

## MANAGEMENT OF CHRONIC SINUSITIS PATIENT – A CASE REPORT

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### INTRODUCTION

The inflammation of the sinus mucosa is called sinusitis. The mucosal inflammation of the paranasal sinuses may be acute or chronic process. The sinus most commonly involved is the maxillary sinus followed in turn by ethmoid, frontal and sphenoid. Very often, more than one sinus is involved (multisinusitis). Sometimes all the sinuses are involved, resulting in pan sinusitis. A sinusitis may be 'open' or 'closed' type depending on whether the inflammatory products of sinus cavity can drain freely into the nasal cavity through the natural ostia or not. A 'closed' sinusitis causes more severe symptoms and is also likely to cause complications.

### Ayurvedic perspective

In classics of Ayurveda, five types of *Pratishyaya* viz. *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja* and *Raktaja* (Su. Ut. 24/4) are described. *Dushta Pratishyaya* is also explained very elaborately in ancient texts. Actually *Dushta Pratishyaya* is not a separate disease entity but it is the further vitiated condition of *Dosha* and chronic stage of *Pratishyaya*. In *Dushta Prathishyaya dosha dushti* is more. The word *dushta* itself suggests more vitiated condition of *doshas*. & if we tend to correlate it with any modern disease then sign & symptoms of chronic sinusitis can be related with *dushta pratishyaya* as in both diseases ***Nasavarodha* as nasal obstruction, *Shirogaurava* as heaviness of head & headache, *Nasavrava* as nasal discharge & *Gandhanasha* as hyposmia are mainly present.** Both diseases prognosis is also *krichrasadhya*.

### Clinical profile of the Patient-

Initials: P.B

- **Age:** 59 yrs., **Sex:** Male, **IPD No.:** IPD-375, **Address:** Delhi, Date-29-10-2012

### Clinical History of Patient-

- Frequent & severe discharge from nasal cavity sometimes one & sometimes both sides with frequent blockage also---20 Yrs.
- Problem aggravates with weather change & dusty atmosphere.
- Sneezing 5-10 times / day occasionally.
- Frequent Loss of smell perception mostly on the left side
- Frequent Headache of Severe intensity
- Patient is diagnosed case of Hypertension on Allopathic Medicines Atenolol & Losartan Potassium.
- 18 Yrs back FESS (Functional Endoscopic Sinus surgery )was done. He Remained symptoms free for 2 yrs but developed all symptoms again after that.
- Septoplasty was done 16 yrs back.
- Earlier taken Homeopathic treatment 5 yrs back, got little benefit but again same problem started.
- When he visited OPD he was taking Nasal spray Fluticasone.

### Examination of Patient

#### General

- General examination of CVS, RS, Endocrine system, Excretory system revealed no abnormality.
- GI system- (bowel constipated sometimes)
- CNS revealed no abnormality clinically.

#### Nasal Cavity

#### Rhinoscopy:

- - Ant. Part of inf. & middle turbinates with their meatus : Hypertrophied
- - Mucosa: Pink/Pale/Red/Normal : Red
- - Pharyngeal tonsil: present

- **Nasal septum:**
- - Deviated on Right side
- **Obstruction of Nose was presented sometimes unilateral, sometimes bilateral.**
- X-Ray PNS- showed Air fluid level in Left Maxillary sinus.

**Therapeutic Management:** Patient was using Flomist (Fluticasone) Nasal spray 2 Puffs Bd in both Nostrils & Recurrent courses of antibiotics & antihistaminics.

Patient was advised to reduce the puff to 1 times in 1st week & then to alternate days if required further after one week.

**Ayurvedic Management:** Following treatments were administered at **Indoor day care visit In October 2012**

**Avpeedana Nasyam** – 5 ml of adraka swarasa was mixed with 5 ml of 1 gm guda mixed water & 10 ml of cow milk was added in to that. Total solution was mixed well & filtered properly & solution was made little warm & then drops wise by dropper was used for nasya.

- **Poorvakarma of Nasya** –Face & shoulders abhyngnam with Asanavilwadi taila
- **Swedana** :with Tulsi Patra & rasna choornam kashaya. Total 6 drops in each nostril was administered for first 4 days & then 8 drops for next 5 days.
- **After nasya patient was advised Kavala with Triphala kashyam .**
- **Dhoompanam- after kavala dhoompana** was given with Haridra varti dipped in asanavilwadi taila.

**With nasyam following oral medications were also given.**

- Varanadi kashya + Dashmoolakatutryam kashya 60 ml mixed with 180 ml of luke warm water twice a day before food.
- Chitrak Hareetaki lehyam 1 tsp twice a day after food with warm water.
- Vara choornam 5 gm bed time with warm water.

