

ROLE OF PRADHAMANA NASYA IN NASA ARSHA W.S.R. TO NASAL POLYP – A CASE STUDY

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ABSTRACT

Nasal Polyp is a chronic inflammatory disease affecting the nasal cavity and the Paranasal sinus. It is a relatively common disease occurring in 1% to 4% of the general population, but it is also seen in the pediatric population. Nasal polyps are benign fleshy mass growth in the mucosal lining of nasal passage and Paranasal sinuses these are varying in size and having shining pink colour and shaped like tear drops. The exact etiology remains unclear but it is known to have associations with allergy, Asthma, infection, cystic fibrosis and aspirin sensitivity. The common features of the disease are nasal obstruction, anosmia, rhinorrhoea, post nasal drip, and less commonly facial pain. In Ayurveda it is closely related to *Nasa arsha*. *Nasa Arsha* is a *Kapha Vata Vyadhi* located in the *Urdhwanga* which is a *Kapha stathana*. In this study a case of 23 years female Patient presented with difficulty in nasal breathing, mouth breathing especially at night, anosmia and headache since 2-3 months was taken for study. We can treat it by *Ayurvedic* line of treatment easily and more effectively there is no chance of reoccurrence of disease. There was significant improvement in patient's complaints and marked reduction in polypoidal mass.

Key words : Nasal polyp, *Nasa Arsha*, *Pradhamana Nasya*.

INTRODUCTION

Nasal polyps are mucosal lesions of the nasal passage or paranasal sinuses that can result from a response to inflammatory or infection stimuli. They appear as smooth, round, semitranslucent masses that are most commonly found in the middle meatus and ethmoid sinuses and affect 1% to 4% of the population. Males are affected more than females and adults more than children. If it happens in childhood, mucociliary and immunodeficiency disease, patients with nasal polyps may present clinically with complaints of nasal obstruction, congestion, rhinorrhoea, hyposmia, headaches, post nasal drips, and snoring. Nasal polyps more commonly appear bilaterally they can also present unilaterally^[1]. Nasal polyps are frequently associated with aspirin tolerance, intrinsic asthma, young's syndrome, cystic fibrosis. Children 16 years or younger with nasal polyps should be evaluated for cystic fibrosis, and Kartagener's syndrome. Histologically, they classically have pseudostriated ciliated columnar epithelium, thickening of the epithelial basement membrane, high stromal eosinophil count, mucin with neutral pH, few glands, and essentially no nerve endings. Cells consist of a mixture of lymphocytes, plasma cells, and eosinophils. Polyps from patients with young's syndrome, Kartagener's syndrome, and cystic fibrosis have predominately Neutrophils with insignificant Eosinophils. Mediators found in nasal polyps are as follows : histamine, serotonin, leukotrienes,

norepinephrine, kinin. There is more histamine in nasal polyps than in normal nasal mucosa, and norepinephrine is present in greater concentration in the base of nasal polyps than in normal mucosa. The concentrations of IgA and IgE and in some cases, IgG and IgM are greater in polyp fluid than in serum. IgE – mediated disease is not the cause of nasal polyps, but when present, may contribute to episodes of exacerbation. Despite medical or surgical management, a significant number of nasal polyps are recurrent. For treatment, systemic corticosteroid should be tried before surgical polypectomy. At the present, the pathogenesis of polyp formation is unknown^[2].

In *Ayurved*, nasal polyps are related to the *Nasa Arsha*. *Acharya Sushruta* has mentioned that the aggravated *Doshas* when moved upwards occupying ear, eye, nose, and mouth, vitiated their *Mamsa*, and *Rakta* and produce *Arsha*. *Acharya Sushruta* in which have clearly mentioned that patients feel difficulty in nasal breathing, mouth breathing especially at night, foul smell, headache, constant sneezing, running nose are the common symptoms^[3]. *Acharya Sushruta* has mentioned among thirty one *nasagata rogas*. Four type of *Nasarsha* are described by *Acharya Sushruta* – *Vata*, *Pittaja*, *Kaphaja* and *Sannipataja*^[4]. *Acharya Charaka* has mentioned in *Arsha chikitsa* that the fleshy mass growth appear on many region of body like penis, vagina, throat, mouth, nose, eye, skin. These hypertrophied or fleshy growths are termed as *Adhimansa*. The seat of these growth is *Twak*, *Mamsa*, and *Meda*^[5]. The present case study was aimed to find the efficacy of *Pradhamana Nasya*.

Case Study

A 24 yrs Female patient, residing in Bhilai, Chhattisgarh (India) came to the *Shalaky* OPD, Rajiv Lochan Ayurved Medical College & Hospital, Durg, with complaints of sneezing, stuffy nose, headache, difficulty in breathing since 2-3 years along with this mouth breathing especially at night since 3-4 months associated with lack of sleep since 1 month. Her body built was moderate and occupationally she was a student. No significant family history and personal history identified. She consulted many allopathic doctors along with ENT surgeons where she was diagnosed as Bilateral Nasal Polyp (Ethmoidal). She was treated by antibiotics, NSAIDS and steroid nasal spray but got symptomatic relief only.

