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“EXPLORATORY USE OF PATOLA(TRICHOSANTHES DIOICA) IN THE AYURVEDIC MANAGEMENT OF TONSILLITIS (TUNDIKERI)”

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Abstract:

Tonsillitis, an inflammation of the palatine tonsils, is a prevalent condition primarily seen in children and adolescents. Modern medicine treats it using antibiotics or surgery in chronic cases. *Ayurveda* provides a comprehensive view of tonsillitis, described as *Tundikeri*, and suggests a range of herbal and lifestyle-based treatments. This article explores the classical Ayurvedic interpretation of tonsillitis and presents *Patola* (*Trichosanthes dioica*) as a novel herbal candidate for its management, supported by classical references, modern pharmacological context, and a documented case study.

Keywords : Tonsillitis, *Tundikeri*, *Patola*, *Trichosanthes dioica*, Ayurveda, Anti-inflammatory, Herbal treatment

Introduction: Tonsillitis manifests as sore throat, swollen tonsils, difficulty swallowing, and fever. In *Ayurveda*, it is aligned with *Tundikeri*—a *Kapha-Pitta* disorder involving the oropharynx.

Ayurvedic interventions focus on restoring *dosha* balance, detoxification, and enhancing host immunity.

Modern Medical Perspective: Tonsillitis is mostly caused by viral agents or Group A beta-hemolytic *Streptococcus* (GABHS). Symptoms include fever, throat pain, lymphadenopathy, and white exudates on the tonsils. Conventional treatment includes penicillin, analgesics, and sometimes surgical tonsillectomy. Overuse of antibiotics has led to drug resistance and recurrences.

Ayurvedic Perspective (Tundikeri):

Tundikeri is described in texts such as *Charaka Samhita* and *Sushruta Samhita*. It is characterized by:

Kantha shoola (pain in the throat)

Shotha (swelling)

Daha (burning sensation)

Jwara (fever)

Etiology (Nidana):

Cold and *Kapha*-promoting diet

Poor hygiene

Environmental exposure to cold wind

Suppression of natural urges

Pathogenesis (Samprapti): Aggravated *Kapha* and *Pitta doshas* accumulate in the *Kantha pradesha*, leading to inflammation, pain, and infection.

Role of Patola in Tundikeri

Management:

Patola (*Trichosanthes dioica*)

Rasa: *Tikta* (bitter), *Kashaya* (astringent)

Guna: *Laghu* (light), *Ruksha* (dry)

Virya: *Ushna* (hot)

Dosha Karma: Pacifies *Pitta* and *Kapha*

Actions: *Shothahara* (anti-inflammatory), *Jwaraghna* (antipyretic), *Krimighna* (anti-microbial), *Raktaprasadana* (blood purifier)

Pharmacological Actions (Modern Perspective):

Antibacterial

Anti-inflammatory

Antioxidant

Hepatoprotective

Formulations Used:

Patola Patra Swarasa (Leaf Juice)

Patoladi Kashaya (decoction)

Combined with *Yashtimadhu* or *Haridra* for synergistic effect

Case report: Patient Details: 14-year-old male presenting with recurrent sore throat, fever, and tonsillar inflammation.

Symptoms: Throat pain, fever (101.5 F),
swollen tonsils with white patches.

Diagnosis: Tonsillitis confirmed via
clinical examination and CBC (elevated
lymphocyte count).

Treatment Protocol:

Patola Patra Swarasa: 15 ml twice daily,
Haridra Churna + *Madhu* for topical
application

Triphala decoction gargles

Dietary advice: Avoid dairy, fried and cold
foods

Duration: 10 days

Outcome:

By Day 4: Pain and fever reduced
significantly

By Day 7: Tonsillar inflammation
subsided; appetite improved

By Day 10: Full recovery with no
recurrence for 3 months post-treatment

Discussion: The case supports the
traditional view of *Patola* as a *Shothahara*
and *Krimighna* herb. Its combination with
anti-inflammatory and antimicrobial
agents enhanced efficacy. Unlike
antibiotics, no side effects or resistance
were observed.

Conclusion: *Patola* offers a promising
alternative for managing tonsillitis in
Ayurveda through its anti-inflammatory,
antimicrobial, and detoxifying effects.
Classical references and preliminary case
evidence suggest that clinical trials should
be conducted to further validate its
efficacy.

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