



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 3.4
IJAR 2015; 1(6): 338-340
www.allresearchjournal.com
Received: 22-03-2015
Accepted: 25-04-2015

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Tonsillitis and Its yogic cure

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Abstract

The tonsils are part of the lymphatic system, found in oral cavity and pharynx. They are first line of defense against pathogens and they produce white blood cells which help the body to fight against infection. When the tonsils themselves become infected, the condition is called tonsillitis. Yoga is the best exercise of internal organs and also improves our immune system. Yoga suggests a straight and simple path to get rid of tonsillitis through some Yogasanas, Kriyas and Pranayamas. Various Yogasanas, Kriyas and Pranayamas involve a lot of muscular contractions which help in the flow of lymphatic movement throughout the body. The yogic exercises helps in maintaining tone, gives strength and massage to the region. Due to this, the formation of Agranulocytes in the lymph nodes improves; lymph circulates throughout the lymphatic system; and the plasma cells present in the spleen produce antibodies, the protective proteins that provide immunity and decrease the chances of infection in tonsils i.e. tonsillitis. Yoga helps us in attaining all round development and has no side effect. If we practice Yoga regularly it eradicates the problem from our body. Whereas antibiotics has side effects on our body and they just suppress the disease instead of eradicating it. Tonsillectomy, i.e. surgical removal of tonsils, weakens our lymphatic system and further aggravates the condition so it should be avoided as far as possible and should taken as a last option when condition is so worse that even yoga enables to help us.

Keywords: Tonsillitis, Yogic Cure, Yogasanas, Kriyas

1. Introduction

The organisms have evolved a variety of defence mechanisms against pathogens. These mechanisms maintain homeostasis to keep the organisms alive. In human body, there are two types of defence mechanisms against microbes: nonspecific defence mechanism and specific defence mechanism. Nonspecific defence mechanism is similar for most types of infections; it resists infection by blocking the entry of pathogens into the body or by destroying the microbes through means other than antibodies. Nonspecific defence mechanism is further categories as external or first line of defence and internal or second line of defence. Specific defence mechanism provides protection against specific foreign materials, and is often called the immune system. This system forms the third line of defence against microbes and harmful molecules.

What is Tonsils?

The tonsils are part of the lymphatic system, found in oral cavity and pharynx, are known as Waldeyer's tonsillar ring includes the adenoid tonsil, two tubal tonsils, two palatine tonsils, and the lingual tonsil. Tonsils (palatine tonsils) are the two lymph nodes, a soft tissue masses, located at the rear of the throat (pharynx) on each side. Tonsils are the first line of defense against pathogens and they produce white blood cells which help the body to fight against infection. The lymphoid tissue, in the form of Tonsils, combat bacteria and viruses that enter our body through the mouth, but are themselves vulnerable to infection from these invaders.

What is Tonsillitis?

When the tonsils themselves become infected, the condition is called tonsillitis. Tonsillitis can occur at any age and is a common childhood ailment. It affects preschool age children more till their mid-teens. Many symptoms of tonsillitis can be observed, but all are unlikely to have. The most common include:

- a very sore throat

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- difficulty swallowing or painful swallowing
- a scratchy-sounding voice
- bad breath
- fever
- chills
- ear aches
- stomach aches
- headaches
- a stiff neck
- jaw and neck tenderness (due to swollen lymph nodes)
- tonsils that appear red and swollen
- tonsils that have white or yellow spots

Tonsil Conditions

- **Acute tonsillitis:** A bacteria or virus infects the tonsils, causing swelling and a sore throat. The tonsil may develop a gray or white coating (exudate).
- **Chronic tonsillitis:** Persistent infection of the tonsils, sometimes as a result of repeated episodes of acute tonsillitis.
- **Peritonsillar abscess:** An infection creates a pocket of pus next to the tonsil, pushing it toward the opposite side. Peritonsillar abscesses must be drained urgently.
- **Acute mononucleosis:** Usually caused by the Epstein-Barr virus, “mono” causes severe swelling in the tonsils, fever, sore throat, rash, and fatigue.
- **Strep throat:** *Streptococcus*, a bacterium, infects the tonsils and throat. Fever and neck pain often accompany the sore throat.
- **Enlarged (hypertrophic) tonsils:** Large tonsils reduce the space for pulmonary respiration, making snoring or sleep apnea more likely.
- **Tonsilloliths (tonsil stones):** Tonsil stones, or tonsilloliths, are formed when this trapped debris hardens, or calcifies.

