

Clinical Evaluation of Efficacy of Local Application of Turmeric Powder (*Curcuma Longa* Linn) in Uvulitis

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Abstract

Uvulitis is inflammation of the uvula. This is the small tongue-shaped tissue that hangs from the top of the posterior part of the mouth. Uvulitis is usually associated with inflammation of other mouth parts, such as the palate, tonsils, or throat (pharynx). Uvulitis is another word for a swollen uvula. *Galashundika* is a disease, which is very commonly observed, in classical Ayurveda, it is considered as *Talugata Vyadhi* (palatine diseases). *Galashundika* caused by Kapha developing in the root of the palate, resembling like urinary bladder of the fish, soft elongated, slim, causing obstruction to the throat, making particles of food to come out through the nose, producing thirst, cough & vomiting. Also, this leads to Shopha (swelling), Kantha-avarodha (difficulty in swallowing) & Trisha (thirst), Aaraktata (congestion), Shushka Kasa (dry cough). There is a disease, which is somewhat similar to *Galashundika* called as elongated uvula or uvulitis. The anti-inflammatory property of local application of turmeric powder reduces inflammation from all over the uvula in trial group. In control group the treatment of warm saline gargles had only soothing effect. Anti-inflammatory property is less in warm saline gargles than local application of turmeric powder. We concluded that uvulitis is a common disease in all age groups from 10 years to 55 years in all season. Use of turmeric powder local application on uvula also is effective in uvulitis. Recurrent attacks of uvulitis can be reduced by turmeric powder local application on uvula and it has better results than warm saline gargles.

Key words: uvulitis, *Galashundika*, turmeric powder, *Talugata Vyadhi*, local application, uvula, gargles, *Curcuma longa* Linn

INTRODUCTION

Uvulitis is inflammation of the uvula. This is the small tongue-shaped tissue that hangs from the top of the posterior part of the mouth. Uvulitis is usually associated with inflammation of other mouth parts, such as the palate, tonsils, or throat (pharynx). Uvulitis is another word for a swollen uvula. It secretes saliva to keep your mouth lubricated. It also prevents food and liquids from entering the space behind the nose. But if uvula becomes swollen, it can feel pretty irritating. Uvulitis is usually temporary. Since uvulitis is commonly associated with other conditions – such as infection, allergies or trauma – and treating the underlying cause

usually eases your uvulitis symptoms. Most of the time, an inflamed uvula isn't serious and usually goes away in a couple of days. But if swelling becomes severe, uvulitis could interfere with breathing and swallowing. Symptoms can vary depending on the underlying condition. Possible uvulitis symptoms include: Fever, Sore throat, White spots on uvula or throat, Difficulty in swallowing, Cough, Gagging, Choking, Snoring, feeling like something's stuck in your throat, Excess saliva production, Difficulty breathing. There are several factors that can lead to uvulitis. Some of the most common swollen uvula causes include: Allergies. Some allergens, like pet dander, dust, pollen or certain foods, can cause your uvula to swell. Environmental irritants. Smoking tobacco or inhaling certain chemical substances can irritate your uvula and lead to inflammation. Snoring. Severe snoring or obstructive sleep apnea is often associated with a swollen or sore uvula. (Snoring can be a cause or a symptom of uvulitis.) Certain medications. Some drug side effects can cause your uvula to swell. Dehydration. Poor hydration can be a factor for uvulitis. In fact, some people have reported a swollen uvula after alcohol overindulgence. Viral or bacterial infections. Some people get uvulitis as a symptom of infections like strep throat, tonsillitis, the flu, mononucleosis and the common cold. GERD (chronic acid reflux). Severe acid reflux can lead to irritation of your throat and uvula. Certain STDs, such as gonorrhea and syphilis, could cause your uvula to become swollen. Trauma. Your uvula could become injured as a result of certain surgical procedures, such as tonsillectomy. Uvulitis could also happen from intubation during surgery with general anesthesia. (Intubation is when your healthcare provider places a flexible plastic tube down your throat and into your windpipe to help you breathe.) Uvulitis caused by trauma usually improves on its own in a week or two. Galashundika is a disease, which is very commonly observed, in classical Ayurveda, it is considered as Talugata Vyadhi (palatine diseases). Galashundika caused by Kapha developing in the root of the palate, resembling like urinary bladder of the fish, soft elongated, slim, causing obstruction to the throat, making particles of food to come out through the nose, producing thirst, cough & vomiting. Also this leads to Shopha (swelling), Kantha-avarodha (difficulty in swallowing) & Trisha (thirst), Aaraktata (congestion), Shushka Kasa (dry cough). There is a disease, which is somewhat similar to *Galashundika* called as elongated uvula or uvulitis. Turmeric powder having property of anti-inflammatory wound healing, antibiotic, antifungal and antiallergic. Taking into consideration of these properties of turmeric powder, it will work on uvulitis. Galashundika Vyadhi is quite frequently observed in today's E.N.T. O.P.D.'s. Ayurveda has very well-defined treatment for Galashundika. In this study local application of turmeric powder is used and compared with saline water gargles.

