

COMMON CLINICAL PROBLEMS ASSOCIATED WITH NOSE AND THEIR
AYURVEDIC CORRELATIONS - A REVIEW ARTICLEDr. Meenakshi Bhati¹, Dr. Manjiri Keskar^{*2}, Dr. Shivkant Sharma³, Dr. Praveen Pandey⁴ and
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ABSTRACT

A Nose is a specially designed part of the body for olfaction which is the sense of the smell. It is also the main gateway to respiratory system. Now-a-days there are many problems related to nose like running nose, polyps, sinusitis etc. *Acharyas* also described *nasagat roga* in many Samhitas here we correlate some modern and *Ayurvedic* view about nasal disorders. Some of the common nasal diseases like Rhinitis, Epistaxis and sinusitis which are commonly seen in our daily practice. So, it is very important to understand about nasal disorders.

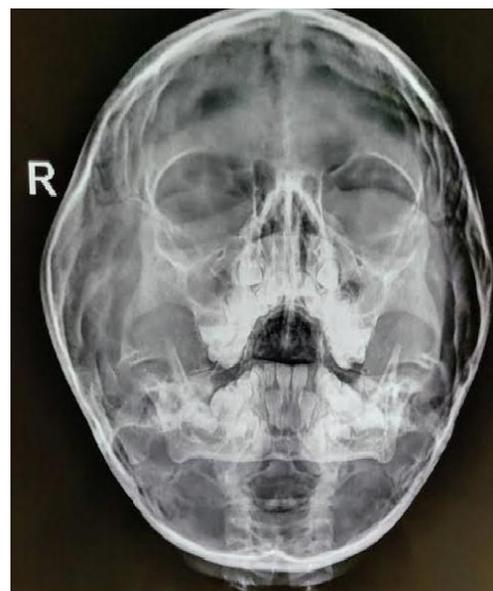
KEYWORDS: Nasa Roga, Disease of nose, Ayurveda, Modern aspect.**INTRODUCTION**

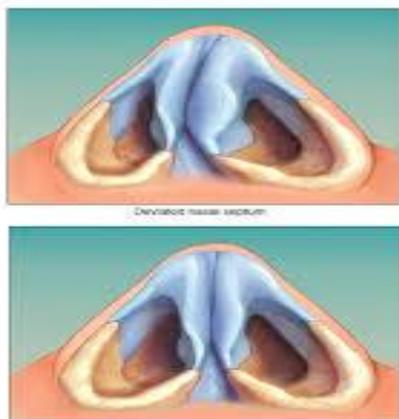
Nose is important organ to inhale air by two nostrils while any obstruction occur problems like breathlessness, difficulty in smell, nasal obstruction and nasal discharge arises. Nose have many functions in the body if any abnormality is there, many nasal problems will arise there. *Shusruta Acharya* described 31 *nasagat roga*, *Acharya vagbhat* mentioned 18 *nasagat roga* and *Acharya bhavprakasha* mentioned 34 *nasagat roga*. So here we mention some of common clinical problems which are associated with nose and their *ayurvedic* correlations.

1). APEENAS: - In this *nasagat roga* there will be nasal blockage leads to snoring type of sound. Smoky sensation in nose, alternate drying moistening of nasal passage, burning sensation, suppuration and itching. Cessation of sense of smell and taste along with continuous slimy, yellowish nasal discharge. This is correlated with the DNS. This is the cause of nasal obstruction.

DNS (DEVIATED NASAL SEPTUM): The septum is the vertical wall that divides nasal cavity in half. The ideal nasal septum is exactly midline, separating the left and right side of the. When septum is severely shifted away from the midline the blockage occurs which leads to nasal obstruction. Deviated nasal septa are five types ¹⁾ Anterior dislocation, ²⁾ C- shaped Deformity, ³⁾ S - shaped Deformity, ⁴⁾ spur and Last one, ⁵⁾ Thickening.

Nasal obstruction depending on the type of septal deformity. Difficulty in sense of smell, frequently sneezing, headache, anosmia and middle ear infection seen in DNS cases. So though the symptoms like nasal obstruction, nasal blockage those are similar to Apeenas, so we correlate it with Apeenas.





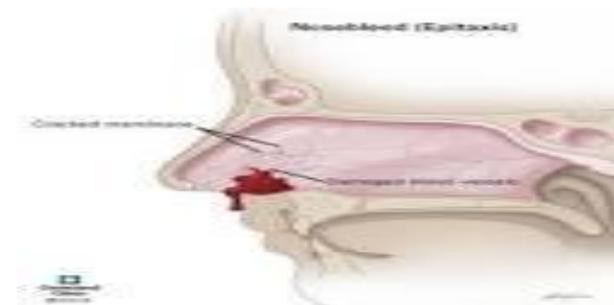
2). NASAGAT RAKTA PITTA: There are 4 types of *nasagata rakta pitta*. *Vataja, pittaja, kaphaj, sannipatika*. The localized manifestation of generalized *urdhvagata raktapitta* is called *nasagata raktapitta* and blood escapes out through nose. It is correlated with epistaxis.

EPITAXIS: Bleeding from the nose is called epistaxis, it is fairly common. Epistaxis is a sign and not a disease and an attempt should always be made to find any local or general cause.

Causes of epistaxis are Local, General, idiopathic.

Local causes—Trauma, Infections, Foreign bodies, Neoplasm's of nose, Atmospheric change and Deviated nasal septum are main causes.

General causes- Cardiovascular system, Disorder of blood and blood vessels. Liver disease, Kidney disease, Drugs, Acute general infection.



