



Case Report

ISSN: 2454-5023
J. Ayu. Herb. Med.
2020; 6(2): 63-65
© 2020, All rights reserved
www.ayurvedjournal.com
Received: 25-04-2020
Accepted: 20-06-2020

Ayurveda Treatment Protocol in the Management of Galagraha (Pharyngitis)- A Case Study

Vidya NV¹, Bineesh EP², Dr. DB Vaghela³

¹ P.G Scholar, Shalakya Tantra Department, IPGT & RA, GAU, Jamnagar, Gujarat, India

² Ph D Scholar, R.S. & B.K. Department, IPGT & RA, GAU, Jamnagar, Gujarat, India

³ I/C HOD & Associate Professor, Department of Shalakya Tantra, IPGT & RA, GAU, Jamnagar, Gujarat, India

ABSTRACT

Pharyngitis is inflammation of the pharynx, which affects in back of the throat. It is most often referred to simply as sore throat; it is one of the most common reasons for doctor visit. The condition is the usual phenomenon in paediatric population due to intake of cold drinks, junk food etc. This disease is more recurrent now a days than earlier As per ayurvedic classics the condition has close similarity with the disease *Galagraha*. **Aim:** In this article management of pharyngitis with ayurvedic modalities were discussed. **Material & Method:** A 32 years male patient visited ENT OPD of *Shalakya Tantra*, I.P.G.T&R.A Hospital on 16/12/2019 with complaints of pain and foreign body sensation of throat, Recurrent moderate cough, mild fever and head ache, difficulty in swallowing along with congestion in posterior pharyngeal wall aggravate since 10 days. He consulted a local hospital near his house but didn't get a satisfactory relief. History reveals the reccurents of disease since 3 years. We started *Triphala + Darvi kwatha kawala* thrice/Day, *Haritaki Kwatha pana* Twice BD with honey (20 ml Before food), *Khadiradi vati* (2 Tab -4 times/ day) for *Chushanartha*, *Sitopaladi churna* -3gm +*Yastimadhu* 1 gm, *Naradiya Lakshmi vilasa rasa*-125 mg-2 times a day for 14 days Followed by *Virechana* and *Nasya*. Marked relief was found in signs and symptoms within 7 days and cured completely within 21 days of treatment. **Conclusion:** Study concluded that the above *Ayurvedic* treatment can prove to be an effective alternate management in Chronic Catarrhal Pharyngitis with proper diet and regimen.

Keywords: Pharyngitis, *Galagraha*, Ayurvedic management, *Gandusha*.

INTRODUCTION

Pharyngitis is a common disorder in adult and children. Recurrent pharyngitis causing repeated use of antibiotic agents and absences from school or work. In prospective family study 16% of adults and 41% of children reported an illness with sore throat over a 1 year time frame [1]. Chronic pharyngitis is a chronic inflammatory condition of the pharynx. Pathologically it is characterized by hypertrophy of mucosa, seruminous glands, sub epithelial lymphoid follicles and even the muscular coat of the pharynx.

Chronic pharyngitis is of 2 types-

- 1) Chronic catarrhal pharyngitis.
- 2) Chronic hypertrophic (granular)pharyngitis [2].

In this present study patient having the signs and symptoms of catarrhal pharyngitis. In today's era after seeing limitations of allopathic treatment area of recurrent and chronic type of disorder draws focus towards *Ayurvedic* line of treatment. Pharyngitis can be compared with a disease *Galagraha* mentioned in *Ayurvedic* literature by *Charakacharya* [3]. This disease mainly occurs due to vitiation of *Kapha dosha* which settles in *Mukha (Gala) pradesh* in *CharakaSutrasthan Trisothiya Adhyaya*. Acharya *Sushruta* has described 17diseases occurring in *Kanthapradesh* [4] Out of the 17 diseases like *Rohini*, *Ekvrinda*, *Vrinda*, *Shataghani*, and *Galaugha* seems to be representing a particular group of disorders indicating toward inflammatory pathologies. On going through the classical texts and subtle description of *Kanthagatarogas Ekvrinda* [5] and *Vrinda* are more compatible with pharyngitis while visualizing on the ground of clinical features. In this study we consider it as *Galagraha* and an approach has been made to treat this by *Shodana*, *Shamana*, *Pathya palana* along with *Kawala*

