



EFFICACY OF SIDDHA MEDICINE IN TREATING *LASUNA THAABITHAM* (TONSILLITIS) – A REVIEW.

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ABSTRACT

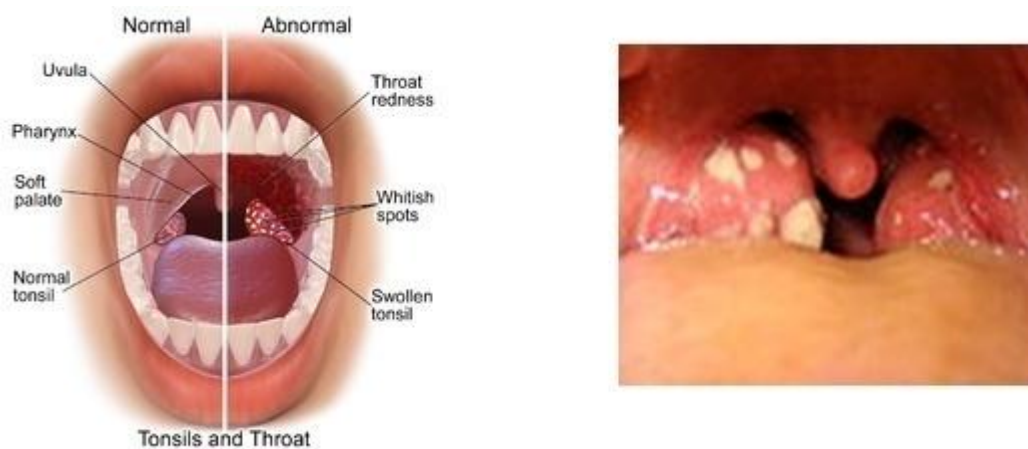
Lasuna Thaabitham or tonsillitis (tonsil+itis) meaning inflammation of the tonsil, caused either by viral or bacterial infection is characterised by sore throat and fever. The incidence is high in small children and the generalised treatment includes either anti-inflammatory or anti-biotics. Chronic Tonsillitis is corrected by tonsillectomy (surgical removal of the tonsils). This study intends to suggest some Siddha medicines for the cure of tonsillitis. Siddha System of Medicine has internal, external and local applications for the treatment of *tonsillitis*.

Single herbs such as *Akarakaram* (*Anacyclus pyrethrum*), *Athimathuram* (Sweet flag), *Arathai* (*Alpinia galangal*), *Aathondai* (*Capparis zeylanica*), *Chukku* (*Zingiber officinale*), *Milagu* (*Piper nigrum*), *Val milagu* (*Piper cubeba*), *Adathodai* (*Justicia beddomei*) are used for the cure of tonsillitis. *Chukku Amukkara Patru* (a poultice having dried ginger and winter cherry) is indicated for local, topical application. The compound medicines indicated for the treatment of tonsillitis include *Lasuna Thaabitha Chooranam*, *Kadugadhi kirudham*, *Kandavizhtham*, *Thuthuvalayadhi urundai*, *Vengara madhu* and *Poondu then*. In addition, the literary review including aetiology, signs and symptoms, patho-physiology and dietary management of the condition, ‘Lasuna thabitham’ as per Siddha texts are also discussed.

Keywords: Lasuna Thabitham, Tonsillitis, Siddha herbs.

INTRODUCTION

Tonsillitis is inflammation of the tonsils most commonly caused by viral or bacterial infection. Symptoms may include sore throat and fever. When caused by a bacterium belonging to the group A streptococcus, it is typically referred to as strep throat. The overwhelming majority of people recover completely, with or without medication. In 40%, symptoms will resolve in three days, and within one week in 85% of people, regardless of whether streptococcal infection is present or not.



Signs and Symptoms

Common signs and symptoms includes sore throat, pain when swallowing, high temperature (fever), coughing, headache, tiredness, chills, white pus-filled spots on the tonsils, swollen lymph nodes (glands) in the neck, pain in the ears or neck, difficulty ingesting and swallowing meal/liquid intake.

In cases of acute tonsillitis, the surface of the tonsil may be bright red and with visible white areas or streaks of pus.

Tonsilloliths occur in up to 10% of the population frequently due to episodes of tonsillitis.

Aetiology

The causative agents for tonsillitis may be either in the viral or bacterial form. Viral infections leading to tonsillitis may includes Acute pharyngitis/tonsillitis through *Herpes*

simplex, *Epstein Barr*, *cytomegalovirus*, *adenovirus* and *measles viruses*. Bacterial causes are mainly through *GABHS*(*Group A beta-hemolytic Streptococcus pyogenes*) that leads to strep throat. It causes about 15-30% cases.

Lasuna Thaabitham in Siddha

Lasunam+thaabitham, where thaabitham refers to inflammation the other names for this disease in Siddha system are Annakku thooru (Gunapadam Thaathu Seeva Vagupu) and Unnakku Azharchi(T.V. Sambasivam Pillai Tamil Agarathi). It occurs due to variations in Kabha. According to Naagamuni,there are 1008 diseases that affect the head while 20 diseases pertain to the Ullnakku(tonsils).

