



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
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UL NAAKU THABITHAM - TONSILLITIS

Definition

Inflammation of the tonsils due to bacterial or viral infection, causing a sore throat, fever, and difficulty in swallowing.

Causes

Exposure to excessive chill air, eating chilly foods, drinking very hot water, etc., will cause enlargement of the lymph glands and produce tonsillitis. *Iyyam* may increase due to above said causes and adjoins with other *Kutrams* (Humours). *Melnokku Kaal* (*Uthana vayu*) produces hoarseness of voice.

Preventive measures

- Avoid refrigerated foods
- Avoid exposure to chill air

Health promoting tips

- Take healthy, balanced diet.
- Prefer to drink hot water
- Gargle warm water mixed with pinch of salt.

Curative herbs

- | | | |
|-----------------|-------------|-----------------------|
| • Poondu | Garlic | <i>Allium sativum</i> |
| • Thalispathiri | Yew leaf | <i>Taxus baccata</i> |
| • Thumbai | Thumbe | <i>Leucas aspera</i> |
| • Thippili | Long pepper | <i>Piper longum</i> |

- Koshtam Costus *Saussera lappa*
- Akkragaram Pellitory *Anacyclus pyrethrum*
- Athimathuram Liquorice *Glycyrrhiza glabra*
- Mutsangan Needle bush *Azima tetracantha*

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