

AN AYURVEDIC APPROACH FOR OCCUPATIONAL DISORDERS OF NOSE

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ABSTRACT

Head (*Shiras*) is said to be supreme organ (*Uttamanga*) because it has all the body roots in it and site of important sense organs like nose, ear, throat etc. *Pranavata*, *Alochaka Pitta* and *Tarpaka Kapha*, these are the sub types of *Vata*, *Pitta* & *Kapha*, situated in the Head (*Shiras*), which play very essential role. We should protect our *Shiras* and sense organs with great care. Ayurvedic guidelines are very standard in the management of head and neck disorder (*Urdhwa Jatrugata Vyadhi*), especially *Nasya* & *Pratimarsha Nasya*. Occupation & surrounding environment will definitely have effect on the health. Due to occupation and environment, many disorders are being produced in the nose like rhinitis, sinusitis etc. *Kaya Shodhana* and *Shiro Virechana* helps to overcome these nasal disorders.

Keywords: Occupation, Rhinitis, Sinusitis, *Nasya*, *Pratimarsha Nasya*.

INTRODUCTION

People depend on various professions for their livelihood. The prevalence of getting occupational disorders is exceeding in one or the other way. Working environment, stress and tension taken during the work will definitely have some effect on the health and mind of a person leading to occupational disorders.

An occupational disease is a disease contracted primarily as a result of exposure to risk factors arising from the work activity¹. Occupational hazards are developed from dust, chemical gases and other air pollutants. Commonly found occupational disorders related to nose are rhinitis and sinusitis.

Occupational rhinitis is the inflammation of nasal mucosa due to etiological causes like inhalation of harmful chemical gases, dust particle and professionals such as teachers, flour mill workers, textile factory workers, painters, carpenters and hairdressers are most commonly prone to allergic rhinitis and rhino sinusitis². The airways are the primary target for a variety of work related irritants like dust (chalk piece dust, wood dust), chemical gases (nitrogen dioxide,

ozone), fumes and vapors which are present in the working environment. The nasal mucosa is continuously exposed to these aero-allergens or air pollutants encountered at the work floor that are causing allergic rhinitis. Depending on the amount of chemical gases and polluted air inhaled causes the activation of mast cells which intern leads to vasodilation and leukotriens, bradykinin and histamine generation directly or via neuronal reflexes and produce itching, sneezing, mucus secretion, nasal congestion and blockage which are symptoms of rhinitis³.

When the infection extends to the Para nasal sinuses, it causes additional symptoms of rhino sinusitis like headache and anosmia. Software engineers and bank employees are being exposed to long hours of centralized air conditioning. Usually air conditioners lowers the humidity and temperature causing dryness in the mucous membranes, some air borne particles in air conditioners will irritate the nasal mucosa causing inflammatory changes in nasal mucosa leading to rhinitis, rhino sinusitis, nasal polyposis and other upper respiratory tract infections⁴

Exposure to *Avashyaya* (morning mist), *Purovata* (type of wind) and *Raja* (dust) are the *Nidanans* which cause *Vatadi Dosha Dushti*, resulting in *Pratilomagati* of *Vata* and *Doshas* get accumulated in the *Nasa Pradesha* will produce *Pratishyaya*⁵. *Purva Rupas* are *Kshavathu*, *Angamarda*, *Shiroguratva* and *Rupas* are *Kshavathu* (*Brusham Kshavathu*) *Ghranoparodha* (Nasal obstruction), *Nasasrava* (*Achcha Kapha Sruti* / clear watery discharge) and *Swarabheda*⁶. If the person continues the same *Nidana* and not treated in the proper time, then it will lead to *Dushta Pratishyaya*⁷

CHIKITSA

In *Pratishyaya* and *Dushta Pratishyaya*, *Shodhana* and *Shamana* therapies are advised in classics like *Nasya*.

First *Deepana-Pachana* given with *Chitrakadi Vati*, *Panchakola Phanta* and after attaining *Agnidipti*, we should start *Snehapana* with *Vidaryadi Gana Sarpi*⁸ for 3-7 days (till obtaining the *Samyak Snigdha Lakshana*), after this *Sarvanga Abhyanga* and *Bashpa Swedana* followed by *Sukha Virechana* is given with *Trivrut Lehya* 60 gms followed by *Triphala Kashaya* 100 ml. After *Virechana*, body become purify then *Nasya Karma* can be administered. *Mukha Abhyanga* can be done with *Asana Bilwadi Taila* and followed by *Sthanika Swedana* then *Nasya* is given with *Anu Taila*. After that *Ushnodaka Kavala* and *Dhumapana* were given to clear the channels. Along with *Nasya Karma*, *Shamana Aushadhis* like *Harid-rakhanada*, *Laxmi Vilas Rasa* are administered. *Pathya* i.e. patient should be advised to stay in a windless place, a light liquid diet and lukewarm water are advised. One should avoid dust, smoke, sunshine, head bath, anger, riding, excessive intake of fat⁹. Along with all these treatment modalities, the guidelines of *Dinacharya* i.e. *Pratimarsha Nasya*¹⁰ should be followed daily to get rid of all these disorders, strengthens the *Urdhwa Jatru Pradesha* and it act as both *Shodhana* and *Snehana*.

DISCUSSION

Ayurveda has emphasized that "*Nasa Hi Shiraso Dwaram*"¹¹, *Nasya* and *Pratimarsha Nasya* which are administered through nasal

route reaches *Sringataka Marma* and *Virya* of drug spreads in the *Siras* of *Nasa*, *Akshi*, *Karna* and does *Shodhana* of the *Shiras*. It helps mainly in *Urdhwa Jatrugata Rogas*, cures the *Vyadhi*, helps in *Sukha Uchwas* and *Nishwas*, *Kshavathu*, *Sukha Swapna Prabhodana* and does *Shiras-Vadana-Indriya Vishuddhi*.¹²

CONCLUSION

Various nasal disorders are highly influenced by the atmosphere of the working environment. Any condition such as air pollution or changes in the working environment results in the changes of normal physiology of nose. *Nidana Parivarjana* is the basic line of treatment, by incorporating regimen of *Dinacharya*, *Nasya* and *Pratimarsha Nasya* in day to day life, helps in maintaining *Samyavastha* of *Dosha* in the *Urdhwa Jatrugata Bhaga*.

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Source of Support: Nil

Conflict of Interest: None Declared