



## CLINICAL EVALUATION OF EFFECT OF ROSCOEA PURPUREA, CURCUMA LONGA AND GLYCYRRHIZA GLABRA DECOCTION GARGLE IN PHARYNGITIS

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### Abstract

Pharyngitis describes the peculiar symptoms of the disorder as a burning sensation, while others feel a tickling or scratchy sensation in the throat. Overall, a sore throat affects the person as a general sore feeling that starts at the back of the oral cavity, gradually spreading out into the region of the middle throat. These symptoms are generally felt along with varying degrees of pain in individual cases. 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. Pharyngitis can be compared with a disease *Galagraha*. When liquid is filled in mouth to such a level that it can be moved easily, is called *Kawal*. we used "*Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction gargles" for this Study. It is already proved that, *Curcuma longa* is used as an antioxidant and possesses various beneficial properties such as anti-inflammatory, anti-allergic, antiseptic, blood cleansing etc, *Glycyrrhiza glabra* is used antimicrobial, antioxidant, anti-inflammatory, antitussive, antidiabetic, antiviral, anticancer, antimutagenic, antiulcer, *Roscoea purpurea* is used in preventing age related problems and best remedy in body debility, impotency, arthritis, burning sensation, inflammation, fever so taking in to consideration of these properties of all three drugs effectively worked in pharyngitis. It is concluded that *Galagrah* and Pharyngitis can be co-related. *Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction gargle can be considered as an effective treatment in *Galagrah* (Pharyngitis). Effect of *Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction gargle is as effective as Chlorhexidine liquid (0.2%), and is proved to be safe and effective drug.

**Keywords:** pharyngitis, galagraha, Kankol, Haridra, Yashtimadhu, Chlorhexidine

### Introduction:

Pharyngitis describes the peculiar symptoms of the disorder as a burning sensation, while others feel a tickling or scratchy sensation in the throat. Overall, a sore throat affects the person as a general sore feeling that starts at the back of the oral cavity, gradually spreading out into the region of the middle throat. These symptoms are generally felt along with varying degrees of pain in individual cases. 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. In today's era after seeing limitation of current line of treatment in area of recurrent and chronic type of disorder draws focus towards Ayurvedic line of treatment. Pharyngitis can be compared with a disease *Galagraha* mentioned in Ayurvedic literature by *Charakacharya*. This disease mainly occurs due to vitiation of *kapha dosha* which settles in *Mukha (Gala) pradesh* causing *shotha* (inflammation) of *Gala Pradesh*. So, to get rid of such painful disease,

*Ashtang Hridaya* has mentioned the *Kawal Chikitsa* (gargle) which provides good relief in *Mukhagat and Gala rogas*. The technique of Kawala is mentioned in all the three major ancient book of Ayurveda as "Kawal Dharana. When liquid is filled in mouth to such a level that it can be moved easily, is called Kawal.

Now a days due to increased air pollution, different types allergens, viral infections like covid, different types of flu the incidences of throat disorders have increased rapidly resulting in high rates of morbidity and becoming the commonest cause of patients' visits ENT clinics. According ayurvedic literature "*Galagrah*" is one of the commonest throat disorders which can be correlated with pharyngitis.

According to modern medical science, Pharyngitis is a common cause of throat discomfort; the condition is caused due to infection/irritation of the pharyngeal mucosa. While the use of modern line of treatment has limitation for prolonged use of antibiotics causes resistance. It becomes necessary to use Ayurvedic drugs, which give better relief & can be used with-out any side effects So we used " *Roscoea purpurea*(Kankol), *Curcuma longa*(Haridra) and *Glycyrrhiza glabra*(Yshthimadhu) decoction gargles " for this Study. It is already proved that, *Curcuma longa* is used as an antioxidant and possesses various beneficial properties such as anti-inflammatory, anti-allergic, antiseptic, blood cleansing etc , *Glycyrrhiza glabra* is used antimicrobial, antioxidant, anti-inflammatory, antitussive, antidiabetic, antiviral, anticancer, antimutagenic, antiulcer, *Roscoea purpurea* is used in preventing age related problems and best remedy in body debility, impotency, arthritis, burning sensation, inflammation, fever so taking in to consideration of these properties of all three drugs effectively worked in pharyngitis. The study was done as a randomized clinical trial, in two group's viz. trial group consisting of the medicine under study i.e. *Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction gargles and control group consisting of drug chlorhexidine 0.2% w/v Liquid. Each group consisted of 30 patients who were thoroughly explained about the project and consent was taken for involvement in this event.

