

A CASE REPORT ON MANAGEMENT OF EPISTAXIS THROUGH AYURVEDA

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ABSTRACT

Epistaxis (Greek-a dripping), or bleeding from nose is a common complaint which is rarely life threatening but may cause significant concern due to the loss of blood. Its prevalence cannot be exactly known as most cases are self limiting and patients usually seek medical attention only when the problem is either recurrent or severe in nature. Epistaxis may be caused due to local factors like trauma, infection, neoplasms etc or general causes like arteriosclerosis, hemophilia, vicarious menstruation etc. Many a times the cause of epistaxis is not clear and is then categorized as idiopathic. In Ayurveda, the *vyadhi* named *nasagata raktapitta* (*nasa-* nose, *gata-* sheltered in, *raktapitta-* bleeding disorder caused by vitiation of *pitta dosha* in *rakta dhatu*) can be correlated to epistaxis. It is a type of *urdhvaga raktapitta*(disorders with bleeding from upper orifices), wherein the *anubandhi dosha* is *kapha* and which is said to be *sukha sadhya* (easily curable). Various remedies are told in Ayurvedic texts for *nasagata raktapitta* and among them are *Nasya* with *Durva Svarasa* and *Dadima pushpa Svarasa*. The present study was conducted on a patient of epistaxis from the opd/ipd of Sri Kalabyraveswara Swamy Ayurvedic Hospital, treating her with *Durva* and *Dadima pushpa Svarasa Nasya*. The results, on statistical analysis, proved to be eventful.

Keywords- epistaxis, *nasagata raktapitta*, *durva svarasa*, *dadima pushpa svarasa*, *nasya*

INTRODUCTION

Epistaxis (from Greek "to drip [from the nostrils]") or a nosebleed is the relatively common occurrence of hemorrhage from the nose, usually noticed when the blood drains out through the nostrils. There are two types: anterior (the most common), and posterior (less common, more likely to require medical attention). Sometimes in more severe cases, the blood can come up the nasolacrimal duct and out from the eye. Fresh blood and clotted blood can also flow down into the stomach and cause nausea and vomiting. Although the sight of large amounts of blood can be

alarming and may warrant medical attention, nosebleeds are rarely fatal.

The causes of nosebleeds can generally be divided into two categories, local and systemic factors, although a significant number of nosebleeds occur with no obvious cause. Nosebleeds are due to the rupture of a blood vessel within the richly perfused nasal mucosa. Rupture may be spontaneous or initiated by trauma. Nosebleeds are reported in up to 60% of the population with peak incidences in those under the age of ten and over the age of 50 and appear to occur in males more than females. An increase in

blood pressure (e.g. due to general hypertension) tends to increase the duration of spontaneous epistaxis. Anticoagulant medication and disorders of blood clotting can promote and prolong bleeding. The vast majority of nose bleeds occur in the anterior (front) part of the nose from the nasal septum. This area is richly endowed with blood vessels (Kiesselbach's plexus). Bleeding farther back in the nose is known as a posterior bleed and is usually due to bleeding from Woodruff's plexus. They can be associated with bleeding from both nostrils and with a greater flow of blood into the mouth. The flow of blood normally stops when the blood clots and this arrest of bleeding may be encouraged by direct pressure applied by pinching the soft fleshy part of the nose. This implies applying pressure to Little's area (Kiesselbach's area), the source of the majority (around 90%) of nose bleeds, and thereby promoting clotting. Pressure should be firm and be applied for at least five minutes and up to 20 minutes. The therapeutic management of epistaxis includes both medical and surgical approaches. However, many a times neither of these modalities seem to give a satisfactory relief to the patients suffering from epistaxis.

The *brihatrayis* of Ayurveda, namely *Charaka Samhita*, *Sushruta Samhita* and *Ash-tanga Hrudaya*, there is detailed explanation of the disease *raktapitta* wherein there is bleeding through external orifices. It is a disease in which *yakrit*, *pleeha* & *rakta vaha srotas* are mainly involved. *Urdhwaga raktapitta* is the condition in which bleeding occurs through the upper orifices. In *urdhwaga raktapitta*, *pitta* is the main *dosha* & *kapha* is the *anubandha dosha*. *Nasagata raktapitta* is a *urdhwaga raktapitta* wherein

there is bleeding from the nose. There are numerous formulations mentioned in the various Ayurvedic texts for treating *nasagata raktapitta*. Two among them are *Nasya* with *Durva Svarasa* and *Nasya* with *Dadima pushpa Svarasa* explained in *Chikitsa Sthana* of *Charaka Samhita*.

