



**INTERNATIONAL JOURNAL OF
MULTIDISCIPLINARY HEALTH SCIENCES**
ISSN: 2394 9406

**“ROLL OF NASYAKARMA IN THE MANAGEMENT OF DUSHTA
PRATISHYAY (CHRONIC SINUSITIS)”- SINGLE CASE STUDY”**

Dr. Vrushali Tandale¹, Dr. Sunil Walvekar²

1. P.G Scholar, Dept. Of Shalakyatantra

Lrp Ayurvedic Medical Collage, Hospital Post Graduate Institute And Research Center,
Islampur, Sangali.

2. Guide, Associate Professor, Ms. Shalakyatantra

Lrp Ayurvedic Medical Collage, Hospital Post Graduate Institute And Research
Center, Islampur, Sangali.

Corresponding Author e mail ID:

dr.vrushali.tandale@gmail.com

Abstract –

Dushta Pratishyaya is the chronic stage of Pratishyaya, which occurs due to neglect or improper management of the disease Pratishyaya.

Changing lifestyles, rapid urbanization, and the increase in cases of antibiotic resistance are responsible for the rise in the prevalence of sinusitis.

The overall clinical efficacy was 96.6%.

Nasya was found to be well tolerated in general and no side effects were reported. Hence this treatment could be recommended for treatment of Dushta Pratishyaya (chronic Sinusitis).

In modern science, chronic sinusitis can be correlated with Dushta Pratishyaya on the basis of the signs, symptoms, complications, and prognosis.

Chronic sinusitis is chronic inflammation of the sinus or nasal passages occurring for more than 12 weeks at a time.

Key Words –Dushta Pratishyaya, chronic sinusitis, Pradhmana Nasya, Tribhuvan kirti

INTRODUCTION –

- Acharya Sushruta, while dealing with the diseases of the nose, devoted a separate chapter to Pratishyaya after explaining Nasagata Roga in detail. This fact itself shows that Pratishyaya has been a major problem since ancient times.
- Dushta Pratishyaya is chronic stage of the Pratishyaya and Kapha Dosha⁽¹⁾.
- Among the various treatment modalities, Nasya is the chief procedure to drain Doshas from Shirah⁽²⁾.
- In general, the features of the disease Dushta Pratishyaya are similar to that of chronic sinusitis in modern science, these diseases are characterized by nasal blockage, nasal discharge, headache, anosmia, heaviness in the head⁽³⁾.
- Chronic sinusitis is chronic inflammation of the sinus or nasal passages occurring for more than 12 weeks at a time. It can be triggered by a number of factors such as allergies, infections, or environmental changes.
- Once the sinuses are infected, improper management and poor dietary habits can lead the disease into a chronic Phase⁽³⁾.

Aim -

- Efficacy of nasyakarma and ayurvedic Management of Dushta Pratishyaya.

Objective - To assess the clinical efficacy of Nasyakarma and Ayurvedic drugs in the management of Dushta Pratishyaya.

MATERIALS & METHODS –

Case Study -

A 30-year-old female patient presented the following Symptoms :

Nasal Discharge for 8 to 10 weeks

Nasal blockage for 15 days

Difficulty in breathing for 10 days

Anosmia for 15 days.

Heaviness in head for 15 days.

General Examination –

Pulse rate - 74/minute

Respiratory rate - 16/minute

Blood pressure - 130/80 mmHg

Systemic examination- was within normal limits.

P/M/H:- No any K/C/O DM, HTN etc.

P/S/H:- No any surgical history.

ENT Examination:-

Nose examination Anterior Rhinoscopy- Swollen Inferior with mucopus.

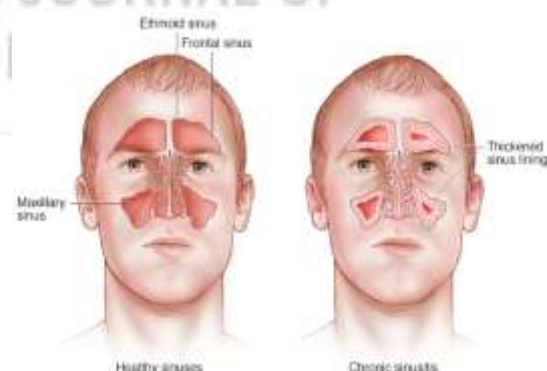
Posterior Rhinoscopy - NAD

Papitaions – Tenderness over cheeks.

Endoscopy of nasal & paranasal sinuses.

All vitals are stable.

Diagnosis – Dushta Pratishyay (Chronic Sinusitis)



MANAGEMENT –

Purvakarma –

•Purvakarma of Nasya Abhyanga and Swedana is done.

•Lavana Siddha Tila Taila in Purva Karma for Sthanika Abhyanga for 7 days⁽⁵⁾.

Abhyanga causes Mruduta of doshas, and Swedana causes Vilayan of accumulated doshas.

Pradhankarma-

•Pradhama Nasya with Trikatu + Triphala Churna

•Dose for Pradhama Nasya: 1–3 Muchchuti (250–750 mg) Duration: Pradhama Nasya was given for a maximum seven sittings, with an interval of 1 day between each sitting for 7 days⁽⁶⁾.

•During this period the patients were advised not to take curd, rice, and banana

Pachatkarma-Triphala gandush, Dhuppan. Diet- Warm water, Laghu Ahara.