Examinations:

- External nose: Normal appearances
- Nasal vestibule: Normal
- Muroid nasal discharge: Present
- Anterior Rhinoscopy: Bilateral nasal cavity filled with pink gelatinous masses, Anterior part of bilateral inferior turbinate and caudal nasal septum visible.
- B/L tonsil: Mild congested
- Routine hematological examinations were shows mild elevation of ESR levels others were in normal values.

Treatment Given:

Pradhamana Nasya: with *Shunthi churna* (*Matra – 2 Muchyuti*)

Snaihiik Dhooma: with *Haridra* and *Ghritam*

Kavala: with *Triphala kwath* added with *Saindhava*.

After procedure: *Pathya – Apathya* should be followed.

Triphala guggulu 2 tab BD after food with Luke warm water for 1 month

Observation and Results:

On 4th day patient got small part of mass during sneeze. After 4th day of treatment, the patients had show improvement no mouth breathing, and patients had sound sleep.

After 6th day of treatment, there was reduction in the inflammation of nasal mucosa and gradually , reduce in the size of the polyp.

After 8th day of treatment, there was complete relief. Nasal breathing become normal.

After completion of one month treatment, there was remarkable result in complaints of difficulty in nasal breathing and headache sound sleep was also relieved.



Before Treatment



After Treatment

DISCUSSION

Acharya Sushruta has mentioned that treatment of *Nasarsha* is same as of general *Arsha*. There are four means of treating *Arshas*- *Aushadha*, *Ksharkarma*, *Agnikarma*, and *Shastrakarma*. As mentioned by *Acharya Sushruta* that aggravated *Doshas* reaching *Nasa* vitiating *Sthanik Mamsa* and *Rakta* generates *Nasarsha*. Therefore *Nasya therapy* helps in removed of vitiating *Doshas* and *Dushya* of nose and paranasal sinuses. *Nasya* was planned because of following reason- chronicity of the disease, nasal congestion, associated of *Kapha* and *Mamsa*, physical presence of *Nasa arsha*. The Action of *Pradhamana Nasya* is procedure where the drug in *churna* form is administered into the nostrils through *Pradhamana Nadiyantra* in the head-low position of the patients. Thus the drugs reach the *Shringataka marma* and from there, through different *Siras*, it spreads to other parts like, *Netra*, *Shirah*, etc. and removes the morbid *Doshas*. By the properties of drug^[6]. We are using *Shunthi churna* for *Pradhamana Nasya* here. *Shunthi* is the most popular herb having many medicinal properties. This herb provides a numerous essential nutrients in it. This herbs has balances the *kapha* and *vata doshas* in the body. This herbs contains Zingerone, Zingerols, geraniol, as active substances in it. This herbs has a very powerful anti-inflammatory and anti-oxidant, and *Katu rasa*, *Ushna virya*, *Madhura vipaka*, *kaphavataghna* and *Tikshna* property^[7] and *Shodhana* effect of *Nasya* helps in relieving of nasal mucosal edema and cleaning nasal obstruction. The action of *Dhuma* – As *Paschyata karma* of *Nasya* and to get best result we selected *Dhuma*. The drugs having *Snigdha Guna* along with *Sneha* are selected. the pacification of *Vata* is done by *Snigdha Guna*. *Dhuma dravya* as *Haridra* and *Ghrita* in *Twak Mamsa*, *Medagata Adhithana Dhatu*. One should take *Snaihika Dhuma* maximum 1 time in a day either through mouth or through nose^[8]. *Triphala guggul* is described in *ayurveda sarasangraha* for treatment of *Arsha*, *Sotha* etc^[9]. in *Ayurvedic classic*, properties of *Katu*, *Tikta*, *Kashaya*, *Madhura*, *Ushna Virya* and balances all the three *Doshas*. And help in *Arsha* by Reducing *Mansankur* and related *Sotha* due to *Sothahara* activity and possess *Lekhana* property. *Lekhan* property it there by help in reducing the polypoidal mass and mucosal inflammation of paranasal sinuses.

CONCLUSION

Ayurvedic treatment has been found very effective in this case. *Shodhana Chikitsa* with *Nasya karma* was found beneficial in the management of nasal polyp in the present case, and keeping proper follows *pathya* and *apathya* for the patients. *Nasa Arsha* is one of the major surgical disease in nasal disorder, there is chance of recurrence after surgery. We can treat by *Ayurvedic* line of treatment easily and more effective then allopathic science. There is no chance of recurrence of disease.

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