Tonsillitis Treatments in Allopathy

- **Antibiotics:** In allopathy, Tonsillitis caused by bacterial infection generally cured with antibiotics.
- **Abscess drainage:** A peritonsillar abscess, in allopathy, most commonly punctured with a needle, to allow the infection to drain and heal.
- **Tonsillectomy:** In cases of tonsils that are too large or repeatedly infected, allopathy suggests surgery to remove them.

Yogic Cure for Tonsillitis

Exercise is must to keep the body fit and healthy. Numerous exercises are there for skeletal muscles, but hardly there is any exercise which has tremendous effect on our most of the internal organs except yoga. Here, the word yoga is more appropriately near to Hathyoga, i.e. it includes Yogasanas, Yogic Kriyas and Pranayama, to accomplice our purpose. Yoga is the best exercise of internal organs, for every organ there are many yogic exercises which affect the organs tremendously in different ways and aspects. They provide strength, tone and massage to that particular organ. Yoga provides cure for most of the diseases caused by the malfunctioning of the organs. Moreover, it improves our immune system and gives wonderful results in curing the diseases related to poor immunity power. Tonsillitis is also such a disease which is caused by infection in the lymph node, which is somewhat a result of poor immunity power.

Here also, Yoga suggests a straight and simple path to get rid of tonsillitis through some Yogasanas, Kriyas and Pranayamas, which are given below:

Yogasanas

- Matasyasana
- Sarvangasana
- Halasana
- Karanpidasana
- Trikonasana
- ParsavDhanurasana
- Bhujangasana
- Supt Vajrasana
- Puran Supt Vajrasana
- Sashankasana
- Sinhasana

Kriyas

- Kunjal Kriya
- Jal Kapal Bhatti

Pranayamas

- Ujjayi Pranyamas
- Nadi Sodhan Pranayama

How Yoga Helps in Tonsillitis

Tonsils are lymphatic tissues located in oral cavity and Pharynx. The lymphatic system comprises a colourless fluid, the lymph; lymphatic capillaries; the lymphatic vessels; and the lymph nodes. The lymphatic system destroys the invading microorganisms and foreign particles in the lymph nodes. It also carries lymphocytes and antibodies from the lymph nodes to the blood. But besides all this lymphatic movement in the lymphatic vessels is very slow. The lymphatic system normally returns to the veins less than 28 gram of fluid per minute. The movement of lymph is somewhat passive, and there is no such organ like heart in this system for the synchronous flow of lymph. However, continual rhythmic contractions of the lymphatic vessels play some role in its flow, but still it is highly depend on the movements of viscera and contractions of the muscles which help considerably in squeezing the lymph along the lymphatic vessels and capillaries.

Various Yogasanas, Kriyas and Pranayamas involve a lot of muscular contractions which help in the flow of lymphatic movement throughout the body. Blockade of lymphatic vessels causes oedema and the sedentary lifestyle play havoc in it. The above mentioned Yogic schedule has particular effect on tonsils and the region around it. These yogic exercises helps in maintaining tone, gives strength and massage to the region. Due to this, the formation of Agranulocytes in the lymph nodes improves; lymph circulates throughout the lymphatic system; and the plasma cells present in the spleen produce antibodies, the protective proteins that provide immunity and decrease the chances of infection in tonsils i.e. tonsillitis.

Which is to be preferred- Yoga or Allopathy?

Yoga helps us in attaining all round development and has no side effect. If we practice Yoga regularly it eradicates the problem from our body. Whereas antibiotics has side effects on our body and they just suppress the disease instead of eradicating it. Tonsillectomy, i.e. surgical removal of tonsils, weakens our lymphatic system and further aggravates the

condition so it should be avoided as far as possible and should taken as a last option when condition is so worse that even yoga enables to help us.

Conclusion

Yogic exercises helps in preventing and curing tonsillitis. They should be preferred over allopathy, if the condition is not much aggravated.

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