

Efficacy of Panchendriya-Vardhan Taila Nasya in Nasanaha with Special Reference to Inferior Turbinate Hypertrophy- A Case Study

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ABSTRACT

Acharya Sushruta has explained about 31 Nasa rogas and Acharya vagbhata has mentioned 18 nasa rogas, Nasanaha or Nasa Pratinaha is one among them. in which nasal obstruction is the main symptom. It is a commonly encountered disease in clinical practice. It occurs due to vitiation of Vata and Kapha and the treatments mentioned in the classics for Nasanaha include Snehapana, Nasya, and Dhoomapana. This case study is of a female patient who complained of recurrent nasal obstruction, watery nasal discharge and headache. Use of nasal decongestants gives her temporary relief from nasal obstruction and she came to the OPD for further management. In the present study, Nasya with Panchendriya vardhan taila is proved to give good results in Nasanaha.

Keywords: Nasanaha, Turbinate Hypertrophy, panchendriya vardhan Taila Nasya. Acharya Sushruta, Acharya Vagbhata.

INTRODUCTION

Hypertrophied turbinate is characterised by thickening of mucosa, submucosa, serous mucinous glands, periosteum and bone in inferior turbinate.

Ayurveda is an ancient science which deals with every aspect of life and aims not only in cure of the disease but also precludes the humanity from all categories of physical, mental, intellectual and spiritual miseries. Diseases of the nose are among the most common problems that bring the patients to the doctors in day-to-day practice; either independently or because of the interlink with the ears and the throat, nose remains a site of prime concern for the doctors as its disorders can quite often lead to perilous outcomes. Nasa Pratinaha is one among the 31 Nasa Roga in which nasal obstruction is the main symptom. The Ayurvedic term 'Nasa Pratinaha' means blocked nose. It is a commonly encountered disease in clinical practice. Acharya Sushruta has given Nirukti and Samprapti of Nasa Pratinaha as when Udara Avrita Vayu with Kapha gets vitiated in its Marga and causes obstruction in Nasa Marga, the condition is termed as Nasa pratinaha. In contemporary science this disease can be co-related to many disorders like turbinate hypertrophy, deviated nasal septum, nasal polyp, tumours etc. As Nasa Arsha and Nasa Arbuda are explained separately, it is appropriate to consider Nasa Pratinaha as turbinate hypertrophy and deviated nasal septum.

This also has a great impact in natural ecosystems, like environmental pollution and unnatural seasonal variations which are responsible for many diseases. Nose, being in direct contact with external environment is exposed to lot of microorganisms and pollutants present in the atmosphere and is one of the organs that is more prone to get affected by such diseases [1].

Antihistamines, decongestants, and topical and systemic corticosteroids are widely used for medical treatment [7] and may cause detrimental effects such as drowsiness, bleeding, dryness, and crusting of nose [8]. This can only provide symptomatic relief and is not intended for long-term use. Surgical management is recommended when medical management approaches have failed, although it might result in complications such as hemorrhage and synechiae between the nasal septum and the turbinates, among other concerns [2].

According to Ayurveda classics the treatments for Nasanaha include Snehapana, Nasya, and Dhoomapana. Nasya Karma is the best treatment for "Urdhavjatruroga" as the quotation says "Nasa Hi Shirsoho Dwaram" which itself explains its importance. Nasya is also the best local route for administration of medicines and expelling the deep seated Doshas and there by removing the root cause and other deep seated pathologies.

AIMS AND OBJECTIVE

1. To study the efficacy of Panchendriya Vardhan Taila Nasya in the management of Nasanaha w.s.r to inferior Turbinate Hypertrophy.

2. To clinically prove the efficacy of Panchendriya Vardhan Taila as an important formulation in the treatment of Nasanaha as highlighted in ancient classics.

3. To explore about the disease Nasanaha with its correlation in modern science.

MATERIAL AND METHODS

Study design: The present study is an interventional, randomized, clinical, open label.

Inclusion criteria

- Patients in the age group of 18 to 80 were selected.
- Patients having nasal obstruction, sneezing, watering of nose due to and Turbinate Hypertrophy only were only selected.

Exclusion criteria

- Nasal obstruction due to adenoids, polyps, tumours etc were excluded.
- Nasal blockage associated with complications of sleep apnoea.
- The patients suffering from gross nasal deformities were excluded.
- Inferior Turbinate Hypertrophy associated with other inflammatory condition of the nose, complicated systemic conditions were excluded.

Assessment criteria

For assessment of the efficacy of the trial therapy, both subjective and objective parameters were adopted.

Subjective criteria

1. Nasal blockage
2. Nasal discharge
3. Smell perception
4. Discomfort in nose
5. Headache

Objective criteria

1. Haziness in sinuses in X – Ray
2. Spatula test (on the basis of fogging)
3. Space of nasal passage assessed by using caliper

CASE REPORT

A 33-year-old female patient came to Shalakyta tantra OPD with complaints of recurrent bilateral nasal obstruction, watery nasal discharge and dull frontal headache since 6 months which gets aggravated on exposure to cold weather and wind. Her sleep was disturbed due to severe nasal obstruction at night. The patient used nasal decongestants but got only temporary relief so the patient came to the hospital for further management

In Prashna pariksha

Kshudha – alpa

Mutra pravrti- 4-5 times/day

Mala pravrti- samyaka 1-2 times/day

Nidra – Alpa, interrupted

Any systemic illness- not found

Any surgical H/O- not found

Examination of Nose**External examination of the nose**

The size and shape of the nose was normal.

There was no swelling or deformities externally.

