

A Case Report: Management of Granular Pharyngitis with Ayurveda

Case Report

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Abstract

Background: Granular pharyngitis is an acute or subacute form of throat disease which is extremely common in autumn and spring. It is characterized by marked swelling of the follicular tissue of the pharynx, which has a granular glazed appearance. Symptomatically it can be correlated with *Kaphaja Rohini* or *Kanthashalooka*. **Methods:** A 20-year-old patient presented with complaint of recurrent dry cough, rhinorrhea, dysphagia, dry and sore throat, tiredness of voice since last 4 months. Management done with OPD based treatment. here in this case report treatment chosen was i.e. *Yashtimadhu Ghanavati*, *Shitopaladi Churna*, *Naradiya Laxmi Vilasa Rasa* Orally, *Dashamoola Kwatha (Kavala)*, *Yashtimadhu Churna (Pratisarana)*. **Result:** There was marked improvement in symptoms like recurrent dry cough, rhinorrhea, dysphagia, dry and sore throat tiredness of voice with the treatment of 1 month. **Conclusion:** Significant result was observed with this treatment protocol in the management of granular pharyngitis.

Key Words: *Ayurveda*, *Dry cough*, *Granular pharyngitis*, *Kanthashalooka*, *Kaphaja Rohini*.

Introduction

Chronic granular pharyngitis is characterized by an alteration in the mucous membrane of the pharynx involving the mucous glands and the lymph follicles. The initial stage of hyperemia is followed by inflammatory changes in the connective tissue and the hyperplasia of lymphoid follicles. The granulations are made up of masses of lymphoid cells, grouped around the mouths of the ducts of the mucous glands, variation in the size of granulations person to person (1). Mucous membrane of oropharynx is highly vascularized and innervated. It has the double load of transmitting air and food and is subjected to infections and trauma by way of the mouth as well as the nose and nasopharynx. Granular pharyngitis occurs due to persistent infection in the neighborhood i.e. chronic irritants to the pharynx i.e. excessive smoking, highly spiced food etc., smoky and dusty environment, industrial/occupational irritants, persistent infection in the neighborhood i.e. chronic rhinitis and sinusitis (2), mouth breathing, and faulty voice production (3). Symptoms are sore throat, dysphagia, foreign body sensation in throat, dry cough and tiredness of voice. In *Ayurvedic* literature *Acharya Sushruta* has described seventeen diseases occurring in *Kanthapradesh*. Symptomatically granular pharyngitis

can be correlated with *Kaphaja Rohini* and *Kanthashalooka*. In case of *Kaphaja Rohini* the vitiated *Kapha Dosha* causes a *Sthira* (immobile), *Gurvi* (bulky), *Srotonirodhi* (obstructing swelling in throat which cause dysphagia) swelling of the throat (4). *Acharya Sushruta* mentioned its line of treatment as *Pratisarana*, *Nasya* and *Kavaladharana* with various formulations (5). *Kanthashalooka* occurs due to vitiation of *Kapha Pradhana Tridosha* and site of presentation is *Gala Pradesh* (Throat), leads to *Kolashthimatra* (size of jujube seed), *Khara* (rough), *Sthira* (immobile) *Granthi* in throat, which causes pain like *Kantakas* (sore throat) (6). According to *Acharya Vagbhatta* it is treated with the same treatment of *Kaphaja Rohini*.

Case Report

A 20-years-old patient presented with complaint of recurrent dry cough, rhinorrhea, severe dysphagia, dry and sore throat since last 4 months at *Shalakya Tantra* (ENT) OPD of IPGT & RA hospital, GAU, Jamnagar on date 18/1/2020. Patient was suffering from aggravation of the same complaints in spring and autumn season since last 4 years and feels temporary relief by Gargles with Luke warm saline water.

History of present illness

Patient was apparently normal before four years. Gradually patient suffered with rhinorrhea, dry cough, dry and sore throat, dysphagia and tiredness of voice. For that patient approached contemporary medical sciences for treatment and using lozenges and NSAIDS drugs with only temporary relief in dry, sore throat and dry cough. But patient's complaints did not get satisfactory result and complaints were aggravated

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in every spring and autumn season for 4 years. Patient was suffering from allergy of flower dust and smoke from last 4 years. So, patient came to our hospital, and was treated with *Yashtimadhu Ghanavati*, *Shitopaladi Churna*, *Naradiya Laxmi Vilasa Rasa* Orally, *Dashamoola Kwatha (Kavala)*, *Yashtimadhu Churna (Pratisarana)*. No other past history was noted according to patient statement.

Personal History

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

Occupational History

Patient is studying diploma course in IT Engineering.

Diagnosis

When patient came to OPD of Shalaky Tantra, oropharynx was examined and after that telescopy done, patient was diagnosed as granular pharyngitis. After assessing the causes and symptoms, Ayurvedic diagnosis was made "*Kaphaja Rohini*".