SITES OF EPISTAXIS

Little's area – 90% cases of epistaxis, bleeding occurs from this site. (Anterior ethmoidal artery, Posterior ethmoidal artery, Sphenopalatine artery, Greater Palatine artery, Superior labial artery) where all these arteries anastomosis this area is called little's Area.

- Above the level of middle turbinate.
- Below the level of middle turbinate.
- Posterior part of nasal cavity
- Nasopharynx.

3). NASA ARSHA- Big / small mass is hanging up on the nasal cavity. This causes difficulty in breathing, and nasal discharge. According to ayurveda there are 4 types of Nasa arsha are- Vataj, Pittaj, Kaphaj, Sannipataj.

NASAL POLYP: Nasal polypi are non-neoplastic masses of oedematous nasal or sinus mucosa and soft abnormal growth or tumor emanating from the sinus. Polyps are of two types. Ethmoidal and Antrochonal, Ethmoidal polyps are nose neoplastic masses arise from ethmoid sinuses, just in the roof of the nose. This type of (Ethmoid) polyps is unilateral. They are visible in the nostrils and the Antrochonal type of polyps are arises posteriorly. So, we observe the similar symptoms we correlate it with nasa arsha.



4). PRATISHYAY- Vitiated vata, pitta, and kapha together with rakta or separately get localised in Shira /ghranamula. (Ch.) due to various etiological factors. In Pratishyay kaphadi dosha get dragged towards vayu and are expelled out through nostrils. There are 5 types of pratishyay. Vataj, Pittaj, Kaphaj, Sannipataj, Dust pratishyay.

COMMON COLD/ CORYZA - It are caused by a virus. And there is burning sensation, at the back of nose followed by rhinorrhea and sneezing, there is low –

grade fever, watery nasal also, so it's symptoms similar to pratishyay.

5). VATAJA PRATISHYAY: Pricking pain / pain in shankh, nasa, danta, feeling of insect crawling around eyebrows, cool nasal secretion, repeated sneezing, dryness in throat, palate, lips, stuffed and obstructed nose. Because of all these symptoms this disease can be correlated with allergic rhinitis.

ALLERGIC RHINITIS: - It is an IgE-Mediated immunologic response of nasal mucosa to airborne allergens and characterized by watery nasal discharge, nasal obstruction, sneezing and itching in the nose, this may also be associated with symptoms of itching in the eyes, palate and pharynx.

Two clinical types have been described.

1. Seasonal. 2. Perennial

In allergic rhinitis allergens produce specific IgE antibody in the genetically predisposed individual. The antibody becomes fixed to the blood basophils or tissue mast cells by its Fc end. The reaction in which production degranulation of the mast cells with release of several chemical mediators, those are responsible for symptomatology of allergic disease.

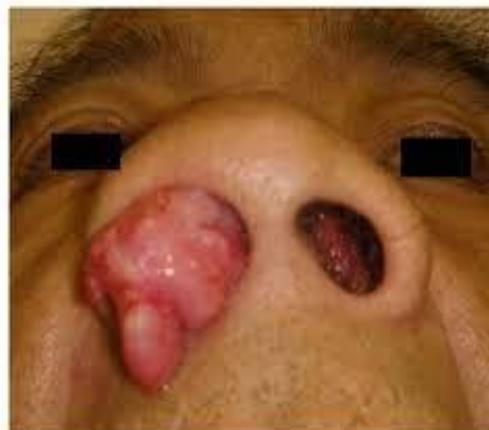
6). PITTAJA PRATISHYAY, KAPHAJA PRATISHYAY: In pittaj there are fevers, thirst, and giddiness, nasal secretions which are warm, dry / non-sticky, coppery, yellowish along with the feelings, as if fire and hot fumes are suddenly expelled from.

KAPHAJA – There are feeling of heaviness in head, face and body excessive itching in head, throat, lips, palate, swollen eyes, cough, anorexia, dyspnea, vomiting, repeated whitish cold and sticky nasal discharge. Though the symptoms are similar we correlate it with acute and chronic rhinitis.

ACUTE AND CHRONIC RHINITIS - It is caused by viral infection which usually contracted through airborne droplets. Several viruses (adenovirus, picorna virus and rhinovirus are responsible). The symptoms are-burning sensation at the back of the nose, nasal stuffiness, rhinorrhea and sneezing. Low grade fever, nasal discharge is watery and profuse but may become mucopurulent due to secondary bacterial invasion. In chronic rhinitis there are nasal obstruction and discharge, headache swollen turbinate and postnasal discharge. In hypertrophic rhinitis there are thick and sticky nasal discharges along with nasal obstruction, headache, and heaviness of head or transient anosmia. These symptoms are similar to kaphaja pratishyay.

7). NASA-ARBUDA- A big encapsulated mass developing in nasal passage is called nasaarbuda. According to ayurveda 7 types of Nasa Arbuda- Vataj,

Pittaj, Kaphaj, Rakataj, Mansaja, Medoja, Sannipatika / tridoshaja,



NEOPLASMS OF NASAL CAVITY –Both benign and malignant tumors of the nasal cavities are not common.

BENIGN- Squamous papilloma, inverted papilloma, meningioma, hemangioma, angiofibroma, glioma.

MALIGNANT- Carcinoma, squamous cell carcinoma. Malignant melanoma, Hemangiopericytoma.

Cancer of nose and paranasal sinuses constitutes 0.04% of all body cancer in India. Causes are - Actual causes are unknown, but those people who working in hardwood furniture industry, nickel refining, and ether work, manufacture of mustard gas have shown higher incidence in Sinonasal cancer.

CONCLUSION

The conclusion at the end is that it is necessary to detect the nasal diseases properly. Otherwise the management will go in wrong direction. These are main nasal problems which are common in daily OPD cases.

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