•No other systemic antibiotic, anti-inflammatory or, nasal decongestant were permitted during the course of the study.

•Compliance was measured by noting the exact dose taken, reason for missed dose and the amount of study medication returned by the subjects at the end of treatment.

OBSERVATIONS -

In present study the patients were taking Sheetambu, AtiGuru Ahara, and

Vishamashana. The Aharaja Nidanans are a reflection of the changing and busy lifestyles of today and play a role in the pathogenesis of the disease.

Nasya will relieve the local pathology, the general vitiation of Doshas and Agni is not dealt with efficiently; hence, though rapid symptomatic relief may be seen after Nasya, recurrence can occur.

Mode of action of Nasya-

In Purva Karma of Nasya, Abhyanga and Swedana is done.

Abhyanga causes Mruduta of Doshas and Swedana causes Vilayana (liquefaction) of accumulated Doshas.

In the language of modern science, Abhyanga and Swedana increases the local blood supply and Swedana also liquefies the mucous.

Due to vasodilatation the permeability of blood vessels increases, which makes the drug absorption faster.

In Pradhana Karma, the drug in Churna form is administered into the nostrils through Pradhama Nadiyantra in the head-low position of the patient.

Thus, the drugs reach the Shringataka and from there, through different Siras, it spreads to other parts like Netra, Shirah, etc. and removes the morbid Doshas⁽⁸⁾.

RESULT –

- The patient got Significant changes in signs and symptoms within 2 days of treatment.
- On the 5th day of treatment, the patient was completely relieved from Breathless ness, Head ache and other symptoms.
- After treatment Pathyas were advised to patient for further preventive aspects.
- Treatment with Ayurvedic medicine resulted in significant improvement, patients had good relief in symptoms.

OVERALL EFFECT OF THERAPY :-

1)	Cured	100% improvement in different symptoms.
2)	Max. Improvement	75-100% of improvement sign & symptoms.
3)	Modrate Improvement	50-75% of improvement in sign&symptoms.
4)	Mild Improvement	25-49% of improvement in sign & symptoms.
5)	No Improvement	25-49% of improvement in sign & symptoms.

The assessment of the result was done basing on the percentage of improvement in different sign & symptoms as follows –

- The present clinical study has established that Nasyakarma is good result in Dushta Pratishyay(Chronic Sinusitis).

DISCUSSION-

- Dushta Pratishyaya is chronic stage of Pratishyaya and Kapha Dosha is predominant in this condition.

- Pradhamana Nasya, which is the best among all the Shodhana Nasya, was selected for this study, Acharya Charaka has advise.

- Pradhaman Nasta with combination of Trikatu and Triphala Churna

- Trikatu has Katu Rasa, Tikshna Guna, Katu Vipaka, Ushna Veerya, VataKaphashamaka, Shothahara, anti-inflammatory, antibacterial, properties.

- Triphala has Ruksha Guna and Tridoshashamaka as well as Sroto Shodhana, antibacterial, anti-inflammatory, properties.Thus, Trikatu + Triphala Churna was selected for Pradhamana Nasya in the present study.

- For Abhyanga in Purva Karma of Nasya, Lavansiddha Til Taila was selected which is described by Acharya Sushruta.

Tila Taila have Snigdha Guna and Tridoshashamaka properties, Saindhava also has Sukshmasrotogami properties.

CONCLUSION –

- The case indicates that when treatment is done on the base of Ayurveda guidelines sinusitis can be effectively managed and patient's quality of life can be enhanced.
- Recurrent attack of Pratishyaya continue for months and years, will turn in to a chronic phase with much complication called Dushta Pratishyaya.
- Nasya showed better result in Nasagat rogas, So it can be said say that Nasya with oral medication may be much beneficial for early cure of the disease.

REFERENCES –

- 1) Sushruta. Sushruta Samhita Dalhana Comm. Nibandhasangraha, Gayadasacharya comm. Nyayachandrika Panjika on Nidanasthana. In: Jadavaji T, Narayana R, editors. Uttara Tantra. Varanasi: Chaukhamba Surbharati Prakashana; 2008.
- 2) Vagbhata. Ashtanga Hridaya. Sarvanga Sundari Comm. Arunadatta & AyurvedaRasayana comm. In: Hemadri D, Sadashiva SP, editors. Varanasi: Chaukhamba Surbharati Prakashana; 2007.

3) Dhingra PL. Diseases of Ear Nose and Throat. 4th ed. A division of Reed Elsevier India Private limited. 2007.

4) Vagbhat Ashtang Hridaya Uttartantra, Chaukhamba Surbharti Prakashan, Varanasi Edition-2019.

5) Sushruta Samhita Dalhana Com. In: Jadavaji T, Narayanaeditors. Chikitsasthana. Varanasi: Chaukhamba Surbharati Prakashana; 2008.p 48-51

6) Sushruta Samhita Dalhana Com. In: Jadavaji T, Narayana editors. Chikitsasthana. Varanasi: Chaukhamba Surbharati Prakashana; 2008. p. 40-2.

7) Vagbhat Ashtang Hridaya Uttartantra, Chaukhamba Surbharti Prakashan, Varanasi Edition-2019.

8) Ashtanga Sangrah. Shashilekha comm. Sutrasthana., Varanasi: Chowkhamba Sanskrit Series Office; 2006