ABSTRACT

Chronic sinusitis is one of the major problems in society due to its recurring nature and complications. The sinus most commonly involved is the maxillary sinus followed in turn by ethmoid and sphenoid. In Ayurveda it can be correlated with Kaphaja shiroroga. In this disease, there is heaviness in head along with dull pain and numbness in head, feeling of head being covered with wet cloth and stiffness associated with drowsiness, laziness and anorexia. The clinical picture of chronic sinusitis shows the predominance of Kapha-Vata dosha in Jatrardhvaha. An inflammatory process that involves the paranasal sinuses persists for 3 months or longer is the chronic sinusitis. The conventional treatment is either conservative or surgical. But there is chances of recurrence. The sinus headache is caused by mucous build up as a result of inflammation and pressure within the sinuses during a sinus infection. The avapeedana nasya by Tikshna-ushna guna dravya and having vata-kaphahara properties are used which is shodhana nasya followed by dhumpana and internally Saptamrita Lauha and Pathyadi kwatha (decoction) which is indicated in shirorogas.

KEYWORDS: Chronic sinusitis, Kaphaja shiroroga, Avapeedana nasya.

INTRODUCTION

There are 11 shirorogas described by Acharya Sushruta and 5 by Acharya Charaka. The Indian mythology emphasizes the prime place of shirah in the body as said by Lord Krishna himself the base of the man is head while whole body is just like its branch. Charaka opines that shirah is the “Uttamanga” of all the angas of the sharira and it is above the abode (Ashraya) of the Prana and Indriyas. So it is important to take care of “Shirah” by various shodhana, shaman karma and nidanaprivarjana.

Sinusitis is extremely prevalent disorder that has a significant impact on quality of life of affected individuals. The reason behind this may be an unhealthy lifestyle, urbanization, increasing pollution and resistance to the antibiotics. Being a developing country, in Indian population incidence is high. Nasya is one of the classical procedures among Panchakarma. Which is ideal in shirogata rogas along with Pathyadi kwatha and Saptamrita Lauha internally.

AIM AND OBJECTIVE

To evaluate the effect of Ayurvedic treatment in Kaphaja shiroroga (Chronic Sinusitis)
Travelling
Noising from surrounding
In contact with Air conditioner

**History of Past illness:** Not significant. There was no history of hypertension, diabetes mellitus, depression, bronchial asthma or anaemia.

**Family history:** There was no relevant family history.

**Personal history:** occupation- housewife, Marital status- Married, Prakriti-Vata-Pittaaja, Koshtha: Madhyama,(On the basis of the bowel habit), Bala-Madhyama(Average), Satva: Madhyama, Satmya: Madhyama, Addiction: None, Sleep- Inadequate(Disturbed), Agni-Abhyaharana: Normal and Jarana: Poor.

**On Examination-** The Nasal mucosa was congested and nasal septum mild deviated to right side and tenderness over maxillary and ethmoidal sinuses.

### Ashtavidha Pariksha

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sthana</th>
<th>Lakshana</th>
<th>Sr. No.</th>
<th>Sthana</th>
<th>Lakshana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Nadi</td>
<td>78/min</td>
<td>5</td>
<td>Shabda</td>
<td>Prakruta</td>
</tr>
<tr>
<td>2</td>
<td>Mala</td>
<td>Samyaka</td>
<td>6</td>
<td>Sparsha</td>
<td>Samshithosha</td>
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<tr>
<td>3</td>
<td>Mutra</td>
<td>Samyaka</td>
<td>7</td>
<td>Druka</td>
<td>Prakruta</td>
</tr>
<tr>
<td>4</td>
<td>Jivha</td>
<td>Nirama</td>
<td>8</td>
<td>Akriti</td>
<td>Madhyama</td>
</tr>
</tbody>
</table>

### Investigations before treatment:

- Haemoglobin: 11.6gm/dl
- TLC: 6000, Neutrophils:54%, lymphocytes: 42%, Monocytes:1%, eosinophils-6, basophils:1%, ESR: (Wintrob’s method)-10,
- X-ray PNS (Waters view)- opacity in the sinus, mucosal thickening, or air-fluid levels and CT scan of PNS.

### Treatment plan:

Patient was treated on OPD basis. We prepared a new plan on Ayurvedic medicines as given below.