Aim And Objective

1] To evaluate the effect of *Durva* and *Dadima Pushpa Svarasa Nasya* on epistaxis.

Materials And Methods

A] Study Design

A patient attending the OPD and IPD of PG Dept of *Shalaky Tantra* of SKAMCH & RC Bangalore with clinical feature of epistaxis, was registered for this study.

Case Report

A 41yr old female patient approached the outpatient department of *Shalaky Tantra* of Sri Kalabyraveswara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bangalore on 14/4/2014. The patient presented with complaints of bleeding from nose persisting despite of undergoing several treatment modalities.

The patient developed complaint of bleeding from nose 3yrs ago. She would have nasal bleeding 2-3times a week. On consulting an ENT specialist she was prescribed a nasal spray, the use of which did reduce the frequency of her complaint but she began developing excessive crusting in her nasal mucosa within a period of 8months of using the spray. She however continued the treatment for about a year and half. The frequency was then once in a week to once in fifteen days. Later for the complaint of excessive crusting she was advised to practice *neti kriya* with sodium chloride solution once a day regularly. Patient followed the advice in discipline, however didn't feel relieved satisfactorily. Since 4 months the pa-

tient has complaint of frequent running nose along with sneezing and sensation of itch in the nose. The patient was advised to do a nasal culture test, the results of which showed no microbial colonization.

Diagnosis

Diagnosis was made with the clinical symptom of bleeding through nose.

Medicines Used

Svarasa of *durva* grass and *dadima pushpa* was used for the study.

Dose- 8drops of *svarasa* in each nostril.

The *svarasa* was prepared in the *kriyakalpa* section of dept of *Shalaky Tantra* of SKAMCH & RC, Bangalore. It was administered in the form of *nasya* to the patient for a period of 7days. The patient was then followed for two months, once in every 15 days.

PROCEDURE	MEDICAMENT USED	NO. OF DAYS OF TREATMENT
<i>Nasya</i>	<i>Durva + Dadima Pushpa Svarasa</i>	7 days

ASSESSMENT CRITERIA

The changes in the clinical feature of nose bleed were assessed based on the ‘epistaxis severity score’ (ESS) as follows:

Questionnaire:

1. How often did you TYPICALLY have nosebleeds during the past 2 months?

- Less than monthly
- One to three times per month
- Once per week
- Several per week
- Once per day
- Several per day

2. How long did each nosebleed TYPICALLY last for you during the past 2 months?

- < 1 minute
- 1-5 minutes
- 6-15 minutes
- 16-30 minutes
- > 30 minutes

3. How would you describe your TYPICAL nosebleed intensity during the past 2 months?

- Not Typically Gushing or Pouring
- Typically Gushing or Pouring

4. Have you sought medical attention OUTSIDE OF THIS RESEARCH STUDY: for your nosebleeds during the past 2 months?

- No
- Yes

5. Are you anemic (low blood counts) currently?

- No
- Yes

6. Have you received a red blood cell transfusion SPECIFICALLY for nosebleeds during the past 2 months?

- No
- Yes

Raw Epistaxis Severity Score: _____

Normalized Epistaxis Severity Score: _____

Question	Response	Multipled by:	Coefficient	Result	
1	Less than monthly	0	x	0.14	
	Once per month	1			
	Once per week	2			
	Several per week	3			
	Once per day	4			
2	Several per day	5	x	0.25	
	< 1 minute	0			
	1-5 minutes	1			
	6-15 minutes	2			
	16-30 minutes	3			
3	> 30 minutes	4	x	0.25	
	No	0			
4	Yes	1	x	0.30	
	No	0			
5	Yes	1	x	0.20	
	No	0			
	I Don't Know	Drop			
6	No	0	x	0.31	
	Yes	1			
TOTAL =				Denominator	Raw Score

$$\text{Normalized HHT-ESS} = \left[\frac{\text{Raw Score}}{\text{Denominator}} \right] \times 10$$

