

CASE STUDY

Managing Uvulitis through Ayurveda: A Case Study

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ABSTRACT

Uvulitis, known as Galashundika in Ayurveda, is a condition characterized by inflammation and swelling of the uvula, often resulting in throat discomfort, difficulty in swallowing, and altered voice. This case study explores the successful Ayurvedic management of Galashundika in a 52-year-old male patient who presented with acute throat pain, foreign body sensation, nausea, mild fever. Based on the classical features and clinical examination, the condition was diagnosed as Galashundika and treated using a combination of Ayurvedic medicines and procedures. The treatment protocol included oral administration of Khadiradi Vati, Taleesapatradi Churna, and Tribhuvanakeerthi Rasa to reduce inflammation, combat infection, and relieve symptoms. In addition, steam inhalation was advised to ease respiratory discomfort, and gargling with Triphala-Yashtimadhu Kashaya (Kavala) was performed to soothe the throat and enhance local healing. Within five days of treatment, the patient showed significant improvement in symptoms, with complete resolution by the seventh day. This case highlights the efficacy of Ayurvedic formulations and simple therapeutic techniques in the management of Galashundika and underlines the importance of early diagnosis and appropriate intervention in preventing complications. The outcome suggests that an integrative Ayurvedic approach can be an effective alternative for managing acute uvulitis with minimal side effects.

Keywords: Galashundika, Uvulitis, Khadiradi Vati, Tribhuvanakeerthi Rasa, Kavala, Taleesapatradi Churna.

Received 27.10.2025

Revised 29.12.2025

Accepted 19.01.2026

How to cite this article:

Prince R, Manjiri K, Anu V. Managing Uvulitis through Ayurveda: A Case Study. Adv. Biores. Vol 17 [1] January 2026. 227-230

INTRODUCTION

Diseases affecting the oropharyngeal region often led to significant discomfort and complications if left unaddressed. One such condition is uvulitis, characterized by the inflammation of the uvula, which may cause throat pain, difficulty in swallowing, and a sensation of a foreign body in the throat. In Ayurvedic literature, this condition bears resemblance to Galashundika, a disorder described with symptoms aligning closely with those of modern uvulitis. Despite its clinical relevance, Galashundika remains sparsely explored in contemporary Ayurvedic research [1-3].

The aim of this case study is to examine a clinical presentation of Galashundika in the context of uvulitis and to assess the efficacy of Ayurvedic interventions in its management. Through this work, we seek to bridge classical Ayurvedic understanding with modern diagnostic frameworks, thereby contributing to integrative approaches in clinical care. The study also aims to document therapeutic outcomes and highlight the relevance of traditional medicine in managing localized inflammatory conditions of the upper respiratory tract [4,5].

PATIENT INFORMATION

CASE REPORT-

Age- 52 years

Sex: Male

Religion- Hindu

Socio economic status- Middle

CHIEF COMPLAINTS

- Severe throat pain localized to the uvula region

- Sensation of swelling and foreign body in the throat
- Difficulty and pain during swallowing (dysphagia)
- Mild fever and malaise
- Occasional dryness and irritation in the throat
- Mild voice hoarseness

The symptoms had been present for 5 days, progressively worsening despite conservative care.

HISTORY OF PRESENT ILLNESS

A 52-year-old male patient reported to the clinic with complaints of throat discomfort lasting five days. The symptoms began as mild dryness and irritation in the throat area, which gradually developed into sharp pain focused around the uvula. He described a feeling of swelling and a persistent sensation of something stuck in his throat. Swallowing became increasingly painful and difficult over this period.

In addition, the patient experienced low-grade fever and a general feeling of weakness, along with occasional hoarseness of voice. There was no reported history of recent infections, allergies, or contact with irritants like smoke. He also denied any injury to the throat or mouth.

The patient had taken some over-the-counter medications such as pain relievers and throat lozenges before consultation, but the symptoms persisted and worsened, leading him to seek Ayurvedic treatment.

FAMILY HISTORY

No family history of any recurrence of any kind of throat complaints

Father- H/O DM and HTN

Mother- H/O HTN

PERSONAL HISTORY

Diet- Vegetarian

Bowel-1-2 times per day

Appetite- Decreasing

Sleep- Disturbed

Micturition – 3-4 times/ day and 2-3 per night

Allergy- Not any

ON EXAMINATION

General condition- Debility

Vitals- Stable

Site of onset- Left side of face

Distribution- Unilateral

PLACE OF STUDY

The case study was done in SHALAKYA ENT OPD, Parul Ayurveda hospital, Limda, Vadodara, Gujarat

TABLE 1 - TREATMENT PROTOCOL

Medicine / Procedure	Dose	Timing
Khadiradi Vati	2 tablets (500 mg each) with warm water	Twice daily, after food
Taleesapatradi Churna	3 grams powder with honey 1 tsp	Twice daily, before food
Tribhuvanakeerthi Rasa	1 tablet	Twice daily, after food
Steam Inhalation	Warm steam from plain water	Twice daily
Gargling with Triphala-Yashtimadhu Kashaya (Kavala)	100 ml decoction	Twice daily, after food

DISCUSSION

The patient in this case study presented with classic features of uvulitis, including swelling of the uvula, dysphagia, and mild fever. After seven days of Ayurvedic treatment, the patient showed marked improvement, with a significant reduction in swelling, pain, and difficulty swallowing observed during follow-up.

