

A CLINICAL STUDY ON *DASHMOOL KWATH NASYA* IN *SURYAVARTA* WITH  
SPECIAL REFERENCE TO FRONTAL SINUSITIS<sup>1</sup>\*Dr. Utkarsha Gurunath Pashte and <sup>2</sup>Dr. Ashok Bhaurao Deshmukh<sup>1</sup>PG Student Shalakyta Tantra 3<sup>rd</sup> Year.<sup>2</sup>Head of Department of Shalakyta Tantra G.A.C. Nanded.

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## ❖ ABSTRACT

*Shira* is considered as a *Uttamanga* as it is the *Ashraya* for *Prana*, *Pranavaha Strotas*, *Sadhya Pranahar Marma*, and control all the function of *Karmendriya*. *Suryavarta* is one among the *Shirorogas* mentioned by the *Bhruhatrayis*. It comes under the *Urdhwa Jatrugata Vikaras*. *Suryavarta* is disease with *Shirashool* in *Akshi*, *Bhru*, and *Lalat Pradesha* increasing in morning and subsides in evening. Although can present at any stage causes more inconvenience to elder people. Symptomatology of *Suryavarta* reveals its close resemblance with that of frontal sinusitis. Frontal sinusitis affect 14% of total population with the peak incidence in the age group between 20-30 years. In modern medicine frontal sinusitis is managed by nasal Decongestants, Antibiotics, Analgesics and Surgery. After instilling decongestant drops rebound congestion after few hours is there. Patient having fear for surgery and its complications. This instill a need for ayurvedic management of *Suryavarta*. As per *Charak Acharya Vata* and *Rakta Dosha* are responsible for for *Suryavart*. *Dashamool Kwath* is measured as *Vatashamak*. It works as an anti inflammatory and analgesic agents.

**KEYWORDS:** *Prana*, *Pranavaha Strotas*, *Sadhya Pranahar Marma*.

## ❖ INTRODUCTION

Ayurveda, the ancient science of life which can be traced back to the period of *Vedas* is considered to be the best and worthy system of medicine. *Shalakyta* is one of the eight *Angas* mentioned in *Ayurveda*. The subject is about *Urdhwanga Roga* and *Chikitsa*. It includes *netra roga*, *karna roga*, *mukha roga*, *nasa roga*, and *shiro roga* along with their management. *Shira* is considered to be *Uttamanga*. It has been mention in *Dinacharya*. About preventive measures to sustain healthy by following the measures of *Dinacharya* like *Nasya*, *Anjana*, *Kavala*, *Gandusha*, *Shiro Abhyanga*. These who do not follow, those are sure to get affected by *Shiro Rogas*. The features of *Suryavarta* are severe pain in region of *Akshi*(eye), *Bhru Pradesha* (eye brow) with characteristic periodicity which begin in early morning gradually increase and reaches its peak by noon and then starts decreasing by evening. Most of the clinical features of *Suryavarta* can be co related to frontal sinusitis. Occurrence of *Suryavarta* has become more prevalence because of some common *Nidanas*, *Ahara* and *Vihara Bhava*.

Sinusitis is inflammatory condition of mucous membrane. Sinusitis is about a highly prevalent disease caused on exposure to cold and dust, recurrence rate is high. If it is not treated properly it leads to many complications like orbital cellulitis, osteomalitis and

fistula formation of frontal bone, meningitis, brain abscess.

*Dashamool Kwath* may be beneficial in alleviating the signs and symptoms of *Suryavarta* or frontal sinusitis. Drugs used in this *Nasya Karma* are easily available, cost effective, easy to prepare, easily administered with no complications. Here an effect is made to constitute all relevant inflammation being arranged sequentially related to *Suryavarta*.

- ❖ Aims and objectives- To establish the efficacy of *Dashamool Kwath Nasya* in *Suryavarta*. (frontal sinusitis)
- ❖ Material and Methods- A known case of frontal sinusitis was taken from OPD. Detail history of patient was taken. Complete examination was done. *Nasya Karma* treatment was given along with *Snehan Swedan* and *Pathya Apathya*. Assessment was done after complete treatment.

## ❖ CASE REPORT

A 30 years male patient visited to ENT opd of *shalakyta tantra* department, G. A. C. Nanded hospital on 2/2/20 with chief complaint of frontal headache, upper eye lid swelling, nasal block, tenderness over inner canthus of the eye.

These all symptoms are prominent during the day time. The patient is suffering from all these symptoms since 6 years. He consulted a local hospital in his area, and diagnosed as a migraine, and took medication but was not satisfied. Then patient came to G A C Nanded hospital for Ayurvedic treatment and consulted to us.