**Drug** | **Dose** | **Anupana**
--- | --- | ---
Avapeedana Nasya(pippli+maricha+shigrubeja+vidanga) | 4-4 drops per nostrils 2 times per day sthanika snehana-swedana purvak  | -
Pathyadi kwatha | 40ml twice daily Lukewarm water | -
Saptamrita lauha | 250mg two times per day Lukewarm water | -
Dhumapana after Nasya | For 10 minutes with ghrita+guggul+sikthha | -

**Route of drug administration:** Oral and nasal

**Follow up findings**

**Follow up findings after seventh days:** There was moderate headache, purulent discharge mild improvement in sinus pain, mild improvement in posterior nasal drip.

**Follow up findings after fifteenth days:** There was mild frontal headache, no nasal congestion, no facial pain.

**Follow up findings after twenty-one days:** There was no sinus headache, facial pain and purulent discharge. No nasal obstruction, smell perception improved.

### OBSERVATION

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sinus pain</td>
<td>+++</td>
<td>-</td>
</tr>
<tr>
<td>Purulent discharge</td>
<td>++</td>
<td>-</td>
</tr>
<tr>
<td>Posterior nasal drip</td>
<td>++</td>
<td>-</td>
</tr>
<tr>
<td>drowsiness</td>
<td>+</td>
<td>-</td>
</tr>
</tbody>
</table>

### CT scan PNS

<table>
<thead>
<tr>
<th>CT scan PNS</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Right and left maxillary</td>
<td>Very minimal mucosal thickening</td>
<td>Very minimal mucosal thickening at base</td>
</tr>
<tr>
<td>Right and left ethmoid</td>
<td>Rt side minimal mucosal disease</td>
<td>Rt side minimal mucosal disease</td>
</tr>
<tr>
<td></td>
<td>Lt side-Normal</td>
<td>Lt side-Normal</td>
</tr>
<tr>
<td>Right and left frontal</td>
<td>Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Right and left sphenoid</td>
<td>Rt side totally opaque sinus, filled with significant mucosal disease with mild retained secretions Lt side- Normal</td>
<td>Normal</td>
</tr>
</tbody>
</table>
DISCUSSION

In the present era, it is seen mostly that people believe Ayurvedic Medicine act gradually but on contrary if proper diagnosis and proper medicine is prescribed then it acts wonderfully. Nasya is best treatment for Urdhwagata rogas. The quotation ‘Nasa hi shirasodwaram’ itself explains its importance and it is the only karma which finds a place in Dincharaya. It is the chief Shodhana procedure among all Panchakarmas so in present study Nasya is selected because Nasya karma can expel the deep-seated Doshas and can use it of its root. Because of these anatomical communications the medicine applied through the nasal cavity reaches all these areas. Nasya has direct and sudden action because there is no time delay of digestion of the medicines. The medicine applied is directly absorbed through the mucus lining of the structure. Thus Nasya cleans the strotas. Most of the drugs in this Avpeedana Nasya are having Katu-Tikta rasa, Laghu-Sukhsma-Raksha guna, Ushna vireya, Katu vipaka and Vata-Kaphahara properties are very useful to remove stroto rodha (obstruction in various channels of the body) and promote the expulsion of vitiated Doshas.

Probable mode of action

Avapeedana Nasya- It pacifies kapha and vata doshas by instilling in nostrils and helpful in the treatment of Nasarogas.

Pathyadi kwatha- It pacifies Tridoshas and helpful in treatment for Urdhwajatrugata rogas.

Saptamrita Lauha- It is Rasayana, nourishes brain, eyes, ear and other sensory organs.

Dhumpana- by ghrita, guggul and siktha which is indicated for sneezing and to expel out the kapha from the nose.

CONCLUSION

Chronic sinusitis is closely related to Kaphaja shiroroga in Ayurveda and characterized by heaviness, numbness in head, discharge from nose on and off, drowsiness. Ayurveda believes in cleansing he body and pacifying the Tridoshas from the roots by using unique treatment modalities such as shodhana and shamanam chikitsa. Such type of treatment approaches to create a balanced physiology which brings healing the body and mind. So in this case study Ayurvedic treatments Pathyadi kwatha, Saptamrita Lauha was given orally with Lukewarm water and Avapeedana nasya by pippali, marich, shigru beejja, vidang these dravyas was used for Shodhana purpose. Avapeedana Nasya having significant result in preventing recurrence of sinusitis. It was notice that the patient tolerated the treatment quiet well and no adverse reaction to the drugs were observed during the course of treatment. Further study to be conducted on large number of patient.

REFERENCES

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