Complications

Severe Tonsil infection leads to more severe complication such as collection of pus on back of throat, Sleep apnoea, Rheumatic fever, Post streptococcal Glomerulonephritis, Tonsilloliths that lead to surgery

Table. 1. Single Herbs Effective in Treating Tonsillitis^[1]

The following are the single herbs that are effective in the treatment of tonsillitis. They are chronic expectorants and the other descriptions are as follows.

<i>Name</i>	<i>Botanical Name</i>	<i>Phytochemical Constituents</i>	<i>Uses in Siddha</i>
Akkarakaaram	Anacyclus pyrethrum	Pyrethrine	Toothaches, Fever
Milagu	Piper nigrum	Piperlongumine	Arthritis, cvitiligo, wrinkle and cancer.
Valmilagu	Piper cubeba	Piperine	Cough and cold, fever
Adathoda	Adathoda vasica	Vacisine	lowering blood pressure, Menorrhagia,
Adhimadhuram	Glycerrhiza glabra	Glycerrhizine	Expectorant, Ulcer

Chukku	Zingiber officinale	Zingiberine	Headache, cough, fever
Arathai	Alpinia galanga	Galangin	Rheumatism, bad breath, ulcers, whooping cough

Table. 2. Medicines That Treat Tonsillitis:

Tonsillitis can also be cured by the following prepared medicines:

<i>Name of the Medicine</i>	<i>Ingredients</i>	<i>Dosage/ Adjuvant</i>	<i>Usage</i>
Lasuna Thaabittha Chooranam ^[2]	Thirikadugu, Indhuppu(Impure Sodium Chloride) ^[3]	2 grams with honey or ghee	Cures Tonsillitis
Thoothuvalayathi Urundai ^[4]	Thoothuvalai Adathoadi Thippili	1tablet in honey OD betel nut size	Cures Tonsillitis and Upper Respiratory Tract Infections
Thettran Chooranam ^[5]	Thettran kottai Venthayam	2 grams with Honey	Kabha diseases
Kadugaathi kirudham ^[6]	Millagu karunjeeragam	1 spoon BD with honey	Cure for infections of throat
Kalluppu mathirai ^[7]	Kalluppu(impure NaCl)	1tablet BD	Cures tonsillitis
Poondu Theen ^[8]	Vellai Poondu, Then	Local/Tropical application	Cures Tonsillitis
Vengaara Madhu ^[8]	Vengaaram, Then	Local/Tropical application	Akkaram, Oral disorders
Chukku Amukkara Patru ^[9]	Chukku	External	Cures Tonsillitis

Thirikadugu

It includes chukka (*dry Zingiber officinale*), milagu(*Piper nigrum*) and thippili (*Piper longum*).

Indhuppu

Also known as impure sodium chloride or rock salt, this compound has anti inflammatory activity. Also, it is useful as a nauseant and anti fungal agent.

Thoothuvalai (*Solanum trilobatum*)

This three lobed night shade, belonging to the family Solanaceae has both expectorant and stimulant actions. It is used as a general cure for all upper respiratory tract infections.

Thetran (*Strychnos potatorum*)

Born with the special name clearing nut tree ad belonging to the family Longaniaceae, the seeds of this plant has a mild expectorant action.

Kadugu (*Brassica juncea*)

The black Indian mustard ha local irritant action and is a vescicant. It can also reduce the occurance of hiccups.

Karunjeeragam (*Nigella sativa*)

The black cumin seeds have parasiticidal and anthelmintic activities. It is an antipyretic and so is useful for reducing fever caused during severe streptococcal infections.

Karisaalai (*Eclipta alba*)

This plant contains a resin alkaloid by name ecliptine which is used as a tonic and alterative.

Garlic (*Allium sativum*)

A member of the family Amaryllidaceae, this plant is bulbous in nature and is used for its pungent flavour as a seasoning or a condiment. It is rich in sugars and fiber and is useful for its platelet aggregating activity. Its antiseptic activity is made use of in the prevention of gangrene.

Vengaaram (*Sodium biborate or borax*)

It is a calcium antagonist and hence is used as a vasodilator. It is a hypolipemic agent too.

Amukkara (*Withania somnifera*)

The drugs somniferin, withanol, withanosomniferin, withanolides and withaniferin A extracted from the tubers of this plant are useful as febrifuges and sedatives. It is also an antioxidant.

DISCUSSION AND CONCLUSION

The topics discussed above reveal that Siddha System has both preventive and curative Medicines for the treatment of the various stages of Tonsillitis. The phytochemistry, actions and uses of individual herbs are discussed. The main ingredients, dosage and indications for the finished products are also tabulated. This gives a clear idea about the concept of treating Tonsillitis.

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