

A LITERARY REVIEW ON AYURVEDIC CONCEPT OF *TUNDIKERI* (TONSILLITIS)

^{*1}Dr. Harish Kumar and ²Dr. Umesh Kumari

¹Assistant Professor, Department of Kaumarbhritya, Shri Satya Ayurvedic Medical College and Hospital Moradabad UP.

²Assistant Professor, Department of Kaumarbhritya, Shekhawati Ayurvedic Medical College and Hospital Pilani Rajasthan.

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***Corresponding Author**

Dr. Harish Kumar

Shri Satya Ayurvedic
Medical College and
Hospital Moradabad UP.

ABSTRACT

Tundikeri is considered to be one among the *mukhagata rogas* (disease of oral cavity). *Tundikeri* may be co-related with tonsillitis in modern medical science. Tonsillitis is a more prevalent disease in children between 3 to 7 years of age. Tonsils and adenoids are the body's first line of defense system against infection at the oro-pharyngeal gateway. It is estimated that children visiting the hospital about 7% of the cases are of tonsillitis. It is mentioned in *Urdhvajatrugata roga*; under *Talugataroga* (diseases of palate) and *Kanthagataroga* (diseases of throat). *Acharyas* have given detailed explanation regarding the various causative factors, prodromal symptoms, features, various signs

and treatment of Tundikeri i.e. tonsilitis. Present article is based on a detailed study of the *Tundikeri* (Tonsillitis) with its classical management mentioned in *ayurvedic* classical texts.

KEYWORDS: Tonsillitis, *Tundikeri*, *Mukhgata roga*, *Kanthagata roga*.

INTRODUCTION

Tundikeri, one among the nine *talugata rogas* has been described by our *acharayas* in *brihatrayee* and *laghutrayee* also. In *Ayurveda*, *Acharya Sushruta* mentioned that *Tundikeri* is a *Bhedyaroga* and it should be treated as per the line of treatment of the *Galashundika* disease.^[1] It is a swelling occurring at root of *Hanusandhi* (temporo-mandibular joint) resembling *Vanakarpasa Phalavata* (cotton fruit).^[2] In *Ayurveda*, its surgical management is described under *Talugata Roga* (diseases of palate). The etio-pathogenesis with treatment explained in the context of *Kanthagata Roga* (diseases of throat).^[3] As per modern medical

science, *tundikeri* or tonsillitis is a common illness in the children. Mostly all children being infected at least once. It has increased the number of cases in developing countries. About 7% children visit in pediatric OPD with symptoms of tonsillitis. Tonsillitis is inflammation of the pharyngeal tonsils (two oval shaped lymph nodes at the back of the throat) and other areas of the throat, including the adenoids and the lingual tonsils are inflamed.^[4] There are several variations of tonsillitis viz., acute, recurrent, and chronic tonsillitis and peritonsillar abscess.^[5] It's most common in children between age of 3 to 7, who have found larger tonsils.^[6] Recurrent tonsillitis results high morbidity rate, difficulty in feeding, poor nutrition etc which may increase the children health problems. Tonsillitis caused by streptococcus bacteria may result in various systemic complication like rheumatic fever, RHD etc.

Tundikeri in Ayurveda

The disease *Tundikeri* is more common disease but there is very short description in *Ayurvedic classics*. The word *tundikeri* means a thick swelling resembling the fruit of *Vanakarpashphalam*. In *charak Samhita* there is no separate reference about *Tundikeri* but it can be described under the *ekdeshiya shotha*.^[7] In *Sushruta Samhita*^[8] and *Ashtanga hridaya*^[9] *Tundikeri* is characterised by *Sthoolshoth, Toda, Daha, Prapaki and Avarodha*. In *Madhav nidana Acharya madhavkar* has described two types of *tundikeri*.^[10] The classification of *tundikeri* is based on *lakshana* and *dosha prakopa*. *Yoga Ratnakar* mentioned *tundikeri* as a very painful condition with two types of pain in it i.e., *Toda* and *shool*.^[11]

