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“THE EFFICACY OF PRATIMARSHA NASYA UPAKRAMA IN KSHAVATHU WITH SPECIAL REFERENCE TO SHUNTHYADI TAILA”

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ABSTRACT:

Now a day's pollutant air is the big problem. And disease like allergic rhinitis, acute rhinitis, allergic asthmas, is seen very often. So it was decided to undertake *Pratimarsha Nasya Upakrama* for these disorders .A study was conducted on 60 patients. 30 patients were allocated for control group and 30 patients were allocated for trial group. Control group patients were treated with *Anu Taila*, while Trial group patients were treated with *Shunthyadi Taila* for 15 days. It was clinical, randomized single blind study. Patients were observed before and after treatment.

No internal medicine was given to both groups .It is revealed that there is highly significant reduction in Sneezing,*Nasasrava Nasakandu and Nasa Avarodha*. 76.93% results were observed in *Kshavathu*.Calculated value of tcal 8.9.By all these properties it proves as better option in the treatment of *Kshavathu*.

Key words –*Pratimarsha Nasya, Shunthyadi taila, Kshavathu*.

INTRODUCTION:

Health of each person is the goal of Ayurveda. For that, Ayurveda describes various principles to follow in daily life, *Dincharya*, *Rutucharya* are dealt with rules and regulation for better health. *Swasthavritta* is the branch of Ayurveda which mainly deals with the preventive measures of Ayurveda.

As we take a glance on this era, it is seen that diseases are going on increasing day by day. We tried for eradication. But numbers of diseases are increasing because our life style has got fully changed. Nobody is following *Dincharya* and *Rutucharya*. Regarding *Dincharya*, *Kaval*, *Nasya* are some of *Upkramas* for maintenance of our body. For *Urdhvajatrugata Rogas*, *Nasyakarma* is one of the important procedures¹. Day by day air pollution is becoming major problem for community. So many diseases like *Pratishaya*, *Kshavathu*, *Shwasa*, *Kasa* are occurred in many numbers.

AIMS AND OBJECTIVES:

Aims: To study efficacy of *Pratimarshya Nasya* as *Upkrama* in the management of *Kshavathu* with special reference to *Shunthyadi taila*.

Objectives:

1. To verify importance of *Pratimarshya Nasya Upkrama* in *Dincharya* as described in Ayurveda².

2. To assess the effect of *Shunthyadi tail Pratimarshya Nasya* for *Nasa Swasthya*.

MATERIAL AND METHODS:

Procurement of drug: Raw drugs were collected from the G.M.P. approved Pharmacy. Preparation was made according to *Sharangdhar Samhita taila Nirman Vidhi*.

Preparation-

Coarse powder of *Shunthi*, *Pippali*, *Bilva*, *Kustha* and small pieces of *Draksha* (kismis) were taken 200gm each. 500ml of *Til taila* was taken. *Shunthayadi taila* was prepared according to *Sharangdhar samhita tail nirman vidhi*³.

STATEMENT OF LIMITATION:

Inclusion Criteria:

- age – 20 to 50 yrs
- Sex – both sexes
- Individuals having *Kshavathu* were included in the study.
- Persons having history of recurrent *Kshavathu*⁴.

Exclusion Criteria:

- Patients of *Dushta Pratishaya* and *Jeerna Pratishaya*
- Alcoholic persons
- Immuno-compromised persons
- Any patients suffering from known systemic illness

STUDY DESIGN:

Type of study: Clinical, Randomized single blind method. Patients were observed before and after treatment.

Duration of study: 30 days trial was conducted for 15 days with five follow up.

Whole period of study was 18 months.

Selection of Patients: Clinical trial was carried out on 30 persons, which were divided into two groups.

a) Group A (Trial group) -30 patients suffering from *Kshavathu* were treated by *Shunthyadi tail pratimarshya nasya*⁵

b) Group B (Control group) –30 patients suffering from *Kshavathu* were treated by *Anu tail pratimarshya nasya*.

c) No internal medicine was given to both groups.

Follow up: Both groups were examined at same intervals for expected results.

Table no. 1.1

1 st	2 nd	3 rd	4 th	5 th
Day	Day	Day	Day	Day
3	5	7	15	30

METHODS:

Purva karma – *Snehan* was done by applying *Til Taila* on nose, cheek and forehead, followed by hot fomentation at the same area.

Pradhan karma –

Dose – 2 drops in each nostril
(*Pratimarsha nasya*)⁶

Kala – In the morning and evening

Route – Nasal route

Paschat karma –

Kaval by kosha jala

The observations were noted at same interval of every patient in treatment as well as control group.

*Lakshana*⁷ were taken as parameter and they are graded as below,

a] Gradation for *Lakshanas* - Sneezing ,
Nasavrana *Nasakandu* and *Nasa avarodha*.

- 0 - absent 1 - mild 2- moderate 3 – severe

b] Gradation of sneezing- Grade 0-0to4, Grade 1-5to 20 ,Grade 2-20-30, Grade 3-more than 30

C] Gradation of *nasavrana*- Grade 0-absent ,Grade 1-Occasional ,Grade 2-20-Intermittent, Grade 3- Continuous

This categorized information was prepared and presented statistically subject to the critical analysis.

After analyzing the information, we are going to make an effort to draw conclusions regarding the facts mentioned above in the aims and objectives of this clinical study.

