

CASE STUDY

Treatment Protocol of Acute Pharyngitis through Ayurved- A Case Study

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ABSTRACT

Pharyngitis is an inflammation of the back of the throat that causes a sore throat. Throat disorders are one of the most difficult problems of the modern era. This condition is the usual phenomenon in pediatric population due to various causes etc. Hence this disease is more recurrent now a days than earlier. The throat is thought to be a common pathway for the respiratory and digestive tracts. In Ayurved texts, any change in the normalcy of structure or function in the throat region is referred to as Kantha or Gala Roga. One of the throat disorders mentioned in Ayurved Samhita is "Ekvrunda" which has symptoms similar to pharyngitis such as pain in the throat, congestion in the posterior pharyngeal wall, body ache, runny nose, headache and fatigue. As a result, pharyngitis may be linked to Ekvrunda. So, we examine the action of Darvyadi kwath kawal, Aampachak vati, Mahasudarshan ghanvati in the treatment of Ekvrunda because it has the properties that can alleviate symptoms of Pharyngitis. In this study, an attempt has been made to highlight the perspective of ancient and modern science on the aetiology, diagnosis of Pharyngitis (Ekvrunda) and Ayurvedic treatment protocol of Pharyngitis (Ekvrunda). This study has significantly demonstrated that Darvyadi kwath kawal, Aampachak vati, Mahasudarshan ghanvati is extremely beneficial in the treatment of Pharyngitis.

Keywords: Darvyadi kwath, kawal, Aampachak vati, Mahasudarshan ghanvati, Pharyngitis, Ekvrunda

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INTRODUCTION

In today's industrialized world, the prevalence of throat disorders has rapidly increased, resulting in high rates of morbidity and becoming the most common reason for patients who visits ENT clinics. There is probably no more common yet controversial infection that clinicians face every day than acute pharyngitis.

Clinicians are concerned about this illness because it is not limited to a single patient. Accordingly, some describe the peculiar symptoms of the disorder as a burning sensation, while others feel a tickling or scratchy sensation in the throat. A sore throat affects a person in the form of a general sore feeling that begins in the pharynx and gradually spreads out into the region of the middle throat. In most cases, these symptoms are accompanied by varying degrees of pain. A sore throat can usually be seen more as a symptom of another illness and arises as a result of inflammation in the sensitive tissues of the throat [1].

Pharyngitis can be similar to the disease Ekvrunda. Sushruta Acharya mentioned in Ayurved literature that Ekvrunda is primarily caused by Kapha-Rakta Dosha vitiation, which settles in Mukha (Gala) Pradesh and causes Shotha (inflammation) in Gala Pradesh [2]. Ashtang Hridaya has mentioned Kawal Chikitsa which provides good relief in all the Mukha roga. Oil pulling is referred to as "Kawal Dharana" in Brihatrayi [3].

Kawal (Gargling) is a procedure in which the liquid medicine is retained with swishing movement in the oral cavity. It is usually necessary to tilt the head back and allow a mouthful of kwath to hold in the upper throat. Kawal not only soothes the throat (Gala Pradesh), but it also precisely cures symptoms such as Shoth (inflammation), Shool (pain), Kas (cough), and Aruchi (anorexia) [4]. And Aampachak vati, Mahasudarshan ghanvati works on fever and indigestion due to fever [5]. Due to its Kapha-Pittaghna karma and extensive use in Mukha-gala rogas, Darvyadi Kwath Kawal [6] has been proposed to treat Ekvrunda (Pharyngitis).

CASE REPORT

A 25-year male patient, visited ENT OPD of *Shalaky Tantra*, Parul Ayurved Hospital on 23/04/2024 with the chief complaints of pain in throat, fever, difficulty in swallowing, cough in the past 5 days. The pain aggravates by drinking cold water, cold wind and especially in early morning and night.

The patient was apparently healthy before 5 days, then he gradually suffered from difficulty in swallowing, fever, throat pain, cough. He has no any other relevant family history and occupational history. After assessing the cause and symptoms, diagnosis was made as *Ekvrunda* according to *Ayurved*.

Table -1: Assessment Criteria

Pain in Throat
Posterior Pharyngeal wall congestion
Difficulty in swallowing
Cough
Fever

Medicine: *Darvyadi kwath, Aampachak vati, Mahasudarshan ghanvati*

Table - 2: Contents of Drug

Drug Name	Latin Name	Rasa	Guna	Virya	Vipaka	Doshaghna
<i>Daruharidra</i>	<i>Berberis aristata</i>	Katu, Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Pittaghna and Kaphaghna
<i>Neem</i>	<i>Azadirachta indica</i>	Tikta, Kashaya	Laghu, Ruksha	Shita	Katu	Kapha-pitta hara
<i>Indrayava</i>	<i>Holarhena antidysentrica</i>	Tikta	Laghu, Ruksha	Sheeta	Katu	Tridoshaghna

PREPARATION OF DRUG

Method of preparation of *Darvyadi kwath*:

Equal part of bark of *Daruharidra*, bark of *Neem* & *Indrayava* taken and mixed with 64 parts of water into it.

Boiled it till remains half, used this liquid for gargles (approx. 200 ml-2 cups).

Dose & Time of Drug Administration:

Dose and Duration -

Darvyadi Kwath 20 ml for kawal twice a day for 7 days.

Aampachak vati 2 tab bid with warm water before food for 3 days

Mahasudarshan ghanvati 2 tab bid with warm water before food for 7 days

Follow up

Follow up on 1st, 4th, 8th days was done and observations were recorded.