Causative Factors

Though *acharyas* have not described the specific causes of *tundikeri* in *samhitas*, the common etiological factors for *mukharoga* may be considered as the etiology of *tundikeri roga*. These Causative factors can be divided into two types under-*Aaharaja hetu* (dietic causes) and *Viharaja hetu* (lifestyle causes).^[12-13]

Aaharja-hetu

The regular usage of excessive *ruksha, sheeta, teeksna, abhisyandi* food like *matsya, mahisha, mamsa* (buffalo meat.), pork, uncooked, *mulaka* (radish), *masha* (soup of black gram), *dadhi* (curd), *ksheera* (milk), *sukta, ikshu rasa* and *phanita*. It produces *mukhrogas* by vitiating *doshas*.

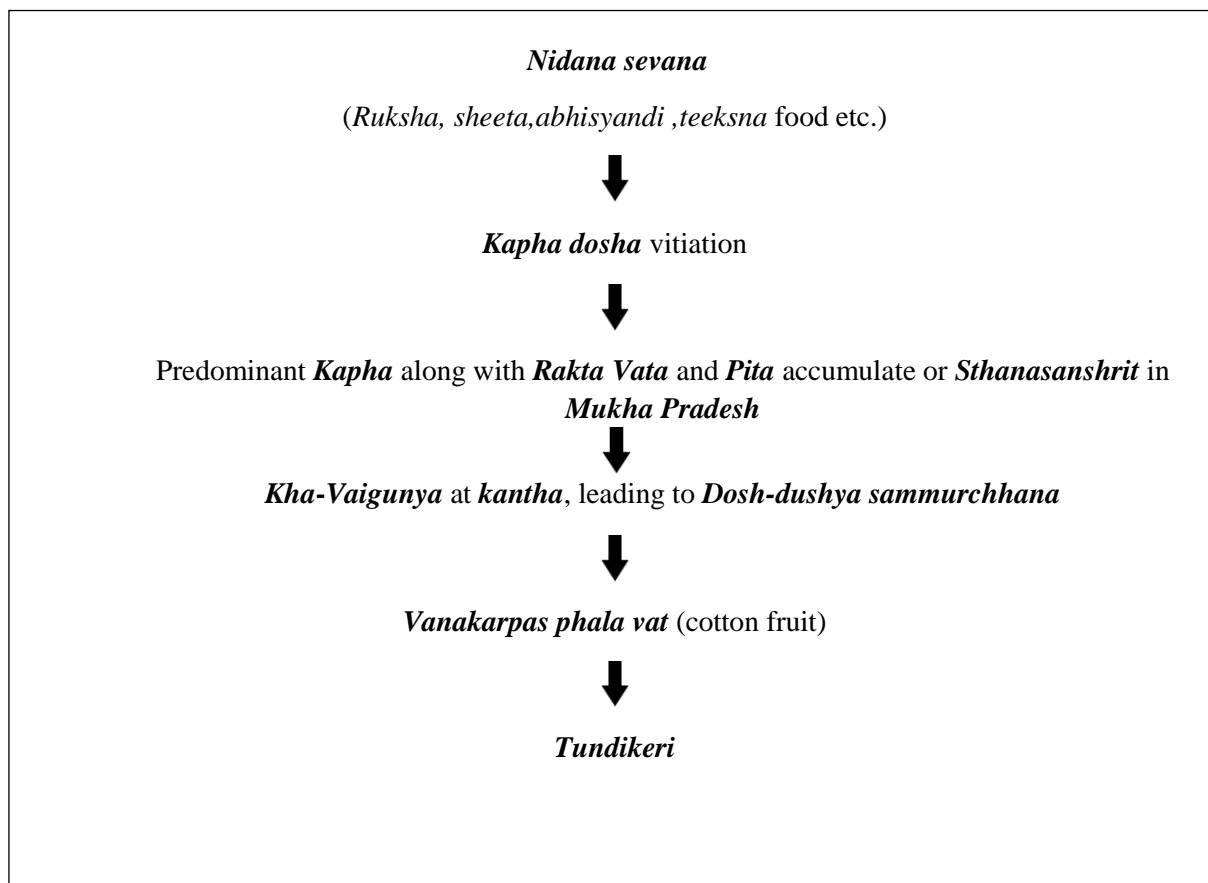
Viharaja-hetu (causes related with regimens)