The treatment protocol incorporated Khadiradi Vati, Taleesapatradi Churna, and Tribhuvanakeerthi Rasa, selected for their specific actions relevant to the disease process. Khadiradi Vati is known for its anti-inflammatory and analgesic properties, effectively reducing local swelling (Shothahara) and alleviating pain (Vedanasthapana) in the throat [5].

Taleesapatradi Churna acts as a digestive stimulant and metabolic regulator, enhancing Agni (digestive fire) and facilitating the clearance of Ama (toxins), thereby contributing to systemic dosha balance and aiding recovery [6].

Tribhuvanakeerthi Rasa, a classical Herbo-mineral formulation, provides Rasayana (rejuvenation) effects, strengthening immunity and promoting tissue repair. Its anti-inflammatory properties further support reduction of oedema and inflammation [7].

Supportive therapies such as steam inhalation helped soothe the mucosal lining of the respiratory tract and relieved congestion, improving respiratory comfort. Gargling with Triphala-Yashtimadhu Kashaya offered local antimicrobial and anti-inflammatory benefits, assisting in mucosal healing and maintaining throat hygiene [8].

This integrative Ayurvedic approach demonstrated notable efficacy in managing uvulitis without reliance on conventional antibiotics or steroids. The symptom resolution observed within a week highlights the potential of these medicines and procedures in treating inflammatory conditions of the oropharynx.

FIG 1- Uvulitis Before Ayurvedic Treatment

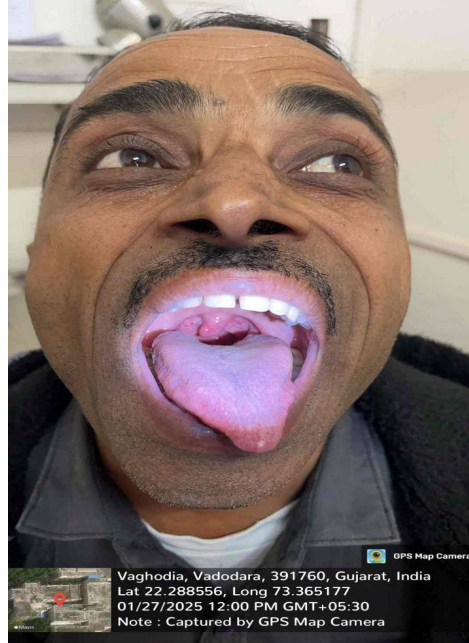
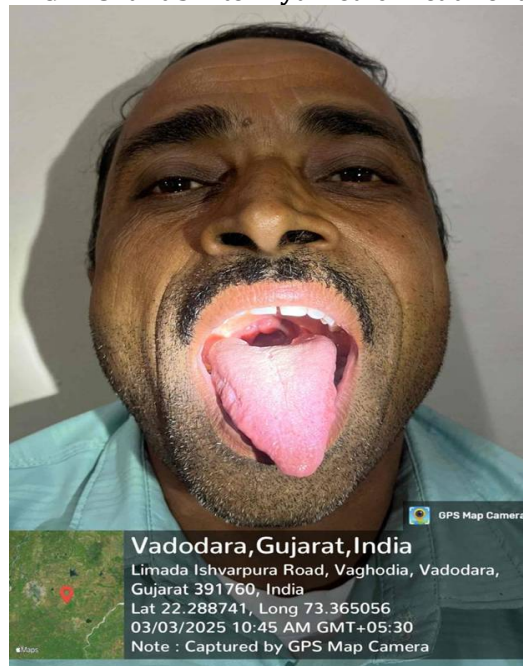


FIG 2- Uvulitis After Ayurvedic Treatment



Grading Key (Subjective Symptom Severity Scale):

- Grade 0 – Absent: No symptom present.
- Grade 1 – Mild: Occasional or mild symptoms not affecting daily activities.
- Grade 2 – Moderate: Frequent symptoms affecting daily activities but manageable.
- Grade 3 – Severe: Constant or intense symptoms significantly impairing daily function.

TABLE 2- Symptom Comparison Table: Uvulitis Before and After Ayurvedic Treatment

Symptom	Before Treatment	Grading (Before)	After Ayurvedic Treatment	Grading (After)
Throat discomfort	Persistent irritation and dryness for 5 days	Moderate (Grade 2)	No discomfort reported	Absent (Grade 0)
Pain around uvula	Sharp, localized pain	Severe (Grade 3)	Occasional mild sensation	Mild (Grade 1)
Sensation of foreign body	Constant feeling of something stuck in throat	Severe (Grade 3)	Resolved	Absent (Grade 0)
Dysphagia (Painful swallowing)	Swallowing painful and difficult	Moderate-Severe (G2-3)	Swallowing normal, no pain	Absent (Grade 0)
Swelling of uvula	Visible edema and fullness	Severe (Grade 3)	Uvula size normalized	Mild (Grade 1)
Hoarseness of voice	Occasional hoarseness	Mild (Grade 1)	Normal voice quality	Absent (Grade 0)
Fever	Low-grade fever	Mild (Grade 1)	Afebrile	Absent (Grade 0)
General weakness	Feeling of tiredness and malaise	Mild-Moderate (G1-2)	Strength regained, no complaints	Absent (Grade 0)

CONCLUSION

This case study underscores the effectiveness of Ayurvedic management in addressing chronic uvulitis (Galashundika), with marked improvement observed through specific Kriyākalpa procedures and internal Samana Chikitsa. A key highlight of the treatment protocol is its focus on preventing recurrence, ensuring sustained relief for the patient.

Further research, including well-structured clinical trials, is essential to validate the role of Ayurvedic therapies in the management of uvulitis and to explore their integration into broader healthcare systems.

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