



Review Article

Conceptual Study of *Galagraha* and Acute Pharyngitis in *Shalakyatantra*

Sumedha Y. Kotangale^{1*}, Chandana A. Virkar²

Ph.D. Scholar & Assistant Professor¹, Ph.D. Guide, Professor and HOD²
Department of Shalakyatantra^{1,2}

¹Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra India -411028

²P.D.E.A's College of Ayurved and Research Centre Nigdi Pune, Maharashtra India -411044

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*Corresponding Author: Dr. Sumedha Y. Kotangale, E-mail: sumedhayk@yahoo.com

ABSTRACT:

In Ayurveda *Galagraha* is one of the most common *Mukharoga* described by *Acharya Charaka*. Symptoms of *Galagraha* are difficulty in speaking, *Galashoola* (Throat Pain), *Kanthashopha* (Oedema in Pharyngeal region), *Kanthakandu* (Itching in throat region). As per Ayurvedic text *Galagraha* can be correlated with Acute pharyngitis. Acute pharyngitis is the inflammation of pharynx, which affects posterior pharyngeal wall (back of the throat). It is most frequently referred to simply as sore throat; it is one of the most common reasons for doctor visit. The condition is the usually seen in adult and children due to intake of cold drinks, junk food etc. This disease is more recurrent now a day. The symptoms of Acute pharyngitis include difficulty in swallowing, malaise, sore throat, otalgia etc. If it is not treated at its initial stage it may lead to various complications.

KEY WORDS: *Galagraha*, *Galashoola*, Pharyngitis, Sore throat

INTRODUCTION:

Gala region can be considered as the part of Pharynx. It helps for *Nirgalana* (Deglutition) *Karma*. Any pathology in the *Gala* results in difficulty in deglutition. *Acharya Charaka* has mentioned classification of *Mukharoga* according to dominance of *Dosha*. Hence, there are 4 types *Vataj*, *Pittaj*, *Kaphaj* and *Raktaj Mukharoga*^[1]. According to *Adhishthan Bhed Acharya Charaka* has mentioned sixty-four *Mukharoga*^[2]. *Galagraha* is the separately mentioned condition by *Acharya Charaka* while explaining about *Shothjanya Vyadhi* in *Trishothiya Adhyay*^[3]. *Acharya Kashyapa* has mentioned two diseases along with its symptoms, which occur at the region of throat; *Galagraha* and *Kanthashotha*^[4]. In *Galagraha*, there are symptoms viz. *Jwara*, *Aruchi*, *Mukhasrava* which are given by *Acharya Kashyapa*^[5]. These are considered as symptoms of *Galagraha* along with *Kanthakandu* (Itching in throat region) also, *Aaraktata* (Redness) is

said to be the sign of *Galagraha* which represents posterior pharyngeal wall congestion. *Galagraha* can be correlated with Acute pharyngitis. Acute pharyngitis is usually due to viral infection followed by secondary bacterial infection, which usually follows upper respiratory tract infection^[6]. It is typically characterized as an Posterior pharyngeal wall, uvula, and tonsils are congested, Difficulty in swallowing, Malaise, Sore throat, Otagia^[7]. The incidence of *Galagraha* (Acute Pharyngitis) is increasing due to abnormal environmental factors and unhealthy lifestyle. *Galarogas* occur at the respiratory pathway i.e. throat region (mainly pharynx and larynx) therefore there is risk of obstruction in respiration.

Hence, they should be treated as soon as they occur. In the process of respiration and digestion, pharynx is the common passage. Hence the diseases of throat region should be

to avoid any complications like pneumonia, sinusitis, otitis media etc. Acute respiratory infections may cause inflammation of the respiratory tract anywhere from nose to alveoli. Pharyngitis also include in acute respiratory infections. In India, during the year 2017, about 40.742 million cases of acute respiratory infections were reported^[8].

Aim and objective:

To review and understand *Galagraha* disease with correlation with Acute Pharyngitis according to Ayurved and modern aspect.

MATERIALS AND METHODS:

1. Text from *Ayurvedic Samhitas* and literature and from modern ENT books was studied
2. All useful information was considered regarding this study.

Nidana of Galagraha^[9]

Specific *Hetu* for *Galagraha* are not mentioned

by *Aacharyas*, so *Samanya Hetu* of *Mukharogas* can be taken in consideration.