Avoidance of *dantadhavana* (brushing), *kavala* (gargling) that leads to *kapha dosha* vitiation. Sleeping in prone position (*avaksayanam*)^[14] creates inhibition to free flow of saliva leading to *mala sanchaya* due to *kapha dosha* vitiation. Taking bath after heavy diet, *ajeerna* (indigestion), drinking/bathing cold water causes *tundikeri roga*.

Clinical Features

Poorvaroopa (Prodromal symptoms) In *Tundikeri*, *Shotha* (inflammation) is the main characteristic symptom of the diseases. So *Shotha* can be taken as *poorvaroopa*. which includes localised increased temperature (*Ushma*) with vascular congestion (*Sirayama*).^[15]

Roopa (Signs and symptoms) According to *Acharya Susruta*, *Sthula Shotha* (A large cystic swelling) is the characteristic symptom of *tundikeri* along with *Toda* (pricking pain), *Daha* (burning sensation) and *Prapaka* (suppuration). *Acharya Vagbhata* mentioned that *Tundikeri* is the *Kahtina Shopha* (hard swelling) that become in the region of *Hanusandhi* (temporo-mandibular region) to be similar with the fruit of *Karpasa* (cotton plant). *Vagbhata* has given apparent location of *Tundikeri* i.e., *Hanusandhi* (taken as faucial area).



Samprapti (Pathogenesis)- Consuming excessive use of above-mentioned aetiological factors, *kapha dosha* will get vitiated and thus vitiated *doshas* circulates in *Siras* and get localised in *Mukha Pradesha* as *urdhwanga* which is the prime seat of Kapha. Thus, vitiated *Kapha* along with other *doshas* will result in the manifestation of *Tundikeri*.^[16]

Samprapti Ghataka (Components of pathophysiology)

Dosha: Pradhan- *Kapha, Rakta*

Dushya: *Rasa, Rakta* and *Mamsa*

Srotas: *Rasa, rakta* and *mamsavaha srotas*

Srotodusti: *Atipravritti* and *Sanga*

Agni: *Jatharagni, Dhatwagni* mandya

Roga marga: *Bahya*

Udbhava sthana: *Amashayagata*

Adhistana: *Antarmukha, hanusandhi*

Types

It can be classified on the basis of predominance of *Dosha* and characteristic symptom as follows.^[17]

Vata-Pittaja – *Tundikeri* along with *Toda* and *Daha*

Kapha-Raktaja – *Tundikeri* with *Sthoola Shotha, Trishna, Shwasa* and *Kasa*

Saadhya-asadhyata (prognosis): *Shastrasadhya* and *Oushadhasadhyata*.

TREATMENT (Chikitsa)

There are three ways in which *tundikeri* can be treated: - medical, para surgical and surgical management. In the management of *Tundikeri* (oral and throat disease) various single drugs and many compound formulations are described in ayurvedic classics and recent studies. These are as follows.

Vacha (*Acorus calamus linn*)^[18] - *Rasa-* katu, tikta /*Vipaka-* Katu /*Virya* (potency)- ushna (hot) /*Dosha prabhav* –pacifies kapha, vata / *Karma-* bhutahara, jantuhara (anti-microbial).

