

CASE STUDY

# Role of Ayurveda in the Management of Enlargement of Adenoids (*Kanthashaluka*): A Single Case Study Analysis

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## ABSTRACT

Adenoid hypertrophy is one of the foremost causes of nasal obstruction, causing alterations to the EAC (external auditory canal) and Eustachian tube dysfunction and sleep disorders such as snoring and obstructive apnoea resulting in educational and social issues. Inefficient medical management regarding the re-occurrence of symptoms and disinclination to surgery necessitates an alternate approach. This case study is taken with the Ayurvedic approach consisting of Ayurvedic oral preparation and *kriyakalpa* to fulfill this aim. The female child of 12 years old has complained of mouth breathing at night due to difficulty in breathing for 2-3 years on an off basis. X-ray of the skull shows an enlargement of adenoids which have been treated by ayurvedic medication and *nasya* and *nasalepa* successfully. There has been no reoccurrence of the condition till now in this patient.

**Key Words** Adenoids, *Kanthashaluka*, *Nasya*, *Nasalepa*, Ayurveda

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## INTRODUCTION

When hypertrophied nasopharyngeal tonsils begin creating indications, the condition alluded to as adenoids. Adenoids are a mass of lymphoid tissue located at the back of the nasal cavity, near the opening of the Eustachian tubes. They are part of the immune system and protect the body from infections by trapping bacteria and viruses that enter the nose.

The adenoids are most prominent in early childhood and tend to shrink as a child grows older. Often the hypertrophy of adenoids is

physiological, but it is considered to be unhealthy if it produces symptoms. However, in some cases, the adenoids may enlarge due to various factors like infections, allergies, and genetic factors. It causes various symptoms like nasal congestion, mouth breathing, snoring sleep disturbance, and tubal obstruction in the ear.<sup>1</sup>

The adenoids are removed by surgical intervention called adenoidectomy. Adenoid infection may cause symptoms such as difficulty in breathing from the nose, which can be treated by its removal. Studies have shown that adenoid

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regrowth occurs in 20% of the cases after removal. Post-operative complications may include vomiting, severe dysphagia, pain, and bleeding.

In Ayurveda, adenoid enlargement can be well correlated with *Kanthashaluka* owing to the marked similarities of the clinical presentations of these two disease entities. *Kanthashaluka* is the *vyadi* described by Acharya *Shushrut* and Acharya *Vagbhat* in *kanthagata rogas*. The treatment mentioned in *Sanhita* includes *shodhana nasya* and *nasalepa* along with internal medication<sup>2</sup>.

## CASE REPORT

The 12-year-old female child reported to the *Shalakyia OPD* presenting with the symptoms of sleep apnoea and mouth breathing at night mostly while sleeping for 3-4 months, rhinosinusitis and difficulty in breathing by the nose. As per her guardians, she was hale and hearty i.e.

## EXAMINATION

**Table 1** Examination of ear, nose, and throat

1.	Ear examination	B/L TM retracted
2.	Nose examination	B/L inferior turbinate hypertrophy, Nasal Mucosal Congestion, watery discharge
3.	Throat examination	PPW congestion, mild tonsillar enlargement

## INVESTIGATION

X-ray of a nasopharyngeal view of the skull shows an enlargement of adenoids. (Figure No. 1)

## AYURVEDIC MANAGEMENT

**Table 2** Therapeutic index – Ayurvedic Kriyakalpa and Internal medicine

Sr. No.	Medicine name	Dose	Route of administration	Duration
1.	<i>Nasya- Shadbindu tail</i> <sup>3</sup>	6 drops in each nostril in the morning	Nasal route	2 cycles of 7 days with a gap of 7 days
2.	<i>Nasalepa</i> <sup>4</sup> – <i>vacha: musta: shunthi</i>	At the morning and	Local application	14 days

asymptomatic 2 years back. Gradually she started these symptoms which went on increasing slowly and slowly. To get emancipation from this disease she was given medicines from a local doctor. Getting no remarkable relief, the guardian visited the senior physician. The child was given antibiotics and nasal decongestant spray as a treatment, but didn't have any relief. The X-ray / was done by the physician to confirm the diagnosis. Having assumed the medical management was inefficient, the physician directed the guardians of the patient to switch over to adenoidectomy. To get non-surgical Ayurvedic management, the patient was brought into *Shalakyia OPD*.

