

THE EFFICACY OF *Kalaka Choorna* ON *Tundikeri* (CHRONIC TONSILLITIS)

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According to *Acharya Sushruta*, there are 65 diseases affecting the mouth, which can occur in seven locations. Among them, nine affect the palate. *Tundikeri* is one of the palatal diseases. Modern medical term, chronic tonsillitis could be comparable to *tundikeri*. Today chronic tonsillitis is a regular and frequent complain affecting approximately up to 10% of the population, especially in children. Improper management can lead to dangerous stage of complications. Many preparations have been mentioned in Ayurvedic texts for the treatment of *tundikeri*. *Kalaka choorna* is one of the best medicines used to treat *Mukharoga*, *Dantharoga* and *Galaroga*. But its effect on *tundikeri* has not been scientifically evaluated. The present study was designed to evaluate the efficacy of *Kalaka choorna* in the management of chronic tonsillitis. Patients with chronic tonsillitis who reported to the ENT clinic of Gampaha Wickramarachchi Ayurveda Hospital were enrolled on the basis of inclusion and exclusion criteria and they were divided randomly in to two groups. Group A was treated with *Pathyaksha Dhathri Phanta*, *Seetharama Vati* orally and salt water gargling. Group B was treated with *Pathyaksha Dhathri Phanta*, *Seetharama Vati* orally and *Kalaka Choorna Kavala* locally. All of them completed the treatment accurately and were followed up to one month after completion of treatment. The results indicated that Group B showed a significant improvement of symptoms following treatment. Therefore addition of *Kalaka Choorna* was found to be more effective in the management of *tundikeri*.

Keywords: *Tundikeri*, *Kalaka Choorna kavala*, *Mukha roga*, Chronic Tonsillitis