No scars or skin changes were noted during the external examination of nose.

ANTERIOR RHINOSCOPY

Thudicum's nasal speculum was used to do the anterior rhinoscopy

Examination –

The nares appeared narrow.

The nasal cavity was congested.

There were no foreign bodies, bleeding sites, and nasal polyp in the bilateral nasal cavity.

There was no septal deviation ,no septal perforation, nor presence of the septal spur.

Bilateral inferior turbinate hypertrophy along with mild congestion of the nasal mucosa and nasal discharge was observed during examination

Treatment protocol –

During treatment was carried for one week, During this period, she was advised Laghu Supachya Ahar , Koshnaj al, Avoid cold drinks, cold environment.

1) Shaman chikitsa

- Sitopladi churna 2gm – 4-5 times/day
- Anupana – Madhu
- Mahasudrashna kadha – 15ml- BID
- Anupana- koshna jal

2) Shodhana chikitsa

Nasya kriyakalpa with panchendriya Vardhan taila.



Medicine- Panchendriya Vardhan taila
Dose – 8-8 drops each nostrils (marsha matra)
Procedure- Nasya
Kala- Pratah kala

Procedure	Medicine used	Approximate duration
Mukhabhyanga	Tila tail	10 min
swedan	Bashpa sweda	5 min
Nasya	Panchendriya Vardhan taila	7 min
kavala	Koshna jal	5 min
Dhumapaana	Haridradi varti	3 min

Table 1: Showing treatment procedure with duration

Nasya Karma Procedure

1] Purva karma- After thorough examination,

- ❖ written Consent was obtained from the patient before procedure
- ❖ patient was made to lie on bed in supine position.
- ❖ Mukhabhyanga was done with Til taila for 10 minutes and
- ❖ Bashpa sweda was given to face for 5minutes.

2] Pradhan karma-

- ❖ After snehan and swedan was done ,
- ❖ Then patient is made to lie on bed in supine position with head little lowered and 8 drops of lukewarm Panchendriya Vardhan taila is put into each nostril as a continuous stream.
- ❖ After that, mild massage was given to the nose and the forehead in upward direction.

3] Pachhat karma-

- ❖ Koshna jal kavala followed by Dhumapana was given with Haridradi varti .
- ❖ The patient was advised to avoid cold air exposure and to avoid milk products and cold food items.



Observations

On the basis of gradation

Sign & symptoms	Gradation		
	0 th day	3rd day	7 th day
Inflammation of B/L inferior turbinate	+ 5	+3	+1
Discharge from nose	+5	+2	+1
Difficulty in breathing	+4	+2	-
sneezing	+4	+2	-
headache	+4	+3	-
Disturbance in sleep	+4	+2	-
B/L nasal mucosa congetion	+4	+2	-

RESULT

After the administration of Nasya, patient noticed mild relief from nasal obstruction after the first day and the sleep of the patient improved as there was no severe nasal obstruction at night. After 7 days of Nasya, nasal obstruction reduced significantly whereas, watery nasal discharge and headache and sneezing was completely resolved.

B/L nasal mucosa congestion was absent and B/L Inferior turbinate hypertrophy was reduced. Panchendriya vardhan tail describe by Acharya Kashapa to improving power of all panchindriya. its improve smrutilop (memmory), also help improving strength of indriya and increased smruti (memory) medha (intellect) this drug is very auspicious.[5] According to acharya kashayapa this oil is mention in kalpasthana in chakshu vikara. Mostly drugs have laghu, snigdha guna, madhur rasa, madhur vipaka, shita virya and vata pita shamaka.

DISCUSSION

Inferior turbinate hypertrophy is often caused by swelling of the submucosa, and less rarely by expansion of the bone itself. Dilatation of the submucosal venous sinusoids causes this hypertrophy. This can be seen in diseases like allergic rhinitis, acute rhinosinusitis, vasomotor rhinitis, drug induced rhinitis and chronic rhinosinusitis [3].

The symptoms include nasal obstruction, rhinorrhea, anosmia, dull headache, sneezing. Acharyas have explained only nasal obstruction as a symptom of Nasanaha.

Acharya Vagbhata has mentioned that Nasa being the gate way to Shiras, the drug instilled through nostrils, reaches Shringataka Marma, thereafter spreading to the entire Murdha. This whole process disintegrates the morbid Doshas in supra clavicular region and extracts them similar to the removal of the central thread of a grass called Munja without damaging the surrounding tissues [4].

CONCLUSION

Nasanaha is one among the Nasarogas and is a Vatakaphaja vyadhi. It can be correlated to Turbinate hypertrophy. A case of inferior hypertrophic turbinate was taken up for the study and Panchendriya taila Nasya was given to the patient continuously for 7 days. Patient had considerable relief from nasal obstruction and the complaints of watery nasal discharge and headache got resolved completely. Internal medications having property along with Nasya can be given to achieve sustenance of results after treatment. The study may be carried out in large number of subjects with longer duration to evaluate and analyze the results.

The drug used for nasya karma is proprietary medicine contain drugs like Bala, Punarnava ,Manjistha ,Rasna,Twak, Pippali, Jivanti, Tagar, Vidanga, Eranda mula ,Til taila,Aja kshir .

Nasya in crease local circulation ,due to this nourishment of organ is increased and disease will subside. Nasya dravya having katu ,ushna and teekshna guna. These gunas produce draveekaran and chhedan of vitiated do shas.This helps to reduce inflammation and increase strength of organ. All these drugs contain tikta ,katu rasa and ushna guna. .These gunas produce draveekaran and chhedan of vitiated doshas.

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