Table - 3: Gradation of Symptoms

Normal	0
Mild	+
Moderate	++
Severe	+++

RESULTS

Table - 4: Observations were noted according to the symptoms observed and narration of the patient.

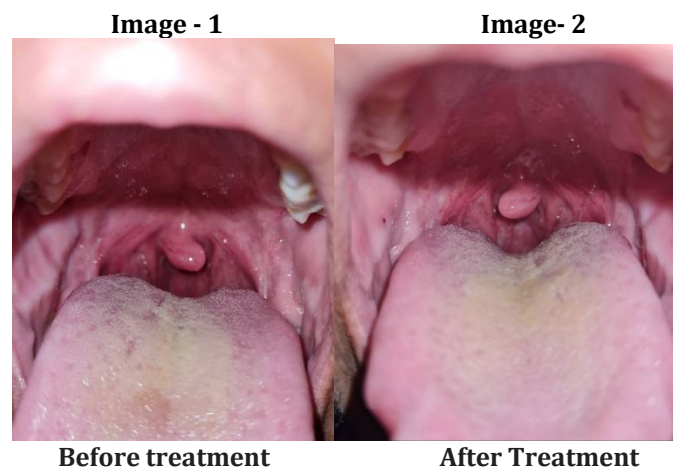
No.	Lakshana	Day 1	Day 4	Day 8
1.	Pain in Throat	++	+	0
2.	Posterior Pharyngeal Wall congestion	+++	++	0
3.	Difficulty in swallowing	+++	++	0
4.	Cough	++	0	0
5.	Fever	++	0	0

Grading Scale:

0 = Absent, + = Mild, ++ = Moderate, +++ = Severe

The recorded clinical observations suggest that all the presenting symptoms gradually and steadily decrease during the course of treatment. The symptoms of the patients were moderate to severe at the baseline (Day 1), where the congestion of the anterior pharyngeal wall was most severe (graded +++), and difficulty in swallowing was the most significant (graded +++).

All symptoms were improved by Day 4. The intensity of pain in the throat was decreased to moderate and changed to mild, and congestion and dysphagia were also decreased to moderate levels. Interestingly, the cough and fever had entirely subsided on Day 4, which is an indication of a quick response to therapy. Day 8 showed complete remission (grade 0) in all the symptoms such as pain, congestion, dysphagia, cough and fever. This implies that the treatment protocol was very successful in the attainment of symptomatic relief as well as clinical recovery in a limited period of time. On the whole, the results fulfill the evident pattern of initial enhancement and the final disappearance which confirms the effectiveness of the given Ayurvedic treatments in the pharyngitis treatment (Ekvrunda).



DISCUSSION

The main therapeutic aims of the pharyngitis (*Ekvrunda*) treatment are reduced inflammation, decrease of clinical manifestations, better visible physical dysfunctions, and avoidance of possible long-term morbidity. The current research proves that the chosen Ayurvedic interventions can be used successfully to achieve these objectives in a multi-targeted pharmacological approach [7].

The focus of the formulation is the *Daruharidra* (*Berberis aristata*) as it has well-known pharmacodynamic characteristics. It is typified by Katu, Tikta, Kashaya rasa, Katu vipaka, Ushna virya, and Laghu and Ruksha guna. These properties help in pacifying Kapha and Pitta dosha which constitute the major cause of pathogenesis of throat infection. Berberine is a bioactive alkaloid that has a broad spectrum of antimicrobial effects, such as antibacterial, antifungal, and antiviral effects, as well as a considerable range of anti-inflammatory and anti-oxidant effects, found in the bark of Daruharidra. Its pharmacological effects meet its traditional use in Shothaghna (anti-inflammatory) and Kaphapittaghna agent [8].

Kawal (gargling) procedure is a local remedial procedure that increases the drug delivery to the targeted mucosal surfaces. It is a safe and economical method, easy to administer, and free of the complications surrounding the systemic process of detoxification like dietary limitations or purgative treatment. Its clinically relevant nature is further enhanced by its safety profile and the use of the same in the preservation of oral hygiene [9].

The clinical findings during the treatment showed that there was a lot of symptomatic relief after the administration of Darvyadi Kwath Kawal. There was a significant improvement in such symptoms as throat pain, posterior pharyngeal wall congestion, dysphagia, and cough development. These results show anti-inflammatory as well as mucosal healing properties of the formulation [10].

Also, Ampachan Vati helped in the management by fixing Ama dosha and thus enhancing digestiveness, absorption, and metabolism. This is necessary to help correct the system, because, in Ayurvedic pathology, defective digestion is sometimes regarded as a cause of frequent inflammatory disorders.

Moreover, Mahasudarshan Ghanvati proved to be effective in the treatment of the related febrile conditions. Its antipyretic and antiviral effects are likely to augment host immunity leading to quicker recovery and decreasing disease burden [11].

Overall, the combination treatment showed synergy effect in that it involved both local and global responses to pharyngitis. Combination of anti-inflammatory, antimicrobial, immunomodulatory and digestive-corrective ability is a holistic approach to treatment and is therefore justification to the clinical utility of these Ayurvedic preparations in the treatment of Ekvrunda.

CONCLUSION

The results show that Darvyadi Kwath Kawal, Aampachak vati, Mahasudarshan ghanvati is efficient to alleviate the symptoms of Pharyngitis (Ekvrunda). Their anti-bacterial, anti-viral, anti-pyretic properties and anti-inflammatory properties may treat the symptoms of Ekvrunda without side effect.

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