



# In COVID-19 Pandemic Ayurvedic Medicine “KADHA” Although Immune Booster Affects the Oropharynx and Gastrointestinal System

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## Abstract

In the COVID-19 pandemic in the Asian country like the India peoples are using Ayurvedic medicine like Kadha for immunity booster which affects the oropharynx, digestive system, and larynx of the patients.

**Keywords:** Ayurvedic medicine; Kadha; Oral ulcer; Dysphagia

## Editorial

COVID-19 pandemic started in December 2019 in Wuhan city in China and it has spreader all over the country within 3 months of its start. Pandemic drastically affects all the developed and developing countries irrespective of taking lots of effort to curb it by various means such as lockdown, restriction of all travel activities including flight, railway, and road transportations depending on the situation of each state in every country.

In the pandemic in a country like India which is very popular for treating diseases in the traditional way of medicine for thousands of years for different chronic diseases using traditional Ayurvedic medicine and homeopathic medicine. In India treatment protocol for treating the patient of COVID-19 includes the allopathic medicine also using the Ayurvedic medicine like Kadha, homeopathic medicine like arsenic album every type of medicine has been put into the market to increase the immunity of peoples to fight against infection of COVID-19 viruses by supplementing the different types of immune boosters to the common people.

Being an otorhinolaryngologist and field researcher during the last 3 months many people in the state are taking Ayurvedic traditional medicine with different types of spicy material into it for boosting their immunity. But now the patient reporting to the general ENT OPD with various complaints of oral pain, tongue ulcerations, mouth ulcers with complaints of dysphagia. Despite primary treatment with antibiotics, analgesic, multivitamin, zinc supplementation, and povidone gargle problems of the patients are not relieving. In history, we are asking for the patient that taking of Ayurvedic medicine like Kadha they are giving a strong history of taking Kadha which is very spicy and irritant to the oral, pharyngeal mucosa, tonsillar epithelium, and oropharyngeal epithelium which causing damage to these structures and causing trouble to the patient for a long duration.

Many patients of a sore throat coming to ENT OPD on daily basis having multiple ulceration over oral mucosa and cheek mucosa causing day-to-day life disturbances. The patients with tongue ulcerations coming with enlarged and hypertrophied tongue papilla due to the spicy irritant Kadha.

We also reported number cases of oropharyngeal granular pharyngitis having a strong history of taking spicy Kadha to increase immunity but getting troublesome for treatment.

We also reported a few cases of chronic tonsillitis increases in number in the last 3 months. They also show a strong relationship between the uses of the spicy homemade Ayurvedic Kadha which may be a constant irritant to the tonsillar epithelium to cause pain to the patient.

Many patients have reported with complaints of dysphagia in the last 2 to 3 months which was usually few. We also take a history of patients using Kadha for increasing immunity there is a strong relationship between symptoms and dysphagia.

Some patients also present with epigastric pain due to acidity using Kadha in the last few months having disturbed bowel and bladder habits. Some have also experienced increasing problems of

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**Received Date:** 17 Oct 2020

**Accepted Date:** 28 Oct 2020

**Published Date:** 30 Oct 2020

### Citation:

Chintale SG. In COVID-19 Pandemic  
Ayurvedic Medicine “KADHA”  
Although Immune Booster Affects  
the Oropharynx and Gastrointestinal  
System. *Am J Otolaryngol Head Neck  
Surg.* 2020; 3(6): 1109.

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hemorrhoids those who had it.

Though the Kadha is traditional Ayurvedic medicine used in India for a century the content of it is a constant source of irritation to the oropharyngeal mucosa and larynx. It must be used judiciously with minimum substance into preparations of Kadha, so that it should not cause oropharyngeal and laryngeal irritation. As the COVID-19 pandemic is completing its almost 7 months in India it will take more time to eliminate it from the country, so we have to maintain all the

balancing immunity of our body with all types of medicine which can increase our body immunity to fight against corona without causing any harm to our digestive system and overall body health. So finally we have to maintain social distancing, use of face mask and use of alcohol sanitizer for routine work along with all advised allopathic, Ayurvedic and homeopathic medicine to fight against deadly COVID-19 pandemic of this century.