AIM

To assess the efficacy of local application of turmeric powder in uvulitis.

OBJECTIVES

1. study the Galashundika Vyadhi.
2. study the Uvulitis.
3. study the efficacy of warm saline gargles in Galashundika Vyadhi.
4. study the efficacy of local application of turmeric powder in uvulitis.

MATERIALS AND METHODOLOGY

A] Materials

Drug

- 1) Turmeric powder [*Curcuma longa* Linn.] local application on uvula
- 2) Warm Saline Water gargle (5 gm sodium chloride mixed with 250ml warm water)

Methodology

Selection of cases

This study is entirely based on clinical observations and narration of patients. All the patients are selected randomly from 10 yrs. to 50 yrs. of age group, suffering from symptom of uvulitis. Comparative study is conducted in 2 groups. Each group consists of 30 patients. The clinical observations are recorded. Collection Of Data

Total 60 Patients Study in Groups

- 1) **Trial Group** - 30 Patients

Treated with Turmeric powder [*Curcuma longa* Linn.] local application on uvula one time a day for seven days daily. Application done with help of right-angle tongue depressor dose is 500mg

- 2) **Control Group** - 30 Patients

Treated with Warm Saline Gargles one times a day for seven days (5 gm sodium chloride mixed with 250ml warm water)

STUDY DESIGN

Randomized controlled clinical trial entirely based on clinical observations and narration of patients

Inclusion Criteria

Patients Of uvulitis.

Age Group Above 10 Years to 50 years of age.

Irrespective Of Sex and Religion.

Exclusion Criteria

Patients Of Tonsillitis.

Recently Tonsillectomy Operated Patients

Age Group Below 10 Years

Patients Ofuvulitis With Other Systemic Diseases Like fever, Hypertension.

OBSERVATION

All the observations of study were recorded as per severity of symptoms like oedema, dysphagia, cough, dyspnea, congestion, throat pain. Follow up is done in O.P.D. every day for seven days and clinical observations are recorded for seven days.

The subjective gradation of the sign and symptoms are made as follows

0 Normal

1- Mild

2- Moderate

3-Severe

DISCUSSION

The anti-inflammatory property of local application of turmeric powder reduces inflammation from all over the uvula in trial group. In control group the treatment of warm saline gargles had only soothing effect. Anti-inflammatory property is less in warm saline gargles than local application of turmeric powder. Oedema was less in trial group as compared to control group after treatment. The percentage of result in Trial group is 83.33%, while that for Control group 70%. Hence, the oedema is reduced more in trial group than in control group. On first day of observation, the symptom of difficulty in swallowing was almost same in both trial and control group. But as the clinical trial proceeds, the patients from trial group showed relief from difficulty in swallowing quickly than control group patients. Majority of patients from trial group showed relief from the day second against the control group. As the clinical trial proceeds, the dysphagia was prominently reduced due to the Kaphagna and Lekhaniya action of turmeric powder local application. The dysphagia was reduced rapidly in trial group as compared to control group. The percentage was 70%. Hence result of dysphagia in Trial group is 86.67%, is reduced more than in Control group. Cough is a symptom, which is observed when the palate gets edematous and that causes irritation to the posterior portion of the tongue of the patients which leads to cough. For such patients who suffer from cough turmeric powder local application had a good result to reduce the cough rapidly. Thus, the turmeric powder local application has good result as compared to warm saline gargle. The percentage of result in Trial group is 100%, while that for Control group 83.33%. Hence, the cough is reduced more in trial group than in control group. Difficulty in breathing occurs in Jirnaavastha of Galashundika. Kaphagna and Ushna guna of turmeric powder, it is effective in Galashundika Vyadhi compared to warm saline gargle. But whenever there is difficulty in breathing, then the systemic treatment is required. Congestion was same in both groups on first day. After the treatment it has been observed that in the trial group patient's congestion was less than control group. Patient from control group had more congestion and so patients from control group suffered from more pain as compared to trial group patients. Probably it was because of Raktashodhaka and Vranaropaka property of turmeric powder congestion was reduced faster. The percentage of result in Trial group is 83.33%, while that for Control group 66.67%. Hence, the congestion is reduced more in trial group than in control group. Throat pain was almost same in both trial and control group at initial stage but because of local application of turmeric powder it was seen that the pain was dramatically relieved by vatahara property and Ushna guna of Haridra on second day as against the control group. So, it was observed that more than thirty percent of the patients were relieved from the throat pain in the trial group on second day. The throat pain reduced rapidly in the trial group as compared to control group.

CONCLUSION

From all the observations and discussions made it can be concluded that uvulitis is a common disease in all age groups from 10 years to 55 years in all season. Use of turmeric powder local application on uvula is effective in uvulitis. Recurrent attacks of uvulitis can be reduced by turmeric powder local application on uvula and it has better results than warm saline gargles. Local treatment along with systemic treatment will give result faster than only with local treatment.

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