CASE REPORT

A 32 years male patient visited ENT OPD of *Shalakya Tantra*, I.P.G.T&R.A Hospital on 16/01/2020 with chief complaints of pain and foreignbody sensation of throat, Reccurant moderate cough, mild fever and head

*Corresponding author:

Vidya NV
P.G Scholar, Shalakya Tantra
Department, IPGT & RA, GAU,
Jamnagar, Gujarat, India
Email: vidyakunku[at]gmail.com

ache and difficulty in swallowing since The pain aggravates by drinking cold water cold wind and especially in early morning and night. Aggravated since 10 days. The patient is suffering from all these symptoms since 3 years. He consulted a local hospital near his house and diagnosed as chronic catarrhal pharyngitis and took medications and got relief during the course of treatment, but for the complete recovery patient opted *Ayurvedic* treatment and consulted to us. He was having the history of Chikungunea 3 years back, no any other relevant family history and occupational history was found. After assessing the cause and symptoms *Āyurvedic* diagnosis was made as *Galagraha*.

Sleep : Disturbed

Addiction : Nil

Astavidha Pariksha:

1.Nadi : *Kapha pitta pradhana* 5.Sabda : *Spashta*
 2.Mala : *Prakruta* 6.Sparsha : *Ushna*
 3.Mutra : *Samyak pravrutti* 7.Drik : *Prakruta*
 4.Jihva : *Sama* 8.Akruti : *Madhyama*

Local examination of throat

- Congestion of posterior wall of pharynx
- Encorgement of vessels
- Increased mucous secretion
- Uvula elongated and having mild hypertrophy

Personal History

Diet : Vegetarian

Appetite : Moderate

Bowel : Regular

Mituration : Normal

Treatment Given:



Sr.No	Medicine	Dose	Duration
1.	<i>Haritaki Kwatha pana</i>	BD with honey(20 ml Before food)	7 days
2.	<i>Sitopaladichurna 3gm+Yashtimadhuchurna1gm+Naradiya Lakshmi Vilasa rasa -125 mg</i>	2 times a day Before food	For 21 days
3.	<i>Triphala + Darvi kwatha</i>	<i>Kawala</i> thrice/Day	For 21 days
4.	<i>Khadiradi vati</i>	(2 Tab -4 times/ day) <i>Chushanartha</i>	For 21 days
5.	<i>Virechana:</i> <ul style="list-style-type: none"> • <i>Sadya Sneha:PeyaSneha bharjita</i> (Ghee) for 5 days • <i>Virechana with Trivrut Lehya -10 gm</i> 	7 days <i>Samsarjana Krama</i>	On the 8 th day of treatment
6.	<i>Shud binduTaila Nasya</i>	6-6 drops in each nostrils (on the last week of treatment With proper <i>Pathya</i> and <i>Apathya</i>)	For 7 days

RESULT

Patients clinical symptoms are recorded every 7 days, On the first follow up after 7 days, decrease in intensity of pain, congestion, difficulty in swallowing is relieved more than 60%. He completed the Course of *Sadya Sneha* and undergone the *Virechana* on the 8 th day. After

Shodhana by *Virechana* patient show significant relief in pain, foreignbody sensation and *Shud bindu Taila Nasya* followed by hot water gargling. All medication was stopped after 21 days and patient was called for follow up at the interval of 15 days and after 1 month thereafter. There was no recurrence occurs.