- Past medical history – No any history of major illness
- Past surgical history – No any surgical history.
- No known history of genetic disorder.

As mentioned in the *Sanhitas*, the treatment of *Kanthashaluka* is the *shodhan nasya* and *nasalepa* along with internal medicines (table no.2 and 3).

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	in 1:2:1 ratio	bedtime		
			<b>Internal medicines</b>	
3.	<i>Kanchnar guggul</i> <sup>5</sup>	1 TDS	Orally after food	14 days
4.	<i>Laxmi Vilas Ras</i> <sup>6</sup>	1 TDS	Orally after food	14 days
5.	<i>Sukshma triphala vati</i>	1 TDS	Orally after food	14 days
6.	<i>Pathyadi kwath</i> <sup>7</sup> + <i>amrutarishta</i> <sup>8</sup>	2tsp+2tsp BD	Orally after food	21 days
7.	<i>Sitopaladi churna</i> <sup>9</sup>	½ tsp TDS	Orally with honey	14 days

### Contents of medicines

**Table 3** Ingredients of Ayurvedic medicines used for treatment

Sr. No.	Medication name	Ingredients
1.	<i>Kanchnar Guggul</i>	<i>Kanchnar, twak, amalaki, bibhitaki, haritaki, shunthi, krishnamarich, pippali, varun, guggul.</i>
2.	<i>Laxmi vilas ras</i>	<i>Shuddha parad, Shuddha gandhak, abhrak Bhasma, Kapoor, javitri, jaiphal, vidhara seed, vidarikand, shatavari, nagabala, atibala, gokharu, samudraphen, nagvel patra swaras.</i>
3.	<i>Sukshma triphala</i>	<i>Shuddha parad, Shuddha gandhak, amalaka, bibhitaki, haritaki.</i>
4.	<i>Pathyadi kadha</i>	<i>Haritaki, bibhitaki, amalaki, kirattikta, haridra, nimba, guduchi, dhataki, gud</i>
5.	<i>Amrutarishta</i>	<i>Guduchi, shunthi, marich, pippali, dashmool kwath, shwet jeerak, saptaparni, musta, katuka, ativisha, indrayav, nagkeshar</i>
6.	<i>Sitopaladi churna</i>	<i>Sita, vanshlochan, ela, twak, pippali,</i>
7.	<i>Shadbindu tail</i>	<i>Bhringraj, erandmool, tagar, soya, jeevanti, rasanapatra, saindhav, ajadugdh, shatpushpa, shunthi, krushnatil, vidanga, yasthimadhu</i>
8.	<i>Nasalep</i>	<i>Vacha, musta, shunthi</i>

### OBSERVATION AND RESULTS

#### After 15 days of the treatment:

The patient came for a follow-up after 15 days and a local examination of the ear, nose, and throat was done showing mild improvement. (table no.4).

**Table 4** Examination of ear, nose, and throat after 15 days

1.	<b>Ear Examination</b>	<b>B/L TM intact</b>
2.	Nose Examination	Mucosal congestion B/L
3.	Throat Examination	PPW congestion

#### After 1 month of the treatment:

The patient came for a follow-up after 15 days again and a local examination of the ear, nose, and throat was done showing improvement with complete symptomatic relief. (table no.5)

**Table 5** Examination of ear, nose, and throat after 1 month

1.	<b>Ear Examination</b>	<b>B/L TM intact</b>
2.	Nose Examination	NAD
3.	Throat Examination	NAD

- X-ray of the nasopharyngeal view of the skull is repeated after 1 month. (Figure no.2)
- After 1 month of ayurvedic treatment, the patient has complete symptomatic relief. The X-ray also shows no abnormality in the nasopharynx related to enlarged adenoids. The patient was cured completely within 1 month by ayurvedic medicine treatment without any surgical intervention.

