



## **Patoladi Tablet in the Management of Chronic tonsillitis in Children: A Case Report**

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### **ABSTRACT**

To evaluate the effect of Patoladi tablet in the management of chronic tonsillitis. The subject approached Kaumarabhritya outpatient department of Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan with complaints of pain in the throat region and difficulty in swallowing associated with foul smell from mouth which is occurring recurrently for past one year five months and aggravated in last seven days. The child was systemically reviewed and Patoladi tablet (500mg) was advised to administer once daily, morning time for a period of two months. The child with chronic tonsillitis showed marked improvement as depicted in the photographs. The Krimighna (anti helminthic), Shothahara (anti-inflammatory) and Ropana (healing) properties may augment the fast alleviation of the disease. Conclusion: Patoladi tablet can be considered as an effective and safe medicine for chronic tonsillitis in children.

**Keywords:** Ayurveda, chronic tonsillitis, tundikeri, patoladi tablet

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### **INTRODUCTION**

Tonsillitis is inflammation of the pharyngeal tonsils and is common in childhood period [1]. The inflammation may affect other areas of the back of the throat, including the adenoids and the lingual tonsils [2]. It is characterized by Sore throat, fever, dysphagia, ear ache, malaise, loss of appetite, cough, halitosis [3]. Chronic tonsillitis may result in tonsil stones. Recurrent tonsillitis ensues when the child suffers from several incidents of tonsillitis per year. Both chronic and recurrent tonsillitis involve repeated occurrences of inflamed tonsils which can impact severely on a patient's quality of life [4]. It is estimated that, 15% of all visits to family doctors are because of chronic tonsillitis [5]. Antibiotics are the main stay in the treatment of tonsillitis as far as the allopathic system of medicine concerned. They can give temporary relief to the patient but can't check the reoccurrence of disease. Repeated administration of antibiotics may lead to many unwanted effects in the patients. In our classical texts there are so many preparations advised to treat the patients of tonsillitis [6-7].

Patoladi tablet is prepared from Patoladi Yoga [8-9] mentioned in Bhaishajyaratnavali under Mukharoga Prathishedhaadhyaya. The ingredients of Patoladi tablet are; Patola (*Tricosanthus dioica* Roxb.), Shunti (*Zingiber officinalis* Roscoe), Haritaki (*Terminalia chebula* Retz.), Vibhitaki (*Terminalia bellarica* (Gaertn.) Roxb.), Amalaki (*Emblia officinalis* Gaertn.), Vishala (*Cytrullus colocynthis* (L.) Schrad.), Brahmi (*Bacopa monnieri* (L.) Pennell), Daruharidra (*Berberis aristata* DC), Haridra (*Curcuma longa* L.), Guduchi (*Tinospora cordifolia* (Thunb.) Miers) and Katuki (*Picrorhizakurroa royle ex benth.*). The present study was planned to evaluate the effect of Patoladi tablet in the reduction of symptoms in chronic tonsillitis in children.

### **CASE REPORT**

A seven-year-old male child was brought to the Out-Patient department of Kaumarabhritya, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan by his parents with complaints of pain in the throat region and difficulty in swallowing associated with foul smell from the

mouth which is occurring recurrently for the past one year five months and aggravated in the last seven days.

#### History of present illness

The child was apparently healthy one year and five months back. Then he developed pain in the throat region associated with difficulty in swallowing. The symptoms used to aggravate by the use of cold/refrigerated food items. In the beginning they have consulted a medical practitioner nearby home, and was advised a course of medications for ten days. Even after completing the full course of medicines, satisfactory relief from symptoms was not appreciated. Hence his parents decided to consult our hospital for further evaluation and remedial medications.

#### History of past illness

The subject is not a known case of any other systemic illness.

#### Examination

##### Local Examination:

##### INSPECTION:

##### Oral cavity:

Soft palate	Congestion+
Movement of soft palate	Normal
Uvula	Congestion+
Tonsils	B/Lenlarged&Grade3
Right	Congestion+,Oedema+,Swollen+,Hypertrophied+
Left	Congestion+,Oedema+,Swollen+,Hypertrophied+

##### Ear

Right	Normal
Left	Normal

##### Palpation

Jugulo-digastric lymph nodes-not palpable

##### Assessment of general condition of child:

Bowel	Regular,1-2times/day
Appetite	Reduced
Micturition	Regular,5-6times/day
Sleep	Sound
Temperature	98.6degreeFahrenheit

##### Chief complaints:

SNo.	Complaints
1.	Kathinashotha (Enlargement of tonsils)
2.	Galoparodha (Dysphagia)
3.	Ragatwa (Hyperemia)
4.	Mukhadourgandhya (Halitosis)
5.	Lasikagranthi Vriddhi (Enlargement of lymph nodes)

##### Treatment adopted:

Patoladi tablet in a daily dose of 500 mg once daily early morning before food orally for 2 months.