### **AIM AND OBJECTIVES**

Aim: "Study the Efficacy of Clinical evaluation of effect of *Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction gargles in Pharyngitis

#### **Objectives:**

To Study Pharyngitis according to ayurved and modern science in detail.

To Study the drugs *Roscoea purpurea* , *Curcuma longa* and *Glycyrrhiza glabra* in detail individually.

To Study the efficacy of " *Roscoea purpurea* , *Curcuma longa* and *Glycyrrhiza glabra* decoction " in pharyngitis.

#### **Materials and methods:**

##### **INCLUSION CRITERIA:**

- Patients suffering from all types of pharyngitis.
- Selection Patients in was the irrespective age group, sex & socio were economical selected. class.

##### **EXCLUSION CRITERIA:**

- Patients suffering from rhinitis.
- Lower respiratory tract infected patients.
- Any other major systemic disease.
- Psychosomatic and mentally challenged patients.

## **TYPE OF STUDY**

" The study is a randomized controlled clinical trial.

The results of study are based on subjective interpretation of clinical findings and narration of patient.

## **Detail of Study-**

Study includes 60 patients. They are divided into 2 groups.

A. Trail group - 30 patients.

B. Control group - 30 patients.

Trial group: - *Roscoea purpurea* , *Curcuma longa* and *Glycyrrhiza glabra* decoction

**Dose:** - 200 ml decoction

**Duration:** - Up to 5 minutes, twice a day for 7 days.

Preparation of decoction: - all three drugs mixed in equal quantity out of that 1 part 6 gm add Water: - 64 parts ie 390ml (approx.) and Boil until remains Remains half using this liquid for gargles(approx .. 200 ml-2 cups).

## **Benefits and Procedure of gargle:**

When decoction is filled in mouth to such a level that it can be moved easily, is called 'Kawala'. It was done till watering from nose and eyes ie approximately 5 minutes. Benefits pf gargles (Kawala) as per ayurvedic textex Kawal gives good relief all types of *shiro roga*, *karna roga*, *mukha roga* and *netra roga* (head neck diseases), and *lalastrava* (salivary disorders), *kantha rog* (throat and laryngeal diseases).

Control group Drug: -

Control group:- Chlorhexidine liquid Gargles

" Dose:- 200 ml solution

Duration: - Upton 5 minutes, twice

Contents: -Chlorhexidine 0.2% w/v

Preparation of drug: 10ml of Chlorhexidine liquid in 200 ml of water.

follow up. for 7 days.

Follow-up - done on 0, 2nd, 4th, 6th day and 8<sup>th</sup> day medicine was continued till 7<sup>th</sup> day final results will analyzed on 8<sup>th</sup> day

## **Observation criteria**

- Pain in throat
- Posterior wall congestion
- Difficulty in swallowing
- Anorexia
- Headache

GRADATION OF SYMPTOMS: - Severity of signs & symptoms are recorded by gradation method. Gradation chart:-

Normal - 0

Mild - +

Moderate - ++

Severe - +++

## DISSCUSSION

Age- In this study, patients are classified into age groups 10-20 years, 20-30years, 30-40 years, 40-50 years. It is seen that maximum no of patients are affected in age group 20-30 years in the both groups.

Gender-. In Both groups, male patients were more than female patient.

Throat pain- There is significantly better relief of symptom observed in both groups.

Posterior wall congestion - There is significantly better relief of symptom of observed in both groups.

Anorexia- There is significantly better relief of symptoms observed in both groups.

Difficulty in swallowing - There is significantly better relief of symptoms observed in both groups. It is seen that has no religion wise distribution. Pharyngitis has no relation with particular occupation. When compared to *Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction was found more effective as that of chlorhexidine liquid (0.2%). *Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction gargle can be considered as safe and effective therapy for Pharyngitis as there is no any side effects seen in patirnts. Probable mode of action: relief of all the symptoms contributed due to the properties of *Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction gargle is *tridoshaghan* also it has properties like anti-inflammatory antiviral anti allergic etc which helps to reduce pharyngitis.

## CONCLUSIONS

Galagrah and Pharyngitis can be co-related. *Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction gargle can be considered as an effective treatment in Galagrah (Pharyngitis). Effect of *Roscoea purpurea*, *Curcuma longa* and *Glycyrrhiza glabra* decoction gargle is as good as Chlorhexidine liquid (0.2%), and is proved to be safe and effective drug.

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