

## CONCEPTUAL STUDY OF EVALUATION OF DARVYADI KWATH KAWAL IN GALAGRAH (PHARYNGITIS)

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### ABSTRACT

Pharyngitis is a sore throat caused by inflammation of the back of the throat. Throat disorders are one of the most troublesome problems of modern era. The condition is the usual phenomenon in pediatric population due to intake of cold drinks, junk food etc. Hence this disease is more recurrent now a days than earlier. Throat is considered as a common pathway for the respiratory and digestive tract. Any kind of alteration in normalcy in its structure and structural based function in throat region has been considered as *kantha* or *Gala roga* in *Ayurvedic* texts. One of the throat disorders as mentioned in *Ayurvedic Samhitas* is "*Galagrah*" which present features same as seen in pharyngitis like Pain in throat, Congestion in posterior pharyngeal wall, fever etc. Hence pharyngitis can be correlated with *Galagrah*. So here we are studying about the action of *Darvyadi kwath kawal* in treatment of *Galagrah* as it has properties which can alleviate symptoms of Pharyngitis. Hence, the aim of this article is to re-evaluate the various principles related to different aspects of Pharyngitis along with its *Ayurvedic* point of view.

**Keywords:** Pharyngitis, *Galagrah*, *Darvyadi kwath kawal*.

### INTRODUCTION

Among the many infections that confront clinicians every day, there is probably no more common and yet problematic one than acute pharyngitis. The management of sore throat or pharyngitis is a significant burden on health service resources. However, a significant

number of patients experience unacceptable morbidity, inconvenience, and great loss due to recurrent sore throat. The use of antibiotics in patients with recurrent sore throat has lot of harmful effect on their health. Hence there is an urgent need to get a control over this prob-

lem by using some methods mentioned in our ancient science.

According to Indian medicine literature, all oriental knowledge has its origin in *Vedas*. *Vedas* are regarded as the oldest scientific document in written form. Among the four *Vedas* i.e, *Rugveda*, *Yajurveda*, *Samaveda* and *Atharvaveda*, *Ayurveda* is *Upaveda* of 'Atharvaveda'. *Ayurveda* is not merely a system of medicine in its conventional sense of curing disease but it is science of life. The word 'AYU' stands for life and word 'VEDA' stands for knowledge. Hence *Ayurveda* deals with every aspects of life.

Pharyngitis can be compared with a disease *Galagraha* mentioned in *Ayurvedic* literature by *Charakacharya*.<sup>[1]</sup> This disease mainly occurs due to vitiation of *kapha dosha* which settles in *Mukha (Gala) pradesh* causing *shotha* (inflammation) of *Gala Pradesh*.

So, to get rid of such painful disease, *Ashtang Hriday*<sup>[2]</sup> has mentioned the *Kawal Chikitsa* which provides good relief in *Mukhagat* and *Gala rogas*. *Kawal* not only gives soothing effect to the throat (*gala Pradesh*) but also cures the symptoms<sup>[3]</sup> like *Shoth*

(Inflammation), *Shool* (pain), *Jwara* (Fever), *Aruchi* (Anorexia) in a very precise manner. So *Darvyadi Kwath Kawal*<sup>[4]</sup> has been proposed to treat *Galagrah* (Pharyngitis) due to its *kaphghana karma* & extreme usage in *mukha-gala rogas*. Hence the present topic is chosen for the literary study.

The technique of Oil Pulling is mentioned in all the three major ancient book of *Ayurveda* as '*Kavala Dharana*.

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

Some of the drugs mentioned for this purpose are medicated oil or ghee, milk, honey and luke warm water.

According to *Ashtang Hriday*, *Kawal ghran* gives good relief in *manya stambha*, *shiro roga*, *karna roga*, *mukharoga* and *netra roga*, *lalastrava*, ***kantha roga***, *mukha sosha*, *hril-lasa*, *tandra*, *aruchi* & *pratishyayarogas*.

**Gargling** is the human act in which air from the lungs is bubbled through a liquid in the mouth. It usually requires that the head be tilted back, allowing a mouthful of liquid to sit in the upper throat. The head can be tilted by tilting either the neck or the back, depending on what is comfortable for the gargler. Vibration caused by the muscles in the throat and back of the mouth cause the liquid to bubble and percolate through the throat and mouth cavity

In a randomized study published in the American Journal of Preventive medicine in 2005 researchers recruited almost 400 healthy volunteers and followed them for 60 days during cold and flu season. At the end of the study period, the group that regularly gargled had a nearly 40 % decrease in URTI compared with control group.

A study in Japan has shown that gargling water a few times a day will lower the chance of upper respiratory infections such as cold.

The warm, mucous membrane lining of the throat provides a suitable environment for invading viruses and bacteria to flourish. These organisms cause irritation and inflammation of the membrane, making the throat feel scratchy and sore. Throat inflammation due to a cold will usually diminish in 2-3 days, as the body begins to conquer the infection. In the mean-

time, there are some home remedies like gargling that can bring temporary relief to the throat.