ASSESSMENT CRITERIA

Signs & Symptoms	Before Treatment	After Treatment
Pain and discomfort in throat	+++	Nil
Redness in throat	++	Nil
Photographs		

DISCUSSION

As per preventive aspect *Charaka Acharya* says *Nidana parivarjana* to break up the entry of causative factors and prevent the disease, so we advised him to avoid cold food items, artificial ventilation like AC, Wear helmet while travelling etc. As per treatment aspect according to *Ayurveda* main reason behind all the disease is *Mandagni* (रोगे सर्वेऽपि मन्दाग्नौ) [6] along with their respective causative factors. *Haritaki churna* is *Murdha virechana* drug used for relieving *Malavishtambha*, *Anulomana* of *Vata* and special reference of *Astanga hridaya* (हरीतकी कषायौ वा पेयो मक्षिक संयुता |) [7] for *Kantheroga*. It also helps for maintaining *Agni*. *Sitopaladi churna* containing drugs having *Katu rasatmaka*, *Kapha shamaka* properties. It reduce the irritation and improve soothing in throat [8]. *Yashtimadhu churna* is *Madhura seeta* dravya act as *Swarya*, *Kanthya*, *kandughna*, *shonitasthapana*, *shothaghna* [9]. *Yashtimadhu churnas* shows anti inflammatory, anti pyretic and anti exudative activity [10]. *Sitopaladi churna*, *Yashtimadhu churna*, *Naradiya lakshmi vilasa rasa* along with honey should be useful to calm down the extra mucosal secretion of upper respiratory tract (Vitiated *Kapha*). According to *Ashtanga Hridaya Kawal grahan* gives good relief in *Manya sthambha*, *Shiro roga*, *Karna roga*, *Mukha roga*, *Netra roga*, *Lalasarava*, *Kantha roga*, *Mukha sosha*, *Hrillasa*, *Tantra*, *Aruchi* and *Pratishyaya rogas* [11]. It not only gives soothing effect to the throat but also cures the symptoms [12] like *Shotha* (Inflammation), *Shoola* (Pain), *Aruchi* (Anorexia) in a precise manner.

It is a simplest method of treatment which is not having any side effects. Medicated Fluids are kept in the mouth incompletely and asked to rotate in the mouth for a specific time and then asked to spit it out. So here we choose *Triphala* and *Darvi Kwatha* taken for *kawala*. *Daruharidra* has *Tikta*, *Kashaya Rasa*, *Laghu*, *Ruksha Guna*, *Ushna Veerya*, *Katu Vipaka*. *Kapha-pitta shamaka*, *Chedana*, *Shothahara*, *Vedanasthapana*, *Vranaropana*, *Cakshushya*, *Deepana*, *Raktashodhaka*, *Varnya*, *Jwaraghna Karma*. It also effective in *Netrabhishhyanda*, *Netrashula*, *Mukharogam*, *Galarogam*, *Agnimandya*, *Pravahika*, *Kamala*, *Raktavikara*, *Kasa*, *Pradara*, *Twagvikara*, *Ajirnam*, *Vishama Jwara*, *Daurbalya* [13]. *Triphala* having *Katu Kashaya rasatmak*, *Ruksh guntmak*, *Kaphaghna*, *Sthambhan*, *Raktashodhan* and *Raktashaman* properties [14]. *Khadiradi Vatikalp* is mentioned specially for *Mukhrogas* [15]. *Khadiradi vati* is *Tikta Kashay Rasatmak*, *Sheet Viryatmak*, *Katu Vipaki*, having *Pitta Kaphghna Doshagnata*. *Virechan* is *Shodhan* process commonly used for *Piitaj Raktaj* and *Kaphaj Vyadhis*. *Shodhan* by *Virechan* also mentioned for *Chikitsa of Mukhagalrogas*. Role of *Virechan* in chronic condition is very vital as *Doshasanchiti* remains from many years. In this patient very promising results were found after *Shodhan* by *Virechana*. Here for *Shodhana* we choosed *Trivrut Lehya* [16] for *Sukha Virechana Sadya Sneha as poorva karma* with *Peya Sneha* *bharjita* (Ghee) [17]. *Madhyam Shuddhi* was found. After completion of *Virechan Sansarjan Kram* was followed. The *Nasya* therapy with *Shudbindu taila* [18] after given with gentle massage of warm *Bala taila* and local *Swedana* by hot water steaming should be help to develop the special strength and immunity of respiratory mucosa.

CONCLUSION

Study concluded that the above *Ayurvedic* treatment can prove to be an effective alternate management in Chronic Catarrhal Pharyngitis with proper diet and regimen. *Ayurved* drugs used in this treatment are easily available. This overall regimen did not cause any unwanted effects.