**Advice:** During 9 days of hospital based treatment patient was advised to not to take head bath & take body bath with warm water only. Patient was further advised to avoid

AC completely, contact with cold breeze & all in one to avoid sheeta ,guru & kaphaj aahar vihar.

**Discharge medicines:** After 9 days of hospital based treatments patient was advised to continue all oral medications as mentioned above with advise of steam inhalation at bed time daily with halin capsule (Nagarjuna).

**1<sup>st</sup> Follow up visit in December 2012**

**Examination: Rhinoscopy:**

- Lower & ant. Part of the septum: Normal
- Ant. Part of inf. & middle turbinates with their meatus : Hypertrophied
- Mucosa: Pink/Pale/Red/Normal : normal
- Pharyngeal tonsil: present
- Nasal septum: Deviated : Y/N : Y Rt side
- Obstruction Of Nose: Y/N- No
- Loss of smell- No
- Headache-Reduced significantly

**Advice:** Patient was advised to follow all *pathya & apathyas* & to avoid curd , milk Products & dusty environment with following medicines.

- **Nasyam-** With *Anu Taila* 4+4 drops in each nostril early morning after *abhyngnam swednam* for 7 days.
- All oral medications to be continued.

**2<sup>nd</sup> Follow up visit in February 2013: Examination**

- Nasal Discharge- Reduced a lot.
- Nasal Obstruction- No
- Nasal Mucosa –Normal
- Smell Perception-normal
- Sneezing-Very rare 1 or 2
- Headache- occasionally

**Treatments advised:**

- **Nasyam-** With *Anu Taila* 4+4 drops in each nostril early morning after *abhyngnam & swednam* for 7 days.
- After that *Nasyam* with *Ksheerbala* 101 Avarti 2+2 drops in each nostril daily to be continued for 1 month.
- All oral medications to be continued except *vara choornam*.
- Avoid curd, milk products & dusty environment.

### **3<sup>rd</sup> Follow up visit in April 2013: Examination**

- Nasal Discharge- very less & occasionally.
- Nasal Obstruction- No
- Nasal Mucosa –Normal
- Smell Perception-normal
- Sneezing- No
- Headache- Very less & Only if he is in sunlight.

#### **Treatments Advised:**

- **Nasyam-** *Ksheerbala 101 Avarti* 3+3 drops in each nostril twice a week to be continued for 2 months.
- *Varanadi kashyam & Dashoolakatutryam* to be continued for 1 month more in Morning only.
- *Chitrak Hareetaki Lehyam* 1 tsp in night only for 1 mth.
- After one month start *Ksheerbala 101 Avarti* capsules 1 cap bd for 2 months.
- Avoid curd & milk products & dusty environment.

#### **Observations & Results:**

- Patient came with the history of gradually increasing frequency of heavy Nasal discharge, nasal Obstruction & severe headache.
- Patient was using modern medicines for relief of his symptoms.
- All symptoms of patient reduced much after *Marsha nasya* with *Guda & ardraka & dhoompana*.
- Patient was getting regular follow-ups & symptoms & complaints got further reduced.
- There was significant improvement in sinusitis condition after hospital based nasya & other treatments & got further improved in follow up visits..
- Modern medications were first reduced & then stopped in this case for safety of the patient.

#### **DISCUSSION**

- A large number of ayurvedic drugs are used in *Dushta pratishyaya* treatment.
- The present study was aimed to evaluate the therapeutic efficacy of the Ayurvedic Management of *Nasya* in prevention and im-

provement of Chronic Sinusitis Cases.

- All Sinusitis patients are first aimed for reducing their nasal discharge & other associated complaints.
- It may be the probable mode of action of *shodhan marsha nasya of Guda, ardraka* & the above mentioned medicines for oral treatment that patient got significant improvement.
- After *Guda & ardraka Nasya* patient was advised for *Anu Taila Nasya* & after that *ksheerbala 101 A nasya*, considering that *vata* vitiated in this condition will settle in balance condition.
- *Ksheerbala 101 avarti* capsules also added considering low immunity of patient.

#### **Justification & conclusion:**

Allopathic medical management is aimed to reduce only symptoms that is for the short time only but unfortunately at last surgical interventions may become the only option. After surgery like FESS also many patients get sinus problems again so in this view point we need a safe alternative treatment line for these cases. No adverse effects were observed during full course of the treatment. In the present scenario, **Ayurvedic** management represents a true alternative method for a problem that provides better solution. The Ayurvedic Management of ENT diseases offers numerous advantages including the safety and efficacy. By analyzing the above study of the patient as significant improvement is noticed after ayurvedic treatment, so same can be administered to large number of patients to further prove the efficacy of the ayurvedic treatment & to standardize the treatment course.

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