O/E:

The following were observed:

- Nose: Pale nasal mucosa
- Ear: No any abnormality found
- Throat: Anterior pillars: Congested
- Tonsils: Normal
- Posterior pillars: Congested
- PPW: Swelling of the follicular tissue, which has a granular glance appearance

Figure 1: Before treatment granular pharyngitis



Therapeutic Intervention: See table no. 1

Table 1: Treatment protocol

Drug	Dose	Root of administration	Duration
<i>Yashtimadhu Ghanavati</i>	One tablet four time in a day	Chewing (<i>Chusana rtha</i>)	1 month

<i>Shitopaladi Churna</i>	3 gm BD with <i>Madhu</i>	Orally	1 month
<i>Naradiya Laxmi Vilasa Rasa</i>	250 mg BD with <i>Madhu</i>	Orally	1 month
<i>Dashamoola Kwatha</i>	Two times in a day	Gargling (<i>Kavala</i>)	1 month
<i>Yashtimadhu Churna</i>	3 gm BD with <i>Madhu</i>	Local application and rubbing (<i>Pratisarana</i>)	15 days

Pathya-Apathya:

Patient was strictly advised not to take ice cream, cold drinks, chocolates, fast food, fermented food items, spicy food, or any color chemical containing items. Avoid smoking, faulty voice production and hawking or clearing throat frequently. Patient was advised for cover mouth with mask or clean handkerchief while exposor to dusty and smoky areas, also 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.

RESULTS: See Table No. 2

Figure 2: 14 days- congestion and size



Figure 3: 1 month- granules disappeared reduced after 14 days of treatment



Table: 2 Result

Duration	Result	Pharyngoscopy
7 th day of treatment	Mild relief in symptoms. Frequency of dry cough and rhinorrhea mildly decreased. Relief in dry and sore throat, patient was able to perform his routine work properly.	Mild improvement in congestion but there was no any improvement in size of follicles
15 days	Significant improvement in all symptoms. Patient was able to swallow semisolid pungent items easily.	Congestion of pillars and PPW was decreased moderately, decreased the size of follicles on PPW [Image 2]
21 days	Complete relief in dry cough, rhinorrhea. Almost relief in dry, sore throat and dysphagia. Able to swallow solid and pungent taste items easily and comfortable with frequent talks.	No congestion of anteroposterior pillar, tonsils and PPW, further decreased the size of follicles over PPW.
1 month	patient was quite satisfied since patient was completely relieved from disease.	Normal throat and absent the follicles [Image 3]

Discussion

Inhalation of dusty air, smoke and fragrance of seasonal flowers (in autumn season) is more likely to be drawing of dust particles into our nose and mouth and this can act as an irritant. It may result in post nasal drip which constantly irritates the oropharyngeal tissues and ultimately leads to inflammatory changes in the throat. Thus the patient was advised to cover mouth and nose with mask or clean handkerchief while exposed to dusty and smoky areas. *Acharya Sushruta* mentioned its line of treatment for *Kaphaja Rohini* as *Pratisarana*, *Nasya* and *Kavaladharana* with *Ayurvedic* formulations. Massage in a gentle way with tip of the finger for a short duration is called *Pratisarana* (7).

Acharya Sushruta mentioned that in all *Mukhagata Rogas* there is predominantly vitiation of *Rakta* and *Kapha Doshas*. *Yashtimadhu* pacifies *Rakta Dosha* and help soothe the throat through *Madhura Rasa* and *Sheeta Virya* properties. Through *Pratisarana* with honey leads to do *Shodhana* (decreases the size of follicles) and *Ropana* of throat. The *Yashtimadhu* powder and extract was found to be effective in treatment of sore throat, cough and bronchial catarrh through decreases irritation and produces expectorant effects (8).

Yashtimadhu mentioned in *Kanthyas Dshemani* so *Yashtimadhu Ghanavati* was specially indicated for voice and throat disorders (9).

Sitopaladi Churna with *Anupana* of *Madhu* has the potential action for cough extraction hence, pacifies *Kapha Dosha*.

Naradiya Laxmi Vilasa Rasa contains *Abhraka Bhasma* (10), which has *Madhura-Kashaya Rasas* with *Rasayana* and *Tridosha* Properties. Hence, here it was given for pacification of *Kapha Pradhana Tridosha*.

When liquid is filled in mouth to such a level that it can be moved easily, is called *Kavala* (gargles).

Dashamoola, a combination of roots of ten plants, have a *Ushna Virya* is a standard *Ayurvedic* remedy for inflammatory conditions (11) and reduces mucus production (pacifies *Kapha Dosha*) also has mucolytic action. Gargles with *Dashamoola Kwatha* helps in soothe the throat and reduces signs of inflammation, irritation and clear the throat through *Swedana* effect.

Anti-inflammatory property of the ingredients will reduce the inflammatory process in throat and antibacterial activity arrests the secondary infection and prevents recurrence of the disease. All these factors will ultimately lead to relieve in symptoms of granular pharyngitis. No adverse and toxic effect were observed during the trial and after the treatment.

Conclusion

This single case report concludes that *Ayurvedic* management with *Kavala*, *Pratisarana* and using internal medicines, i.e., *Yashtimadhu Ghanavati*, *Sitopaladi Churna*, *Naradiya Laxmi Vilasa Rasa* along with proper rest, and steam therapy through mouth offers excellent result in the treatment of chronic granular pharyngitis. This protocol should be evaluated in more number of patients for its scientific validation.

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