakash hospital complaining of sore throat, dysphagia, alteration of voice & dry cough since last 3 month on 17/8/2021. Patient has a PASR history of suffering from aggravation of the same since 4 years on every seasonal change. Patient was taking allopathic treatment using NSAIDS drugs with only temporary relief in dry cough, sore throat but patient complaints did not get satisfactory result and symptoms aggravated in every spring and autumn season for 3 years. So patient came to our hospital and was treated with *yashtimadhu ghan vati*, *yashtimadhu churna pratisarna*, *yashtimadhu kwath (kawala)*. No other significant past history was noted according to patient statement.

**Personal History****Table 1:**

Diet	Vegetarian
Appetite	Moderate
Bowel	Regular(1 time/day)
Micturation	Normal(5-6 times/day)
Sleep	Disturbed
Addiction	Tea(2 times/day)

**Ashtavidha Pariksha****Table 2:**

Sr no.	Sthan	Lakshan
1	Nadi	Pitta kapha pradhana
2	Mala	Prakruta
3	Mutra	Samyak pravrutti
4	Jihwa	Sama
5	Sabda	Aspashtha
6	Sparsha	Ushna
7	Drik	Prakruta
8	Akruti	Madhyama

**Local Examination**

- Congestion of Posterior wall of Pharynx
- Encorgement of vessels
- Increased mucous secretion
- Uvula elongated and having mild hypertrophy
- Tonsil-Normal
- Ear-No any abnormality found
- Nose- Pale nasal mucosa

**Systemic Examination**

- General condition of patient is moderate.
- Pulse rate – 82/min
- B.P. - 124/78 mmhg
- No pallor
- Weight- 56 kg
- Height-158cm
- RS- B/L - clear, AE-B/L symmetrical, No wheeze, No Ronchi
- CVS – S<sub>1</sub>S<sub>2</sub> normal, No abnormal sound
- CNS – Conscious oriented

**Treatment Given****Table 3:**

Sr No.	Medicine	Dose	Anupaan	Duration
1	Yashtimadhu kwath	Kawala/twice in a day	Lukewarm water	30 days
2	Yashtimadhu Ghan vati	500mg/BID	Lukewarm water	30 days
3	Yashtimadhu churna	3gm As a pratisarna	Madhu	15 days

**Pathya – Apathya:** Patients was strictly advised not to take ice cream, cold drink, chocolates, fast food, fermented food, spicy food, sour food items like pickle curd etc. or any color chemical containing items. Patient advised to take steam inhalation through mouth two times a day with plain water intake of lukewarm water for the whole day as a routine.

**Assessment**

The improvement in the patient was assessed mainly on the basis of relief in the cardinal sign & symptoms of the disease. To assess the effect of treatment all the sign & symptoms were given scoring depending upon their severity as below.

Symptoms	Before Treatment	After 15 days	After 30 days
Dysphagia	+++	+	Nil
Dry cough	+++	++	Nil
Sore throat	+++	++	Nil
Altered voice	++	+	Nil
Redness in throat	+++	+	Nil

**Before Treatment****After Treatment****DISCUSSION**

Ashtang Hridaya has mentioned the *kawala gandush Chikitsa* which provides good relief in *Mukhagat* and *Gala rogas*.<sup>[9]</sup> Acharya sushruta mentioned line of

treatment for *rohini* as *pratisarna, kawaladharna, nasya* and internal medication with ayurvedic formulation. According to *Ashtanga Hridaya Kawal grahan* gives good relief in *Manya sthambha, Shiro roga, Karna roga,*

*Mukha roga Netra roga, Lalasrava, Kantharoga, Mukha sossa, Hrilasa, Tandra, Aruchi and Pratishyaya rogas.*<sup>[10]</sup> It not only gives soothing effect to the throat but also cures the symptoms like *Shotha* (Inflammation), *Shoola* (Pain), *Aruchi* (Anorexia) in a precise manner.<sup>[11]</sup> Among these *kawaladharna, pratisarna & ghan vati* of *yashtimadhu* used in this case. *Acharya sushruta* mentioned that in all *mukhagata rogas* there is predominantly vitiation of *rakta* and *kapha dosha* *yashtimadhu* pacifies *rakta dosha* and help soothe the throat through *madhura rasa* and *sheeta virya* properties through *pratisarana* with honey lead to *shodhana* (decrease the size of follicles) and *ropana* of throat to effective in the treatment of sore throat, dry cough through decrease irritation and produce expectorant effect.

*Yashtimadhu* is mentioned in *kanthya dshemani* so *yashtimadhu ghan vati* was specially indicated for voice and throat disorders. Analgesic & anti-inflammatory property of *yashtimadhu* will reduce the inflammatory process in throat and antibacterial & antiviral activity arrests the secondary infection and prevent recurrence of the disease. *Yashtimadhu churna* is *Madhura sheeta dravya*, acts as *Swarya, Kanthya, kandughna, shonitasthapana, shothaghna.*<sup>[12]</sup> *Yashtimadhu churnas* shows anti-inflammatory, anti-pyretic and anti-exudative activity.<sup>[13]</sup> All these factors will ultimately lead to relieve in symptom of pharyngitis. No adverse or toxic effects were observed during the case study and after the treatment.

*Yashtimadhu* has been used in medicine for more than 4000 year. According to Ayurveda text it is *vata* and *pitta shamaka* and used in the treatment of all type of wound and inflammation.

In various type of *vrana* *Acharya charak* has advocated the use of this drug in *vataj* and *raktaja* diseases at various places and to increase *bala, varna, swar*. In *sushruta samhita*, its description is available at so many places as its painkiller effect following operation and in various surgical and medical diseases.

*Glycyrrhiza glabra* Linn. has the following experimentally and clinically proved activities

#### Experimentally Proved

- Anti-Bacterial activity      Anti hepatic toxic activity
- Anti-Fungal activity        Anti-viral activity
- Anti-Ulcer activity         Estrogenic activity
- Immune stimulatory        Anti hemorrhoid activity

#### Clinical Proved

- Anti-ulcer activity
- Anti-asthmatic activity
- Anti hepatic toxic activity
- Eczema and Psoriasis, herpes simplex

#### Probable mode of action

*Yashtimadhu* contain glycyrrhizine and asparagine as active ingredient glycyrrhizine is saponin widely used as an anti-inflammatory agent, asparagine is type of amino acid and act as analgesic (natural painkiller) and anti-inflammatory. Pain is reduced due to *vedana shaman* effect of *yashtimadhu* local application without using any antibiotic or pain killer. Its does not only control the pain but also act as *vatahara pitta shamak, dahashamak stambhan* in *vrana*.

#### CONCLUSION

This case study report conclude that effect of *yashtimadhu kawala, pratisarna, yashtimadhu ghan vati* offers excellent result in the treatment of pharyngitis. This protocol should be evaluated in more number of patients for its scientific validation.

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