A CLINICAL STUDY ON DASHMOOL KWATH NASYA IN SURYAVARTA WITH SPECIAL REFERENCE TO FRONTAL SINUSITIS

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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 Bruruhatavis. It comes under the Urdhwa Jatragata 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 Dosh 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. Shalakya is one of the eight Angas mentioned in Ayurveda. The subject is about Urdhwanag 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 increaseand reaces 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 shalakya 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.

**Personal History**

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

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<thead>
<tr>
<th>No.</th>
<th>Subjective Parameters</th>
<th>Objective Parameters</th>
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<tbody>
<tr>
<td>1.</td>
<td>Frontal Headache</td>
<td>Tenderness over sinus area</td>
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<td>2.</td>
<td>Nasal Discharge</td>
<td>X - ray PNS waters view</td>
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<td>3.</td>
<td>Nasal Block</td>
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<tr>
<td>4.</td>
<td>Oedema on upper eye lid</td>
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**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.


**Drug**  

 Dashmool Kwath (10ml)+ Saindhav(1gm)+ ghrita(3-4 drops) Nasya (Marsha nasya)

| Dose | 4-4 drop s in each nostril. 2 times/day With Sthaniik Snehana and Swedana Paurva Karma for 7 days. Then gap for 8th to 14th day Nasya Karma 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.

**DISCUSSION**

Considering hypothetical Samanya samprapti of Shirorogas, shira is the site of Vata Dosha, majja dhatu is present in shira. In shiro roga samprapti aggregated vata resulting in sira sankocha and sira antah avarana kaphasanchaya. Sira sankoch form rasa raktasanchaya.
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 suppurated 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.

**REFERENCES**