Further studies may conducted by taking more patients for evaluate the efficacy of trial drugs.

SCOPE FOR FURTHER STUDY

- The holistic approach of *Ayurveda* should be tried for a long duration.
- Repeated clinical trials on same drug should be carried out to bring authenticity to our science.

REFERENCES

1. Danchin MH, Rogers S, Kelpie L, et al. Burden of acute sore throat and group A streptococcal pharyngitis in school-aged children and their families in Australia. *Pediatrics*. 2007; 120:950-957.
2. Dhingra PL, Diseases of Ear Nose and Throat, Elsevier publication, 2018; 7th edition, p 288.
3. Charak Samhita edited by Acharya VidyadharShukla, Ravi Dutt Tripathi; ChaukambhaSanskrit Pratisthan; 2012; SutraSthan 18/22.
4. Ambikadatt Shastri. Sushruta Samhita of Sushruta with Ayurveda TatvaSandipika Hindi Commentary, Nidanasthana, Reprint edition; 2010, chapter 16 versus 48, Varanasi: Chaukhambha Sanskrit Sansthana, 2010, P.388.
5. Ambikadatt Shastri. Sushruta Samhita of Sushruta with Ayurveda TatvaSandipika Hindi Commentary, Nidanasthana, Reprint edition; 2010, chapter 16 versus 57-58, Varanasi: Chaukhambha Sanskrit Sansthana, 2010, P.390.
6. Hari Sadasiva Sastri Paradkara. Astangahrdaya of Vagbhata, with Sarvanga sundara commentary by Arunadatta and Ayurveda rasayana of Hemadri, Varanasi, Chaukambha Surbharati Prakashan, reprint edition, Nidan Sthan, 2016; 12/1, Page no-513.
7. Cheppatt Achyuta Variyar Devi book stall Kodungallur 13th reprint edition 2009, Ashtanga hridaya utharasthana 2nd part, Page no-55.
8. Acharya Charak edited by Brhmanand Tripathi, Charak Samhita part II, Chikitsasthan, 8/103, Choukhambha Surbharati Prakashan, p. 360.
9. Gangasahey Pandey, Krishnchandra Chuneekar, Bhavprakash Nighantu 139, Choukhambha Vishwabharati Varanasi, edi. 2006, p.41.
10. Saxena RC, Mishra SC, Bhargav KP. Effect of Glycerrhiza glabra in traumatic inflammation following tonsillectomy, J. Indian med. Profos, 17; p. 7532.
11. Brahmanand Tripathi, Ashtang Hriday Uttartantra, Chaukambha Sanskrit Pratisthan, 2003; 22/108.
12. Kashyap Samhita edited by Pandit H, S.Chaukhambha Sanskrit Sansthan; 2008; Sutra Sthan 25/11.
13. API Part 1, Vol-2
14. Gangasahey Pandey, Krishnchandra Chuneekar, Bhavprakash Nighantu 43, Choukhambha Vishwabharati Varanasi, edi., 2002; P.12.
15. Kaviraj Atridev Gupta, Ashtang Hruday Uttartantra 22/ 90 – 94 22, Choukhambha Sanskrit Sanshtan Varanasi, p. 723.
16. P.M. Govindan vaidyan & Cheppatt K. Achyuta Variyar Devi book stall Kodungallur 13th reprint edition 2008,Ashtanga hridaya Srira sthana & Kalpa sthana, Kalpa sthana 2/9 Page no-229.
17. T. Sreekumar, Ashtanga hrdaya sutrasthana vol-2 Publication department Harisree hospital 2008, Page no-40.
18. Vangasena. Samhita (edited by Nirmala Saxena) of Vangasena, edition 1st, Volume II, Varanasi; Chaukhambha Sanskrita samsthana: 2004, 17/102.

HOW TO CITE THIS ARTICLE

Vidya NV, Bineesh EP, Dr. Vaghela DB. Ayurveda Treatment Protocol in the Management of *Galagraha* (Pharyngitis)- A Case Study. *J Ayu Herb Med* 2020;6(2):63-65.