**Gargle With Warm Salt Water** – It helps soothe the throat and reduces swelling in the tissues. This is the safest, least expensive, and probably the more effective treatment of a sore throat.

**AIM** Literary study on the action of *Darvyadi Kwath Kawal* in *Galagraha* (Pharyngitis).

**OBJECTIVES:**

**Table 1:** Ingredients of *Darvyadi Kwath*

Drug Name	Latin Name	Rasa	Guna	Virya	Vipak	Doshagnata
<i>Daruharidra</i>	Berberis aristata	Tikta, kashaya	Laghu, Ruksha	Ushna	Katu	Pittaghna and Kaphaghna
<i>Rasanjana</i>	Berberis aristata	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Shleshmaghna
<i>Nimb</i>	Azadirachta indica	Tikta, Kashaya	Laghu, Ruksha	Ushna Shita	Katu	Kapha-pittahara
<i>Indrayava</i>	Holarhena antidysentrica	Tikta	Laghu, Ruksha	Sheeta	Katu	Tridoshaghna

**METHODS:**

- *Darvyadi Kwath* ingredients are studied in detail. Concept of *Kawal* (Gargling) effect

- Literary study about the signs and symptoms of *Galagraha* (Pharyngitis).
- Literary study about the *Darvyadi Kwath Kawal*.

**MATERIALS:**

All the references regarding *Galagraha* (Pharyngitis) and *Darvyadi Kwath Kawal* are collected from *Bruhatrayi* and *Laghutrayi* and compilation is done.

**About Medicine:**

*Dravyadi Kwath* was taken from *Ashtang Hriday*, is used for *Kaphanashak* as it is *Kantha Roga Vinashini*.

on *Galagraha* (Pharyngitis) is studied in detail.

**Table 2:** Previous Work Done:

No.	Scholar	Topic	Place of work	Year
1.	Dr. P.P. Diwan	Effect of Kankola churna Pratisarana in Galagraha	Tilak Ayurved Mahavidyalaya, Pune University	1987
2.	B.S. Pradhan	Ayurvedic Management of Chronic Pharyngitis	Faculty of Ayurved, Institute of Medical Sciences, B.H.U.	1988
3.	Madhusudan	Effect of Kalyan Leha in Mook, minmin and Galagraha	Dr. B.K.R.R. Govt. Ayurved College, A.P. University, Vijaywada	1989
4.	R.K. Gaur	Efficacy of Snuhikshara and Haridra on Pharyngitis in children	National Institute of Ayurved, Rajasthan University, Jaipur	1989
5.	Dr.R.G. Dole	To study the efficacy of Triphala kwatha in Acute Pharyngitis	Tilak Ayurved Mahavidyalay, Pune University	2001
6.	Kapulwat Rajiv	Study of efficacy of Haritaki Kashya	Tilak Ayurved Mahavidyala, Pune Uni-	2009

		Madhu Gandush in Galagrah	iversity	
7.	Dr. Narayan Dubey	Study the efficacy of Yassthimadhu Kankola kwath-kawal in Galagraha w.s.r to Pharyngitis	Bharati Vidyapeeth University, College of Ayurved, Katraj, Pune	2014

## DISCUSSION

People with symptomatic *Galagrah* (Pharyngitis) commonly have *Galashool* (Throat pain), *Gala shotha* (Swelling in throat), *Aaraktata* (Congestion on posterior pharyngeal wall and pillars), *Aruchi* (Anorexia), *Jwara* (Fever), *Sirashshool* (Headache). Therapeutic goals for treating *Galagraha* (Pharyngitis) are elimination of Upper respiratory tract infections and inflammation, improvement of symptoms and physical findings, prevention or minimization of long term sequel.

*Daruharidra* <sup>[5]</sup>, the main ingredient of *Darvyadi kwath* has *Tikta*, *Kashaya rasa*, *Katu vipak*, *Ushna virya*, *Laghu*, *ruksha guna*. It is useful in alleviating of *Pitta* and *Kapha doshas* which are the main culprit behind throat infections. Its bark contains an alkaloid Berberine which possess antibacterial, anti-fungal, antiviral, antioxidant and anti-inflammatory properties. *Daruharidra* possess *shothaghana* (Anti-inflammatory), *Jwaraghna* (Antipyretic) and *Kaphaabhishyandahara* properties (Drying quality). It is said that *Daruharidra* has properties similar to turmeric but it is mainly useful for *Karnanetramukha rogas* <sup>[6]</sup> (Ear, nose, throat disorders). *Rasanjana*, the second most important ingredient, is the crude extract of *Daruharidra*.

### Preparation of *Rasanjana*

Root and stem bark of *Daruharidra* are collected from plant. The collected roots are

cleaned and washed in tap water to remove soil particles; the collected roots are chopped into small pieces and boiled in water in aluminium vessel under low heat for 5-6 hrs. It should be heated with continuous stirring to avoid burning of extract; the watery extract is stirred until it has a syrup consistency. Then it is filtered and boiled again for 1 hr and cooled in open air, after cooling extract becomes semisolid and it is called *Rasant* or *Rasanjana*. It possess anti-inflammatory and wound healing properties, hence useful in mouth ulcers and throat congestion. It also act as hepato stimulant and astringent and hence can be useful in treating anorexia.