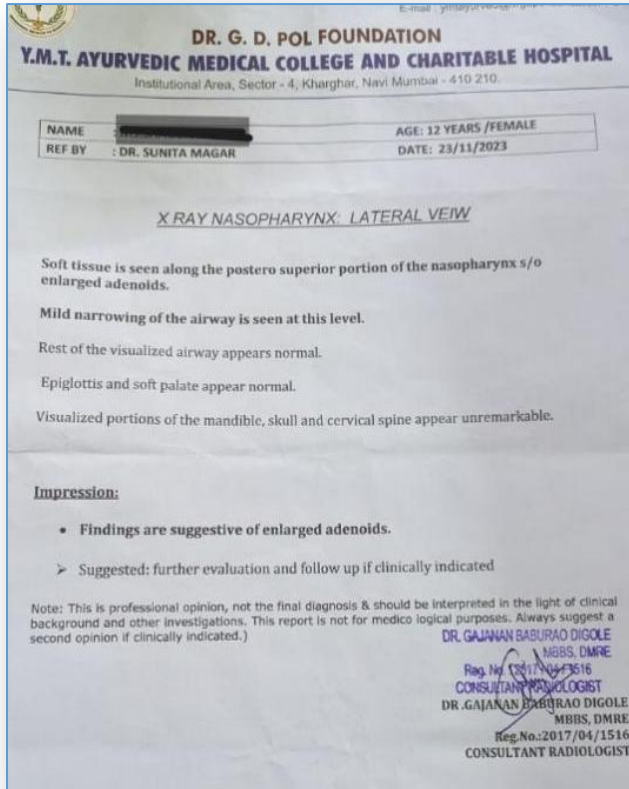
### DISCUSSION

In Ayurveda, the enlarged adenoid is correlated with *kanthashaluka* which is described in *kanthagata rogas*. In this disease, the *vaat* is *avrutta* by *kapha dosha*, so *vaatanulomak* and *kaphanashan chikitsa* should be done. Ayurvedic treatment includes *shodhan nasya*, *nasalepa* and

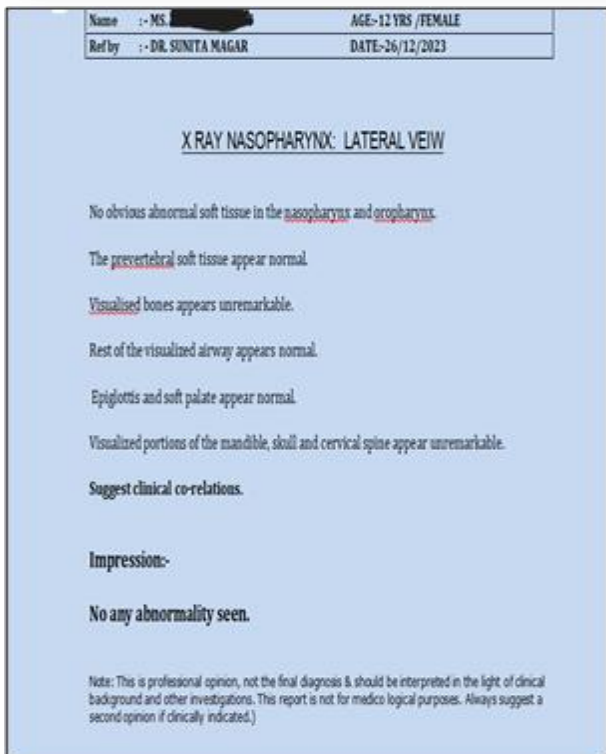
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internal medicine. In this case, the *nasya* with a *shadbindu tail* gives nerve stimulation and helps in the *dravikaran* and *chhedan* followed by

*anuloman of kapha and vaat doshas*. *Nasalepa* relieves the inflammation of nasal mucosa hence removing the sensation of blocking of nose.



**Figure 1** X-ray skull nasopharyngeal view (Before Treatment)



**Figure 2** X-ray skull nasopharyngeal view (After Treatment)

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After 1 cycle of *nasya* and *nasalepa* significant relief is seen symptomatically and also in local examination. Internal medicine is also given. *Kanchnar guggul* helps to reduce lymphoid tissue swelling. *Sukshma triphala* and *Lakshmi vilas ras* do the *kaphanashan* and help to relieve symptoms of rhinosinusitis due to the property of *sukshmstrotogamitva*. *Sitopaladi churna* also does *Kaphanashan* and relieves the congestion in the throat. *Pathyadi kwath* and *amrutarishta* help in building the immunity of the body as well as regulate the vitiated *tridoshas* in the body.

### CONCLUSION

A combination of *Shadbindu tail nasya*, *nasalep* along with internal medication proved to be effective in the management of enlarged adenoids. Ayurvedic medication has great potential to be effective in Adenoid enlargement without any surgical treatment. If the patient approaches earlier then better results can be given in a short duration. Do's and Don'ts should be properly guided during and after the treatment.

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