

**ROLE OF AVAPEEDANA NASYA IN THE MANAGEMENT OF CHRONIC SINUSITIS
WITH SPECIAL REFFERNECE TO KAPHAJA SHIROROGA- A CASE REPORT*****¹Dr. Pradnya Raju Bhumbur and ²Dr. Ashok Bhaurao Deshmukh**¹P.G. Scholar, Shalakyatantra Department Government Ayurved College, Nanded.²Professor, Head of Shalakyatantra Department Government Ayurved College, Nanded.***Corresponding Author: Dr. Pradnya Raju Bhumbur**

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ABSTRACT

Chronic sinusitis is one of the major problem in society due to its recurring nature and complications. The sinus most commonly involved is the maxillary sinus followed in turn by ethmoid, frontal 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.^[1] The clinical picture of chronic sinusitis shows the predominance of *Kapha-Vata dosha* in *Jatrurdhwa*.^[2] An inflammatory process that involves the paranasal sinuses persists for 3months 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.^[2] 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*.^[3]

KEYWORDS: Chronic sinusitis, *Kaphaja shiroroga*, *Avapeedana nasya*.**INTRODUCTION**

There are 11 *shirorogas* described by *Acharya Sushruta*^[4] and 5 by *Acharya Charaka*.^[5] 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.^[6] *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*.^[7] So it is important to take care of '*Shirah*' by various *shodhana*, *shaman karma* and *nidanparivarjana*.

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)

MATERIALS AND METHODS**Place of study-** Govt. Ayurvedic College and Hospital, Nanded, Maharashtra.**Clinical profile of the patient**

A 34years old female who had been suffering from chronic sinusitis came to OPD At Govt. Ayurvedic college and Hospital, Nanded, Maharashtra. The patient was diagnosed. Patient was suffering from dull headache on and off with heaviness in frontal region and running of nose sometimes from two and half years.

History of Present illness: According to the patient, she was normal two and half years back. But since then she has been suffering from purulent nasal discharge, nasal congestion, sinus pain, facial pain post nasal drip, dull headache and sinus tenderness. she stated that headache progressively worsened with the passage of cold climate, travelling. She had used various local and oral allopathic medicines. But there was no significant relief. She became depressed and felt that there was no hope of improvement. Then she came to hospital OPD of Govt. Ayurvedic College and Hospital, Nanded, Maharashtra India Pin 431601 for Ayurvedic management.**Aggravating factors**Cold climate
Freez foods

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.

Ashtavidha Pariksha

Sr. No.	Sthana	Lakshana	Sr. No.	Sthana	Lakshana
1	Nadi	78/min	5	Shabda	Prakruta
2	Mala	Samyaka	6	Sparsha	Samshitoshna
3	Mutra	Samyaka	7	Druka	Prakruta
4	Jivha	Nirama	8	Akriti	Madhyama

Investigations before treatment: Haemoglobin-11.6gm/dl, TLC-6000, Neutrophils-54%, lymphocytes-42%, Monocytes-1%, eosinophils-6, basophils-1%, ESR

Personal history: occupation- housewife, Marital status- Married, *Prakriti-Vata-Pittaja*, *Koshtha: Madhyama*(On the basis of 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.

(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+shigrubeeja+vidanga)	4-4 drops per nostrils 2 times per day <i>sthanika snehana-swedana purvaka</i>	-
Pathyadi kwatha	40ml twice daily	Lukewarm water
Saptamrita lauha	250mg two times per day	Lukewarm water
Dhumapana after Nasya	For 10 minutes with <i>ghrita+guggul+sikthha</i>	-

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

Symptoms	Before treatment	After treatment
Sinus pain	+++	-
Purulent discharge	++	-
Posterior nasal drip	++	-
drowsiness	+	-

CT scan PNS	Before	After
Right and left maxillary	Very minimal mucosal thickening	Very minimal mucosal thickening at base
Right and left ethmoid	Rt side minimal mucosal disease Lt side-Normal	Rt side minimal mucosal disease Lt side-Normal
Right and left frontal	Normal	Normal
Right and left sphenoid	Rt side totally opaque sinus, filled with significant mucosal disease with mild retained secretions Lt side- Normal	Normal

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*.^[8] The quotation '*Nasa hi shirasodwaram*' itself explains its importance and it is the only *karma* which finds a place in *Dincharya*. 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.^[9] *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 mucous lining of the structure. Thus *Nasya* cleans the *strotas*. Most of the drugs in this *Avapeedana Nasya* are having *Katu-Tikta rasa*, *Laghu-Sukshma-Ruksha guna*, *Ushna virya*, *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*.^[10]

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.^[11]

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 the body and pacifying the *Tridoshas* from the roots by using unique treatment modalities such as *shodhana* and *shamana 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 beeja*, *vidang* these dravyas was used for *Shodhana* purpose. *Avapeedana Nasya* having significant result in preventing recurrence of sinusitis. It was noticed 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.

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