Habbits- Long drive,  
Ashtavidha Pariksha- Nadi- Vata Pradhan Pitta Mala-Prakrut  
Mutra- Prakrut Jivha- Saama Shabda- Spashta Sparsha- Ruksha. Drik- Prakrut.  
Akruti- Madhyam

#### ❖ Personal History

Diet- Vegetarian, Cold drinks. Appetite- Low  
Bowel- Regular. Micturation- Normal Sleep- Disturbed.

No.	Subjective Parameters	Objective Parameters
1.	Frontal Headache	Tenderness over sinus area
2.	Nasal Discharge	X - ray PNS waters view
3.	Nasal Block	
4.	Oedema on upper eye lid	

#### ❖ Local Examination

##### ● Transillumination Test

The lighted bulbs are placed against the floor of the two sinuses and the transillumination of two sinuses is compared. Both right and left sinuses are opaque.

##### ● X ray PNS waters view

Opacity in both right and left frontal sinuses. Mucosal thickening

##### ● OR CT scan PNS.

#### ❖ Procedure administered to patient

*Dashmool Kwath* with *Saindhav* and *Ghritha* is used for *Nasya*.

Investigations- Hb- 11 gm %, TLC – 6000, Neutrophils- 55%, Lymphocytes- 44%, Monocytes-1%, Eosinophils- 5%, Basophils 1%, ESR-10.

Drug	Dose
<i>Dashmool Kwath</i> (10ml)+ <i>Saindhav</i> (1gm)+ <i>ghrita</i> (3-4 drops) <i>Nasya</i> ( <i>Marsha nasya</i> )	4-4 drop s in each nostril. 2 times\ day With <i>Sthanik Snehana</i> and <i>Swedana Purva Karma</i> for 7 days. ↓ Then gap for 8th to 14th day ↓ <i>Nasya Karma</i> 2nd setting for 15th to 21th day

Route of administration- Nasal

#### ❖ Follow up findings

After 7 days- There was frontal headache present as it is, nasal discharge was decreased, no nasal blocking, tenderness over frontal sinuses decreased. Oedema on upper eyelid.

After 14 days- Frontal headache decreased, no nasal discharge, no nasal blocking, tenderness over frontal sinuses was absent. Oedema on upper eyelid decreased.

After 21 days- No frontal headache, no nasal discharge, no nasal blocking, tenderness over frontal region was absent, no oedema on upper eyelid.

Symptoms	Before treatment	After treatment
Frontal headache	++++	----
Nasal block	+++	----
Nasal discharge	++++	----
Oedema on upper eyelid	++	----
Tenderness over sinus area	++++	----

CT Scan and X ray PNS	Before treatment	After treatment
Right frontal sinus	Mucosal thickening	Minimal mucosal thickening
Left frontal sinus	Mucosal thickening	Normal mucosa

#### ❖ DISCUSSION

Considering hypothetical *Samanya samprapti* of *Shirorogas*, *shira* is the site of *Vata Dosha*, *majja dhatu*

is present in *shira*. In *shiro roga samprapti* aggravated *vata* resulting in *sira sankocha* and *sira antah avarana kaphasanchaya*. *Sira sankoch* form *rasa rakta sanchaya*.

Pressure arises because of *rasa rakta sanchaya*. This pressure result into *vata prakop* and patient get spasmodic pain. This type of pain present in *Suryavarta*. In *suryavarta dashmool kwath nasya* administered through nostrils it goes towards the nasal cavity and reaches the *shringataka marma*. After that it will stay there upto some time. Then it absorb by *rasa rakta vaha strotas*.

After that pain relieves because of reduced pressure due to mitigate *vata prakopa*. *Nasya* has direct and sudden effect because there is no time delay of digestion of medicine.

The wall of nasal chamber and frontal sinus are lined almost entirely by pseudostatified columnar ciliated epithelium converted in microvilli thus increasing the surface area and hence suggested as a site of all drugs absorption. The active ingredients into *Dashmool kwath nasya* might have been absorbed by the same said route it has anti inflammatory and analgesic effects.

#### ❖ CONCLUSION

Now a days people believe in ayurvedic medicines. Frontal sinusitis is related to *Suryavarta vyadhi* in Ayurveda. It is characterized by frontal headache, nasal block, nasal discharge, eyelid oedema. Ayurveda believes that *Nasa hi shiraso dvaram*. *Nasya karma* is highly effective in *Suryavarta* with special reference to frontal sinusitis. Nasal route and sinus pathway is cleared, cleaned, and inflammation is suppured by *Nasya karma* with *Dashmool kwath*. Patient get relief from all symptoms and signs of disease. Patient tolerates *Nasya karma*, responses very well to it. And does not got any side effect during treatment. Further study will continue on number of patients.

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