

AYURVEDIC MANAGEMENT OF ADENOID ENLARGEMENT: A CASE STUDY

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ABSTRACT

Adenoid hypertrophy that is one of the most common cause of nasal obstruction, causing alterations to the auditory and orthognathic apparatus, and sleep disorders such as snoring and obstructive apnoea resulting in educational and social problems. Inefficient medical management and reluctance of masses to surgery necessitates an alternative and novel non-surgical approach to deal this condition. With the very aim of fulfilling the same this case study was taken which involved intake of Ayurvedic medicines and an adoption of Ayurvedic procedure. The experiment was very successful and the patient and his guardians were very much satisfied with the outcome of the treatment.

KEYWORDS: Adenoid, Ayurveda, *Nasya*, *Kanchnara guggulu*.

INTRODUCTION

Respiratory diseases are the greatest cause of pediatric medical visits, and of these, it is chronic nasal obstruction that is most common.^[1] It is adenoid hypertrophy that is the most common cause of this, causing alterations to the auditory and orthognathic apparatus, and sleep disorders such as snoring and obstructive apnoea^[2,3-5], among others, resulting in educational and social problems.

The adenoid is a single mass of tissue located way in the back of the nose in the passage that connects the nasal cavity to the throat. This tissue like the tonsils in the throat helps filter out

bacteria and viruses and produce antibodies to help the body fight off infections ('first line of defence'). In most children the adenoid enlarges normally during early childhood when most infections of the nose and throat are most common. They usually shrink as the child gets older and tend to disappear by puberty.^[6]

An enlarged adenoid, or Adenoid hypertrophy, can completely block airflow through the nasal passages. Even if the enlarged adenoid is not substantial enough to physically block the back of the nose, it can obstruct airflow enough so that breathing through the nose requires an uncomfortable amount of work, and inhalation occurs instead through an open mouth. The enlarged adenoid can also obstruct the nasal airway enough to affect the voice without actually stopping nasal airflow altogether.

Enlargement of the adenoid, especially in children, causes an atypical appearance of the face, often referred to as *adenoid faces*. Features of adenoid faces include mouth breathing, an elongated face, prominent incisors, hypoplastic maxilla, short upper lip, elevated nostrils, and a high arched palate. George Catlin, in his humorous and instructive book *Breath of Life*,^[7] published in 1861, illustrates adenoid faces in many engravings and advocates nose-breathing.^[8] Infections of the adenoids can cause a variety of complications including middle ear infections, glue ear, sinusitis, chest infections etc.

Surgical removal of the adenoid is a procedure called adenoidectomy. Adenoid infection may cause symptoms such as excessive mucus production, which can be treated by its removal. Studies have shown that adenoid regrowth occurs in as many as 20% of the cases after removal. Carried out through the mouth under a general anaesthetic (or less commonly a topical), adenoidectomy involves the adenoid being curetted, cauterized, lasered, or otherwise ablated. Post-operative complications may include vomiting, difficulties with swallowing, 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 one of the seventeen throat diseases affecting the quality of life of masses very badly.

CASE REPORT

A 6 year old male child reported the Shalakyia OPD of Patanjali Ayurvedic Hospital, Haridwar November 2013 with symptoms of difficulty in breathing through the nose,

recurrent rhinitis, mouth breathing, snoring while sleeping, sleep apnoea. As per his attendants, he was hale and hearty i.e. asymptomatic 2 years back. Gradually he started these symptoms which went on increasing slowly and slowly. In order to get emancipation from this disgusting disease he was given medicines from local doctor. Getting no remarkable relief, the guardian of the patient consulted a senior Allopathic physician. The X-ray, done on the advice revealed the case as that of adenoid enlargement. The child was given antibiotics and vitamins as a remedy, but these did not work at all. Having assumed the medical management as inefficient, the physician directed the guardians of the patient to switch over to adenoidectomy. In order to get non-surgical Ayurvedic management, the patient was brought here (Patanjali Ayurvedic Hospital, Haridwar).

Ayurvedic Management

As stated above, on the basis of resemblance of signs and symptoms, Adenoid enlargement can be correlated with *Kanthashaluka*. Therefore, management was planned accordingly. The details are as follows.

I. *Nasya with Anu Taila*

II. *Kanchanar Guggulu-1tab.X TDS*

Vridhibadhika Vati-1tab.X TDS

Chandraprabha Vati-1tab.X TDS

III. *Sitopaladi Churna-1 gm*

Trikatu -250 mg

Baheda churna 500mg

Swasari Rasa -60mg

1X3 times with honey

IV. *Varanadi Kashaya-15 mlXBD empty stomach*

OBSERVATIONS AND RESULTS

Although the results of the Ayurvedic medicines started giving subjective feeling of well being from the very beginning, it became apparent around 15 days of drug intake. The symptoms were reduced to least after the completion of one month treatment, and so one more X-ray was ordered and it showed only mucosal thickening and no enlargement of adenoid was there. Repeated X-ray, after 2 months of medicine showed normal size of the adenoid as per the age. There was no recurrence of the symptoms in 3 months follow up.



Before treatment



During treatment



After treatment

DISCUSSION

Ayurvedic treatment given judiciously can certainly relieve the patient from the problem of Adenoid enlargement. *Nasya with AnuTaila* results into regularization of deranged *Dosha*. *Kanchanar Guggulu, Vriddhibadhika Vati Chandraprabha Vati- Sitopaladi Churna-Trikatu - Baheda churna* have the inherent capacity of alleviation of vitiated *Tridosha*.

Varanadi Kashaya brings about change in the internal environment of the body via blood purification through its ingredients capable of doing so and thus results into subsidence of the presenting symptoms.

CONCLUSION

Ayurvedic medicines have great potential to overcome Adenoid enlargement without any surgical intervention. If such a patient of Adenoid enlargement go for Ayurvedic treatment in the initial stage of the problem, better results in short duration are anticipated. This particular healing system is also free from the undesirable side effects of the drugs. Do's and Don'ts should be properly abided during and after the treatment.

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