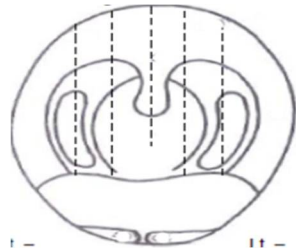


**Figure 1 :Patoladi tablet**

### **Assessment Criteria for Tonsillar swelling**

#### **Brodsky Grading Scale**

- Grade 0 - tonsils within the tonsillar fossa
- Grade 1 - tonsils just outside of tonsillar fossa and occupy, < 25% of oropharyngeal width.
- Grade 2 – occupy 26-50% of the tonsils
- Grade 3 – occupy 51-75% of the tonsils
- Grade 4 - tonsils occupy more than 75% of the oropharyngeal width.



**Figure 2: grading of tonsillar size**

#### **1. Enlargement of tonsils (Kathinashotha)**

- 1 - No Enlargement
- 2 - Enlarged within anterior pillars
- 3 - Enlarged within posterior pillars
- 4 - Enlarged beyond pillars
- 5 - Kissing tonsils with sleep apnoea

#### **2. Hyperemia (Ragatwa)**

- 1 - No Hyperaemia
- 2 - Hyperaemia of tonsil surface
- 3 - Pinkish appearance of pillars
- 4 - Reddish appearance of surroundings
- 5 - Reddish appearance of surroundings and pharynx

#### **3. Dysphagia (Galoparodha)**

- 1 - No pain while swallowing
- 2 - Pain during swallowing solid food substances
- 3 - Pain during swallowing semi-solid food substances
- 4 - Pain during swallowing liquid food substances
- 5 - Continuous pain/unable to swallow

#### **4. Halitosis (Mukhadaurgandhya)**

- 1 - No halitosis
- 2 - Foul breathe experienced by patient only
- 3 - Foul breathe is experienced by patient and friends/parents
- 4 - Foul breathe is experienced by a group of surrounding people
- 5 - Foul breathe is experienced as soon as the patient opens the mouth

#### **5. Enlargement of lymph nodes (Lasikagranthi Vriddhi)**

- 1 - No palpable lymph nodes
- 2 - Palpable lymph nodes unilateral/warm
- 3 - Palpable lymph nodes bilateral/soft/fluctuant
- 4 - Palpable lymph nodes bilateral which are hard
- 5 - Palpable lymph nodes bilateral with tenderness

## RESULTS

The regression of symptoms was observed well after one week of administration of the medicine itself. There were no complications observed during the course of treatment. The tonsillar size as well as hyperemia and dysphagia reduced from grade 3 to grade 2. Moreover halitosis reduced to grade 4 from grade 1. The child was observed for another 30 days till 90<sup>th</sup> day for any further resurgence of symptoms, but there was none. Moreover, the parents also recorded an increase in the appetite as well as general health quality of the child.



**Figure 3: Before treatment (0<sup>th</sup> day)**



**Figure 4: After treatment (61<sup>st</sup> day)**

## DISCUSSION

The Patoladi tablet comprises of Tikta and Kashaya rasa predominant drugs, which are mainly having Laghu and Ruksha qualities. Tikta rasa drugs does Agni deepana, Doshapachana and Upasoshana of kleda from the body. Kashaya rasa is having Guru and Rukshaguna. Kashaya rasa does dravasoshana, Sagrahi and Sthambhana karma [8]. Kashaya rasa drugs are rich source of Tannins. Tannins helps in coagulation, absorbs excessive water from mucosa and forms a coating over mucosal layer. Kashaya rasa also promotes wound healing [9]. The predominant qualities of this yoga are Laghu (lightness) and Ruksha (dryness) which help in Kaphaharatva, Dhatukshaya and Lekhana. The Adhobhagahara karma of Indravaruni, Brahmi and Katuki, Hareethaki may also enhances the Kaphaharatva of this yoga.

In this yoga, eight drugs are having UshnaVeerya (hot potency) which brings down the vitiated Kaphadosha of Tundikeri. The majority of the drugs are having Madhura Vipaka. This madhuravipaka may compensate the Soshanatva happened by the action of the above properties. The Krimighna (anti helminthic), Shothahara (anti-inflammatory) and Ropana (healing) properties may augment the fast alleviation of the disease. The Rasayanaguna of guduchi and Triphala may boost up the immunity, reduces the recurrence of the disease and improves the quality of life. Harithaki and Daruharidra are specially indicated for Gargling in various Urdhwaja thrurogas, which is an add on benefit of this formulation.

## CONCLUSION

Chronic tonsillitis is a clinical condition which is very common in today's practice. The timely treatment is most essential in chronic tonsillitis so that surgery can be avoided. By making use of Ayurveda medicine, Patoladi tablet, significant results (complete remission of the symptoms occurred after 60 days of treatment. Hence the practice of administration of Patoladi tablet can be considered as an effective and safe medicine for chronic tonsillitis in children.

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