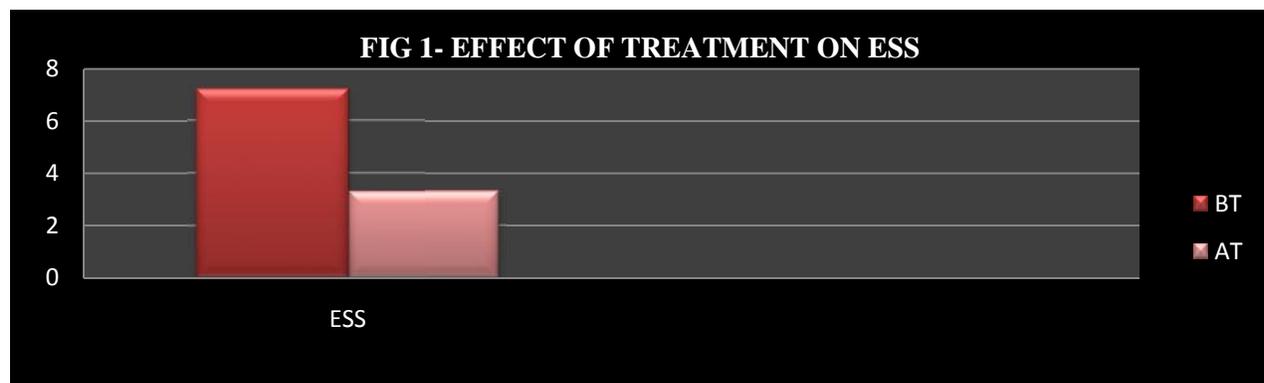
Observations And Results

The patient showed marked improvement post the course of treatment. The epistaxis severity score (ESS) of the patient came down from 7.2 to 3.3 within first follow up.

The ESS further remained stable, in the subsequent follow-ups.

Table1- Epistaxis Severity Score in the course of study

DAY OF STUDY	ESS
1 st	7.2
15 th	3.3
30 th	3.3
45 th	3.3
60 th	3.3



DISCUSSION

According to a study done by University of Medicine and Pharmacy, Craiova, nasal bleeding is usually associated with the following illnesses:

- 1] Malformations of the nose
- 2] Rhinosinusal trauma
- 3] Rhinosinusal inflammatory diseases
- 4] Benign rhinosinusal tumors
- 5] Malignant rhinosinusal tumors
- 6] Cardiovascular diseases
- 7] Hematological diseases
- 8] Endocrinological diseases
- 9] Renal and liver diseases

In 21% cases the cause of epistaxis is said to be idiopathic. In the present study the initial cause for epistaxis remained a question, therefore was idiopathic. The patient did though develop symptoms of rhinosinusal inflammation at a much later stage. In either case the treatment modalities initially taken up by the patient didn't help her out effectively as much did the treatment of *Durva* and *Dadima Pushpa Svarasa Nasya* in the present study.

Durva Durva has *kashaya, madhura rasa, sheeta veerya* and is thus *pittahara*. *Neeladurva* is specially told to be *raktapittatisaraghna*. *Acharya Charaka* and *Vagbhata* have also mentioned of *Durva svarasa* for *Nasya* in case of *nasagata raktapitta*. This explains the mode of action of *Durva* in treating *nasagata raktapitta*.

Dadima Pushpa Dadima is *laghu, snigdha, svadvamla rasa* and *kashaya anurasa* and *grahi*. The feature of "*udriktapittaan jayet*" is specifically attributed to *dadima*. Also, *Dadima pushpa svarasa* has been explained by *Acharyas* in the treatment of *nasagata raktapitta*. Thus *Dadima pushpa* helps in handling *nasagata raktapitta*.

Nasya Nasya is said to be the best line of treatment for *urdhvajatrugata vikaras*(disorders of organs in head and neck). It's also a mode of treatment explained for the *nasagata raktapitta*. This explains its efficacy in the management of epistaxis.

CONCLUSION

Epistaxis is a condition causing concern due to the blood loss involved in it. Many a times it is just the panic of patients which calls for medical attention. There are established treatments in the current science for epistaxis, including both medical and surgical techniques. However, despite of being so well-equipped many a times the current treatments fail to help patients and give them satisfactory relief. This is where the role of Ayurveda comes in. The study showed significant relief in the patient's symptom of nasal bleeding.

The present study is a beacon for the enthusiasts of Ayurveda who wish to establish the efficacy of Ayurvedic treatment modalities in cases unanswered by the contemporary science.

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