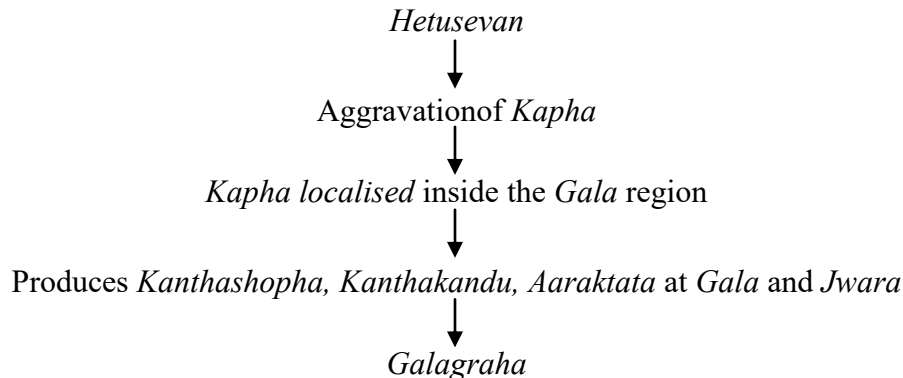
Partaking meat of fish, buffalo and boar, uncooked *Mulaka* (greater indulgence) in soup of *Maasha*, *Dadhi* (curds), *Kshira* (milk), *Shukta* (fermented gruel), juice of sugarcane and *Phanita* (half-cooked molasses), sleeping with the face down, not cleaning the teeth daily, improper administration of therapies like inhalation, emesis, mouth gargles and venesection etc. – by these causes the *Doshas* with the predominance of *Shleshma (Kapha)* get aggravated and produce diseases inside the mouth.

Samprapti of Galagraha^[3]

Galagraha Samprapti is given by only *Acharya Charaka*, which is as follows –

Any of aforementioned etiological factors, *Kapha* gets aggravated and is localised inside the throat it produces oedema quickly known as, *Galagraha* (Pharyngitis).

Chart No. 1: *Samprapti of Galagraha*



Lakshanas of Galagraha –

Acharya Charaka has given chief symptom of *Galagraha* is *Kanthashopha* while explaining *Shothajanya Vyadhi*^[3].

Kashyapa Acharya has mentioned *Lakshanas* of *Galagraha* as follows^[5].

Jwara, *Aruchi*, *Mukhasrava*. These are considered as symptoms of *Galagraha* along with *Kanthakandu* (Itching in throat region). Also, *Aaraktata* (Redness) is said to be the sign of *Galagraha* which represents posterior pharyngeal wall congestion.

Acute pharyngitis

Aetiology^[7]

Acute pharyngitis is very common and occurs due to varied etiological factors like viral, bacterial, fungal or others.

1) Viral Causative agents – Rhinoviruses, Influenza, Para-influenza, Measles and Chickenpox, Coxsackie virus, Herpes simplex, Infectious Mononucleosis, Cytomegalovirus

2) Bacterial Causative agents – Streptococcus (Beta-Hemolyticus), Diphtheria, Gonococcus

3) Fungal Causative agents – Candida Albicans, Chlamydia Trachomatis

4) Miscellaneous causative agent – Toxoplasmosis (parasitic, rare)

Viral causes are more common. Acute Streptococcal Pharyngitis (due to Beta-Hemolytic Streptococci) has received more importance because of its etiology in Rheumatic fever and post Streptococcal Glomerulonephritis.

Clinical features^[7]

Pharyngitis may occur in different grades of severity. Milder infections present with discomfort in the throat, some malaise and low-grade fever. Pharynx in these cases is congested but there is no lymphadenopathy. Moderate and severe infections present with pain in throat, dysphagia, headache, malaise and high fever. Pharynx in these cases shows erythema, exudate and enlargement of tonsils and lymphoid follicles on the posterior pharyngeal wall. Very severe cases show oedema of soft palate and uvula with enlargement of cervical nodes.

General Signs and Symptoms of Pharyngitis are Fever, Tachycardia, Posterior pharyngeal wall, tonsils, uvula are congestion and occasionally pustular follicles on the posterior pharyngeal wall, Difficulty in Swallowing, Malaise, Sore throat and Otolgia.