OBSERVATIONS AND RESULTS:

In sex wise analysis, it was found that male group was 50% and female group was 50%

On the basis of *Sharir-Prakruti*, in trial group

Table no. 1.2

Prakruti	No.of patients	Percentage
Vata-pittaj	7	23.31%
Vata-kaphaj	6	19.98%
Pitta-vataj	0	0%
Pitta-kaphaj	4	13.32%
Kapha-vataj	5	16.65%
Kapha-pittaj	8	26.64%

Classification of patients in control group according to Prakriti:

Table no. 1.3

Prakruti	No.of patients	Percentage
Vata-pittaj	14	46.62%
Vata-kaphaj	6	19.98%
Pitta-vataj	1	3.33%
Pitta-kaphaj	2	6.66%
Kapha-vataj	5	16.65%
Kapha-pittaj	2	6.66%

Statistical analysis:

Comparison in the Reduction of symptom Kshavathu in trial group and control group:

Table no. 1.4

C.V.	S.D.	S.E.	Z value	P value

1.95	1.396	0.357	2.07	1.96
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Here Z value is greater than p value, we reject Ho. So significantly more effect was observed in trial group.

(Ho-No any effect was observed after treatment in trial group)

Statistical analysis:

Comparison in the Reduction of symptom Nasasrava in trial group and control group:

Table no. 1.5

C.V.	S.D.	S.E.	Z value	P value
0.967	0.983	0.251	0.278	1.96

Here Z value is lesser than p value, so test is insignificant so both drugs are equally effective.

Statistical analysis:

Comparison in the Reduction of symptom Nasakandu in trial group and control group:

Table no. 1.6

C.V	S.D.	S.E.	Z value	P value
0.936	0.961	0.247	0.404	1.96

Here Z value is lesser than p value, so both drugs are equally effective in nasakandu.

Statistical analysis:

Comparison in the Reduction of symptom Nasa avarodh in trial group and control group:

Table no. 1.7

C.V.	S.D.	S.E.	Z value	P value
0.219	1.104	0.282	2.34	1.96

Here Z value is greater than p value, we reject Ho i.e. significantly more effect was observed in trial group.

Statistical analysis:

Comparison in the Reduction of symptom *Shleshmkala varna* in trial group and control group:

Table no. 1.8

C.V.	S.D.	S.E.	Z value	P value
0.221	0.470	0.1207	0.83	1.96

Here Z value is lesser than p value, so test is insignificant, i.e. both drugs are equally effective.

DISCUSSION:

Shunthyadi taila used for this clinical study is prepared from *Shunthi, Kustha, Pippali, Bilwa, Mrudvika and Til Taila*. All the ingredients of *Shunthyadi Tailare Ushna - Viryatmak* in nature except *Mrudvika*. All are having *Laghu, Ushna* and *TikshnaGunas*. *Tiltail* which is base for *ShunthyadiTail* is also

UshnaViryatmak, Sushma, Vikasi andVvata Kapha Nashak. Due to *ushna viryatmak* property and being *Laghu, Vikasi and Sukshma, Shunthyadi tail* does *Vata Shaman, Kapha Vilayan, Tikshna, Ushna Guna* does *Shoshan* of *Kapha*.

When statistically analyzed it has shown following results.

(a) Sneezing is significantly reduced in trial group than in control group after giving 14 days treatment, this may be due to *Vatashaman* property of *ShunthadiTaila*.

(b) *Nasavrava* is significantly reduced in both group but in trial group it reduces faster. This may be due to *Vatashamak andKaphashamak* property of *Shunthyaditaila*.

(c) *Nasakandu* is significantly reduced in trial group than in control group. As *kandu* is *dusti* of *KaphaDosha*, when *Kaphashaman* was done by *Uushna Tikshna Gunatmak Shunthyadi Taila*, it may subside *Nasakandu* also.

(d) *Nasa avarodha* is not significantly reduced in control group after 14 days of treatment while *nasa avarodha* is much reduced in trial group after 14 days of treatment and recurrence on 30th day of follow up is also not seen in trial group. Ingredients of *ShunthyadiTaila* are *ushnaviryatmak*, being *laghu, vikasi* and

suksma it does *kaphavilayana*, hence it may useful in *nasaavarodh*.

(e) *Aaraktata* of *shleshmalkala* is significantly reduced in both groups but in trial group time is much lesser. This may be due to reduction in all other symptoms of disease *Kshavathu*.

CONCLUSION:

Symptom wise results in trial and control group:

Symptoms	Results in trial group	Results in control group
<i>Kshavathu</i>	66.66%	60.66%
<i>Nasasrav</i>	78%	72.66%
<i>Nasakandu</i>	84%	79.92%
<i>Nasa-avarodh</i>	78%	63.27%
<i>Shleshmal kala varna</i>	78%	66.59%
Overall result	76.93%	68.62%

In Trial group significant reduction was seen in all the symptoms.

While comparing both the groups, Trial group shown better results than control group.

Pratimarsha nasya of *shunthyaditail* is very effective in treatment of *kshavathu*.

It reduces sneezing *nasasrava*, *nasakandu*, *nasaavarodha* and *araktata* of *sheshmaltwacha*.

Pratimarshanasya of *shunthyaditail* may be useful in prevention of *nasarogasshiorogas*.

Hence it is concluded that of *shunthyaditail* is important *upakrama* of *dincharya* mentioned in *Samhita* which and should be followed regularly in today's era in order to prevent *kshavathu* and maintain *nasaswasthya*.

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