Acorus calamus linn has action properties like anti-bacterial, anti-inflammatory, and immunomodulatory, which are very effective in tonsilitis.^[19]

Ativisha (*Aconitum heterophyllum*)^[20]- Rasa- katu, tikta /Vipaka- Katu /Virya (potency)- ushna (hot) /Dosha prabhav - Pacifies kapha, Pitta / Karma- kasahara (cough), krimihara (anti-microbial). *Aconitum heterophyllum* has antibacterial, anti-inflammatory properties.^[21]

Compound drugs

Kashaya preparations: The *Kashaya* preparations made from *Daruharidra*, *Trikatu*, *Nimba*, *Rasanjana*, *Indrayava* should be administered with honey.^[22]

Kashaya preparations Like Bharngyadi Kashaya, Dashamula Kashaya, Indukantham Kashaya and Pathyakatphaladi Kashaya are also used.

Choorna preparation: Kalaka Choorna, Pitaka Choorna, Talisadi Choorna and Tridoshanashaka Yoga are specially indicated in *tundikeri*.^[23]

Lehya preparation: Agastya Rasayana, Dashamula haritaki, chyawanaprasha rasayan and Madhusnuhi Rasayana are used.

Gutika/Vati preparation: Yavaksharadi vati^[24], Kshara Gutika, Tribhuvan kirti Ras, Kanchnar Guggulu, Vriddhibadhika vati, Shiva Gutika, Khadiradi Vati, Jatyadi Gutika, Panchakola Gutika and Yavagrajadi Gutika are specially indicated.^[25]

Bhasma preparation: Pravala Bhasma, Godanti bhasma, Sphatika Bhasma and Tankana Bhasma are mostly used.

Tankan bhasma is used for *kavala*. *kavala* is a procedure in which herbal *kwath*, oil or *bhasma* is taken orally and rotated in the mouth. it is like gargling of the mouth.^[26]

Rasa/Dhatu/Loha preparation: Amla pittantaka rasa, Mahalaxmivilasa rasa, Laxmi vilasa rasa, Pravalapanchamruta rasa and Suvarna vasantha malati rasa are indicated.

Para surgical management

Raktamokshana: The *Acharya* have advised to for *Raktamokshana*, at *Upanasika Sira*.^[27] As there is predominance of *kapha and rakta dosha*.^[28]

Kavala-Gandusha: Here the herbal medicines are held in the mouth. *Tankan*, *Trikatu*, *Yava kshara*, *Daruharidra*, *Chitraka rasanjana*, *Nimba Gandusha Kashaya* are made use of.^[29]

Pratisarana: Common drugs used as combination for Pratisarana Karma are- *Tankana bhasma* with *Madhu*, *Sphatika bhasma* with *Madhu*, *Yavakshara* with *madhu*, *Apamarga Kshara* and *Tankana Kshara*.^[30]

Kshara Karma: Apamarga Kshara is mostly used in cases of *tundikeri*.

DISCUSSION

The expression of symptoms and its severity depends on *dosha-dushya sammurcchana*. The primary management starts with *nidana parivarjana* and consecutively *samprapti vighatana*. Causative factors like cold climatic conditions, dust, smoke, faulty food habits and daily regimens further aggravate the condition. Usage of bakery foods, junk foods aggravates the symptoms. Though the disease is Kapha and Rakta predominant, in *samprapti* of *tundikeri*, there is involvement of Vata and Pitta Dosha also. The clinical symptoms of *tundikeri* like *kathina shotha*, *toda*, *paka* and *galouparodha* are found along with halitosis and jugulo-digastric lymphadenopathy. After determining the chronicity of the problem, the physician can choose the treatment modality. In most cases of *tundikeri* medical management, making use of different type kashayas preparations and Choornas are beneficial. Added to this, para surgical procedure like *kshara karma* and *Pratisarana* with *apamarga kshara* are found to be useful.

CONCLUSION

The clarifications given by the authoritative texts of Ayurveda can be interpreted into standard norms for the better understanding of *tundikeri* with the help of modern science. Thus, it can be concluded that *Tundikeri* is a *Kanthagata Vyadhi* which is more dominantly found in children where the signs and manifestations correlate with tonsillitis. If the condition is untreated, it might prompt a several health hazards.

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