Diagnostic tests^[7]

1. Culture of throat swab is helpful in the diagnosis of bacterial pharyngitis.
2. It can detect 90% of Group A streptococci.
3. Diphtheria is cultured on special media.
4. Swab from a suspected case of gonococcal pharyngitis should be cultured immediately without delay.
5. Failure to get any bacterial growth suggests a viral etiology.
6. Total and differential count - Neutrophilia is suggestive of bacterial and lymphocytosis of viral infection.
7. Rapid antigen test.

Prognosis / Complications:

Galagraha Complications^[10]

Acharya Vagbhata in *Ashtanga Hridayam Uttartantra* has given importance of treating *Gala Rogas* immediately. Diseases of the throat because of their remaining in the path of *Prana Vayu*, by negligence may even cause obstruction to breathing; hence these should be treated immediately. Hence the diseases of Throat region should be treated quickly to avoid any complications. When function of the throat disturbs; it has been considered as *Kantha* or *Galaroga* in Ayurvedic Texts.

Acute Pharyngitis Complications^[11]

For the patients with acute pharyngitis, complication can develop when a bacterial source of infection is not managed properly. In the process of respiration and digestion, pharynx is the common passage. Hence the diseases of throat region should be treated quickly to avoid any complications like cervical lymphadenitis, retropharyngeal abscess, Sinusitis, Otitis media, Pneumonia.

Management

Treatment for Galagraha^[12]

Samanya Chikitsa of Mukharoga include *Swedana, Virechana, Shirovirechana, Vamana, Pratisarana, Gandusha, Kawala* with *Katu, Tikta Dravyas, Raktamokshana, Nasya, Dhoompana, Shastrakarma, Agnikarama*. Diet facilitating *Kapha* and *Rakta Dosha* should be avoided.

Treatment for Acute Pharyngitis

General Measure – Bed rest, plenty of fluids, like warm saline gargles of pharyngeal irrigations and analgesic. Specific treatment- for beta-hemolytic streptococcal pharyngitis treated with penicillin G oral amoxicillin, Cephalosporins, and macrolides. In patients with a mild penicillin allergy, cephalosporins can be used. In patients with a history of anaphylaxis to penicillin, azithromycin, and erythromycin can be used.

DISCUSSION:

Galagraha occur at the respiratory pathway i.e. throat region mainly pharynx and larynx, which may cause difficulty in breathing and swallowing as pharynx is common passage of

digestive and respiratory system. When function of the throat disturbs, it has been considered as *Galaroga* or *Kanharoga* in Ayurveda. When there are symptoms like *Jwara*, *Kanhashoola*, *Kanthakandu* this condition is termed as *Galagraha*. Hence, *Galagraha* can be co-related with pharyngitis.

Pharyngitis is the irritating condition in most of the respiratory diseases as cold, cough, bacterial and viral fever. It may occur in different grades of severity. Milder infection present with discomfort in throat, some malaise and low grade fever. Pharynx in these cases is congested but there is no lymphadenopathy. Moderate and severe infection with pain in throat, dysphagia, headache, malaise with high fever with pharyngeal edema, erythema and enlargement of tonsils and lymphoid follicles.

Galagraha can be treated with *Swedana*, *Virechana*, *Shirovirechana*, *Vamana*, *Pratisarana*, *Gandusha*, *Kawala* with *Katu*, *Tikta Dravyas*, *Raktamokshana*, *Nasya*, *Dhoompana*, *Shastrakarma*, *Agnikarama*. Pharyngitis can be treated with analgesics, antibiotics, plenty of fluids, like warm saline gargles.

CONCLUSION:

From above study we can conclude that the *Galagraha* can be correlated with pharyngitis according to their characteristic symptoms and signs. Pharyngitis is typically characterized as and Posterior pharyngeal wall, uvula, and tonsils are congested, Difficulty in swallowing, Malaise, Sore throat, Otolgia which needs urgency to treat. Hence by correlating the condition with *Galagraha*. If it is not treated at its initial stage it may lead to various complications like cervical lymphadenitis, Retropharyngeal abscess, Sinusitis, Otitis media, Pneumonia etc. The Ayurvedic perspective about the pathogenesis and treatment of a disease can be taken into consideration to avoid further complications

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