

AYURVEDIC MANAGEMENT OF CHRONIC SINUSITIS WITH PANCHEN- DRIYA VARDHAN TAIL AND INTERNAL MEDICINE

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ABSTRACT

Sinusitis is the mucosal inflammation of Para nasal sinus may be acute or chronic, presents with headache, dry cough discomfort in nasopharyngeal region, blocking of nose and localized pain. When all these symptoms last for more than 12wks despite of medical treatment then it is chronic sinusitis. The treatment prescribed for chronic sinusitis is only nasal sprays i. e. decongestant and oral steroids but all this treatment gives relief for small period of time. So to get maximum relief for long duration ayurvedic management with *panchendriya vardhan tail* and internal medicine proves better. As in Ayurveda chronic sinusitis is *dushta pratishaya* which is one of *urdhwajatrugata vyadhi*.

Key words- chronicsinusitis ,*nasya* ,*dushtapratishaya*.

INTRODUCTION

Chronic sinusitis is condition where the root cause is may be allergy asthma deviated nasal septum or nasal polyp or inflamed air ways associated with rare immune response .The modern line of treatment is nasal sprays and steroids having also its adverse effect. In *ayurveda* it is *dushta pratishaya* treatment mentioned for this in *ayurvedic* text is *shodhan nasya* with combination of internal drug.It reduce local swelling and gives strength to nasal mucosa. In this case *panchendriyavardhan tail shodhan nasya* with internal combination of *tribhuvan kirtirasa* ,*talisadi churna*,and *sutshekhara rasa* used for management which gives best result.

CASE REPORT

A 16 year old male patient visited to our OPD of Kayachikitsa department ,presenting with symptoms of chronic sinu-

sitis i. e. nasal congestion ,local pain ,anorexia malaise, and dry cough. History revealed that patient is on medical treatment with nasal spray and oral medication but does not get relief. Irritation due to nasal block inhibits the daily work of the patient.

INVESTIGATIONS

CT scan of Para nasal sinuses.

Mucosal thickening in the right maxillary sinus ethmoid air cells and right half of frontal sinus. Deviation of nasal septum with bony spur towards left side causing Indentation on left inferior turbinate

MANAGEMENT AND OBSERVATIONS

Treatment provided.

1 *panchendriya verdhan tail nasya* 4-4 drops in each nostrils in the morning and at the bed time with proper pre procedure, proce-

dure and post procedure as mentioned in text daily for 7 days.

INTERNAL MEDICINE

Combination of

Tribhuvan kirti rasa 250mg bid for 7days.

Talisadi churna 2gm bid for 7 days.

Sutshekha rasa 250 mg for 7 days. Was administered. After this treatment patient starts to get relief the same procedure followed for next 7 days.

DISCUSSION

Chronic sinusitis is *dushta pratishaya* one of the *urdhwa jatrugata vyadhi*.caused due to vitiation of *vata* and *kapha dosha*,with *majja dhatu*,accumulates at *nasa-shira sthana* of *pranavaha srotas*.Which causes local inflammation, DNS ,nasal polyp. Treatment for this is *shodhan nasya*, with internal medicine gives relief by reducing inflammation, and increase immunity by increasing strength of nasal mucosa. The drug used for *nasya karma* is proprietary medicine contain *shirovirechan gana drugs* like *vacha*(*acorus calomus*),or *shigru* (*moringa oleifera*),*madanphal*(*randia spinosa*).*Nasya* increase 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 doshas*.This helps to reduce inflammation and increase strength of organ. The oral combination is of *tribhuvan kirti rasa ,sutshekhar rasa,and talisadi churna*. All these drugs contain *tikta ,katu rasa and ushna guna*. .These *gunas produce draveekaran and chhedan of vitiated doshas*. This helps to reduce inflammation and gives strength to the organ. In chronic sinusitis *kapha* and *va-*

ta dosha are responsible,due to *draveekaran and chhedan of kapha doshsa vata dosha* works properly. And gives natural *bala* to the organ,increase its immunity.

CONCLUSION

Panchendriya vardhan tail nasya with internal medicine combination ,proves best ayurved management in chronic sinusitis.

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