*Rasanjana* is also best known to cure *Galargas* as mentioned by Acharya Charak <sup>[7]</sup>.

*Neem* <sup>[8]</sup> has *Kaphagna* and *Pittaghna* properties due to its *Katu vipak* and *sheeta virya*. Being *Ruksha* and *Laghu*, it causes wasting of *Snigdha dhatus*. It has *Tikta* and *Ruksha guna* and thus absorbs *Kleda (Kapha)*. As it has *Tikta* and *Vishada* properties, it expels vitiated *Kapha* residing with tongue and thereby brings back taste. Hence useful in treating of *Aruchi* (Anorexia). It also act as *Aampachan* and thus useful in *Aamaj jwara*.

*Indrayava* <sup>[8]</sup> has *Tridoshaghna* property as it has *Katu vipak*, *Tikta rasa*, *Lagu*, *ruksha guna* and *Sheeta virya*. It is used to digest *Rasagata Aam* and *Sama dosha* and to pacify *Niram dosha* by its *Tikta rasa*.

**Kawal** is a procedure in which either medicated fluid or paste of the drugs is filled in the

mouth in a dosage such that it can be freely moved within the mouth. It is retained for specific duration and then spit out. Some of the drugs mentioned for this purpose are medicated oil or ghee, milk, honey and luke warm water. Many other drugs are also mentioned in the contexts of treatment of diseases of oral cavity.

**Oil pulling** is basically a simple method where one needs to sip some oil and swish it through the oral cavity for some times before throwing it out.

The best time to do Oil pulling is in the morning after one brush the teeth before breakfast. One can of course do the procedure any time of the day, but morning would be the best time. Another time that is suggested is late before going to bed.

Oil pulling was traditionally done with sesame oil.

### **Procedure**

Take one tablespoon of oil and swish it around in your mouth, from side to side, front to back, and in between your teeth. As with mouthwash, you do not want to swallow it. There is no need to swish so vigorously that your mouth gets tired. You'll be loosening bacteria and hidden food particles even as you move the oil about gently.

After a few minutes, the oil may turn into a thin, milky consistency. At this point, it's time to spit it out, rinse, and brush as usual.

### **Mode of Action**

The action of *Kawal* exerts increased mechanical pressure inside the oral cavity. So this increased pressure stimulates pressoreceptor (stretch reflex) that are present in the mouth. Once the pressoreceptor is stimulated, they send signals to salivary nuclei in the brain

stem (pons and medulla). As a result, Parasympathetic nervous system activity increases and motor fibres in facial (VII) and glossopharyngeal (IX) nerve trigger dramatically increasing the output of saliva. Chemical constituent present in the drug also stimulate chemoreceptors present in the mouth, which in turn increases salivary secretions. An enzyme called lysozyme present in saliva is bacteriostatic in action. It prevents the growth of pathogenic microorganisms in the oral cavity. Antibody IgA present in saliva also provide protection against microorganisms. Thus *Kawal* increases local defence mechanism and promotes oral hygiene

### **Indications**

- *manyashul*
- *shirahshul* (headache)
- *Karna roga* (ear diseases)
- *Akshi roga* (Eye diseases)
- *Lalasarav* (excessive salivation)
- *Kanth roga* (Throat problems)
- *Mukhashosh* (Thirst)
- *Tandra*
- *Aruchi* (Anorexia)
- *Pinas* (Chronic sinusitis)

Oil pulling is cheap; the only expense is for the oil you use.

It is very easy; you simply swish oil in your mouth. Compared to other forms of detoxification it is relatively effortless. It doesn't require dieting, fasting, or consuming unpleasant, and often bowel loosening, mixes of herbs and pills. And it is completely harmless.

### **Benefits:**

It keeps Oral Cavity Healthy. No more nasty toothaches occur any more...

- According to Acharya Charak "Oil Pulling also decrease the dryness in the mouth and also cleanses the tongue".
- Recent studies published from Universities of India have confirmed that Oil pulling remains very effective for issues like Gingivitis and also for keeping the Dental Plaque in control.
- Another study recommends Oil pulling as a good anti Bacterial for the oral cavity.
- In *Ayurveda* Oil pulling has been known helpful for many reasons including oral health and Hygiene. But with that it has been known to keep the skin of the face very healthy.
- It also helps in maintenance of good vision.
- It also helps in keeping vocal cord healthy. Hence good for singers or those people who have to speak a lot.

## CONCLUSION

From the above study, we can assume that *Darvyadi Kwath Kawal* can efficiently decrease the symptoms of *Galagraha* (Pharyngitis), It is a simplest method of treatment with minimal or no side effects. Herbal materials used in this treatment ie. *Daruharidra*, *nimb* etc. are easily available. Due to their antibacterial and anti-inflammatory properties, symptoms of *Galagraha* can be relieved without side effect. *Kawal* can also proved to be an important procedure for treatment of Pharyngitis. Hence there is further lot of scope for research for local treatment of Pharyngitis in form of *Ayurvedic Kawal*.

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