

AYURVEDIC MANAGEMENT OF VOCAL CORD KERATOTIC PATCH – A CASE STUDY***Dr. Gautam P. Dabhi¹, Dr. Rajeev Dole² and Dr. Abhishek Shukla³**¹Final year PG Scholar Department of Shalaky Tantra, Parul Institute of Ayurved, Limda, Vadodara.²Prof. and HOD Department of Shalaky Tantra, Parul Institute of Ayurved, Limda, Vadodara.³Final year PG Scholar Department of Shalaky Tantra, Parul Institute of Ayurved, Limda, Vadodara.***Corresponding Author: Dr. Gautam P. Dabhi**

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ABSTRACT

Keratosis a growth of keratin on the skin or on mucous membranes stemming from keratinocytes, the prominent cell type in the epidermis. The condition is that the usual development in pediatric population because of intake of cold drinks, food, shouting etc. A thirty-eight years' male patient visited ENT OPD of Shalaky Tantra, Parul Ayurved Hospital on 26/09/2020 with complaints of pain and foreign body sensation in throat, difficulty in pronouncing a word with posterior wall congestion since last 3 months. In this case we started *Triphala guggulu* 1 tab thrice/Day, *Kanchanar guggulu* 1 Tab TDS/day and Plain hot water steam inhalation 2 times/day. After 21 days of treatment, considerable improvement was seen in the clinical features of keratosis.

KEYWORDS: Right Vocal cord Keratotic patch, *Kanchanar guggulu*, *Triphala guggulu*, plain hot water steam inhalation.

INTRODUCTION

Keratosis (from kerat + osis) is a growth of keratin on the skin or on mucous membranes stemming from keratinocytes, the prominent cell type in the epidermis. Keratosis pharyngis is a medical condition where keratin grows on the surface of the pharynx which is the part of the throat at the back of the mouth. Keratin is a protein that normally occurs as the main component of hair and nails. It is characterized by the presence of whitish-yellow dots on the pharyngeal wall, tonsils or lingual tonsils. They are firmly attached and cannot be wiped off.^[1] The surrounding region does not show any sign or inflammation or any other symptoms that make affect the rest of the body.

Signs and symptoms of an individual with this condition will display horny^[2] excrescences (growth) on the surface of the tonsils, pharyngeal wall, or lingual tonsils. They appear as white or yellowish dots (projections). These excrescences are the result of hypertrophy and keratinization of epithelium. These so-called "dots" are firmly attached to the area in which they reside and cannot be wiped off. There is no accompanying inflammation or any constitutional symptoms thus, can be easily differentiated from acute follicular tonsillitis. There is no pain involved however; some discomfort or irritation of the throat may be felt. Discomfort

Painful swallowing
Irritation of the throat

There is no specific cause of this disease. Epithelial and fungal debris collects in the follicles in the pharynx which could be a sign of a potential cause.^[3]

CASE REPORT

A 38-year male patient visited ENT OPD Department of Shalaky Tantra Parul Ayurved Hospital on 26/09/2020 with the chief complaints of difficulty to pronouncing a word, pain and foreign body sensation in throat with posterior wall congestion since last 3 months, He consulted a local hospital near his house but not get proper result so he came here for further treatment. No any other relevant family history and occupational history was found. After assessing the cause and symptoms diagnosis was made as keratotic patch Rt vocal cord.

PERSONAL HISTORY

Diet-Non-vegetarian
Appetite - Moderate
Bowel- Regular
Urine- Normal
Sleep- Disturbed
Addiction- tobacco chewing

LOCAL EXAMINATION OF THROAT

- Congestion of posterior wall of pharynx

Video laryngoscopy examination**Vocal Cord Keratotic Patch Before Treatments****Vocal Cord Keratotic Patch After Treatments****TREATMENT PLAN**

Sr.no	Medicine	Dose/days
1	Tab. <i>Kanchanar gugglu</i> with w/w and after food	1tab TDS/15 days
2	Tab. <i>Triphala gugglu</i> with w/w and after food	1 tab BD/15 days
3	Plain HOT water steam inhalation	2 time/day

RESULT

Sr.no	Symptoms	Before	After	Improvement
1	Difficulty in pronouncing a words	90%	20%	70%
2	Pain and foreign body sensation in throat with posterior wall congestion	55%	0%	55%

After one month course of the above medicine, Patients clinical symptoms were reduced,

The follow up was taken after every 15 days; The Symptoms were reduced as follows

1. Pain in throat– 55% and after treatment reduced 0% (no pain)
2. Congestion in throat –55% and after treatment reduced 0% (no foreign body sensation)
3. The symptom difficulty in pronouncing a word reduced up to 70%.

After 1-month of Course, Got relief from pain & foreign body sensation of throat. Patient pronounces the word freely after one-month treatment. All medication was stopped after 30 days, patient was called for follow up after 15 days and again after 1 month.

There was no recurrence occurs.

DISCUSSION

After 1-month of Course, Got relief from pain & foreign body sensation of throat. Patient pronounces the word freely after one-month treatment. All medication was stopped after 21 days.

Kanchanara Guggulu is a classical *Ayurvedic* formulation, used for *Kapha* accumulations in the tissues. As *Kapha* moves deeper within the system, it may manifest as swollen lymph nodes, cysts or growths. Powerful decongestants such as *Kanchanara*, *Triphala* (a combination of fruits of *Terminalia chebula* Retz., *Terminalia bellerica* Roxb., and *E. officinalis*), are mixed with *Guggulu* to break down and eliminate hardened

Kapha. This detoxifying blend supports the proper function of the lymphatic drainage and digestive systems, aiding in the prevention of further *Kapha* accumulation. Its main ingredients *Kanchanara* (*Bauhinia variegata* L.), *Varuna* (*Crataeva nurvala* Buch.-Ham. *Kanchanara Guggulu* supports proper function of the lymphatic system, balances *Kapha Dosha*, promotes elimination of inflammatory toxins; it is alterative, anti-inflammatory and tonic and is administered in cysts, malignant ulcers, syphilis, fistula, scrofula, sinus, etc., *Kanchanara* is very useful in extra growth or tumors and helps in reducing bleeding.^[4]

Triphala may also have anti-inflammatory properties and reduce inflammation *Triphala* cleanses the bowels, *Pippali* enkindles the *Agni*, burns away *Ama* and relieves *Vata* type of pains, *Guggulu*- scrapes the channels and clears *Ama*, it works as an anti-inflammatory and works on the *meda dhatua*.

CONCLUSION

Keratoses or hyperkeratoses of the larynx is a localized hyperplasia of the epithelium. Grossly, it appears as a white or grayish white elevated area that may be smooth but usually is irregular and wrinkled. Its elevation makes it stand out from the surrounding mucosa, which very frequently is in a state of chronic inflammation. Microscopically, keratosis is recognized by an increase in the size of the squamous epithelial layer, especially of the keratinized portion. The surrounding mucosa and submucosa sometimes show evidence of a chronic inflammatory process.

Study concluded that the above *Ayurvedic* treatment can prove to be an effective alternate management in Right Vocal cord Keratotic patch with proper diet and regimen. *Ayurved* drugs used in this treatment are easily available. This overall regimen did not cause any unwanted effects.

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