

THE EFFICACY OF “TULSI PATRA SIDDHA TAIL” NASYA ON “PRATISHYAYA”

Gajanan Patil¹, R. G. Dole²

M.S. Shalaky Tantra, Ph.D. Sch⁽¹⁾ M. S. Shalaky Tantra⁽²⁾

Bharti Vidyapeeth College of Ayurved Pune, Maharashtra, India

Email: drGajananpatil1984@gmail.com

ABSTRACT

Now a days due to air pollution, drastic changes in environment, use of air conditioners, irregular and unhealthy food habits, lower body resistance leads to recurrent rhinitis or *Pratishyaya*. Hence there is urgent need to recover *Pratishyaya* permanently. This Study was designed to evaluate the efficacy of ‘*Tulasipatra Tulasipa siddhanasya*’ on *pratishyaya*, To Study *Pratishyaya* in details according to ‘*Samhitas*’, To study ‘*Tulasi Patraasiddha Patrasiddha Tail*’ in detail & characteristics of the *Tulasi & Tila Tail* individually o Study the Rhinitis according to modern science. Single Blind randomized study was designed. 60 patients were taken for study. 30 patients in each Group A & Group B. Group A - ‘*Tulasipatra siddha siddha nasya*’ Group B –otrivin nasal drops Kala – morning and evening. Dose – 4drops of ‘*Tulasipatra siddha siddha nasya*’ 2 drops of otrivin nasal drop. Duration of treatment – 7days. In present study the higher prevalence was seen in age group between 20 to 30 years. Males are more affected then females. Relief of symptom *Sakashta Sakashta shwasan, Shwyathu Shirashool Shirahshool, Nasasrava* may be contributed to the *vata kaphaghana* property of *Tulasi and Tila tail*. Relief of symptom *Araktata and Nasagat Shleshmal kala shoth* may be contributed to *Pittashamak* property of *Tulsipatra*. However, symptom *Araktata and Nasagat shleshmal kala kshoth* was significantly more relieved with Xylometazoline 0.1% nasal drop In my study, *Tulasipatrasiddha tail Nasya* is proved to be safe and effective drug in *pratishyaya*.

Keywords: *Pratishyaya, tulsipatra siddha tail, tulasi, tila tail, nasya.*

INTRODUCTION

Now a days uncertainty in life is very common due to the higher aim’s & the effects to achieve it within a very short period of time leads to threats directly to the total health of body. In spite of the diseases of nose, *Pratishyaya* commonly occurs due to *Ati & Mithya*

yoga. Such as Aatap & Marut Sevan, e.g. Air pollution, industrial hazards & drastic environmental changes, intermittent use of AC. In Ayurved samhitas different types of treatment & procedures are suggested to cure the nasal diseases.

Nasya is one of the best treatments for *nasagata vikaras*. Nasya means application of medication into nostrils to eliminate *doshas* from the *Urdhvajatrugata* region. All the ancient Acharyas have given tremendous importance to *nasya karma* in the treatment of various *Nasagata and Shirogata Rogas*. This *Nasya karma* is not only used for the *Swasthavrutta* but also for the curative purpose. According to Ayurveda '*Nasa*' is the gate way of '*Shira*'. *Sushrutacharya* the ancient surgeon had explained various diseases of *Urdhvangas* where the *Pratishyaya* is one that is classified under *Nasagata Rogas*. *Tulsi patra* have property of '*Vata- Kaphghna, Shirovirechan & shothahar shothahar*' and *Tail* also has property of *Vata-Kaphagna*. In *Pratishyaya* mainly *Vata-Kapha Dosh* is vitiated, hence I have selected this subject for my study.

AIM AND OBJECTIVES

Aim:

To study the efficacy of '*Tulasipatra siddha nasya*' in *pratishyaya*.

Objectives:

1. To Study *Pratishyaya* in details according to '*Samhitas*'.
2. To study '*Tulasi Patraashiddha Tail*' in detail & characteristics of the *Tulasi & Tila Tail* individually
3. To Study the efficacy of '*Tulasi Patra-siddha Tail Nasya*' on *Pratishyaya*
4. To Study the Rhinitis according to modern science.

MATERIALS & METHODS

Type of Study

The study is single blind randomized clinical trial and entire study is based on the clinical findings & narration of patients.

Materials:

Drug:

Trial Group: *Tulasi Patrasiddha Tail*.

Contents -

- 1) *Tulasipatra* - 50 gm.
- 2) *Tila Tail* – 200 gm.
- 3) *Jal* – 800 ml.

Control Group: Otrivin Nasal Drops

- 1) Xylometazoline 0.1%

METHODOLOGY

1) Patients

Grouping of patients was done as follows:

- 1) Study includes 60 patients
- 2) They were divided in two groups of 30 patients in each group.
- 3) A separate case paper was designed for evaluation of included patients.

Inclusion Criteria:

1. Patients having any type of *Pratishyaya* were randomly selected
2. Selection was irrespective of sex, religion & socio economical class.
3. Patients above 5 years & below 80 year of age were selected.

Exclusion Criteria:

- 1) Patients up to 5 years & above 80 years of age were excluded.
- 2) Recently operated patients of nasal surgery.
- 3) Pregnant women.
- 4) Patients of *dushtha pratishyaya*.

DRUG

Trial Group:- *Tulasi Patrasiddha Tail.*

Method of Preparation of *Tulasi patrasiddha Tail* according to '*Snehapak Kalpana*'.

PREPARATION METHOD OF TULASIPATRASIDDHA TAIL

First we collected the fresh samples of *Tulasi Patra and shudha tila tail.*



Then the best sample was selected with the help of our *Dravyaguna* Department.



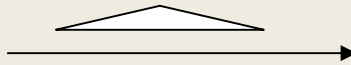
Authentication of these drugs was done in Pune University, Botany Dept. Pune.



According to *Sharangdhar Samhita 'Snehapak Kalpana'* *Tulasi patrasiddha Tail* was prepared in *Rasabhaishajya Rasbhaishajya* Dept. B.V.P. Pune.



Tulasi Patra kalk + 4 times *tila tail*+8 times water



Reduced to 1/8. (Water removed by evaporation only tail remained)



Then the *Tail* was filtered and available solution was particle free. 'Standardisation done'



Dose & time of administration of drugs:

4 drops of Tail – at morning in each nostril
4 drops of Tail – at evening in each nostril.
(snehan swedan etc. was not given to patient)

Duration – 7 Days

Control Group:-

Otrivin nasal drops –

a) Dose& time of administration.

i) Two drops in each nostril at morning & evening For 7 days.

Follow up –

Follow-up was done on 0, 2nd, 4th, 6th, 8th days & observation was recorded in tabular form.

Observations:-

- a) All groups were advised standard proper hygienic care of nose.
- b) Observations were noted in tabular form according to the severity of signs & symptoms.



Before Treatment



After Treatment

OBSERVATIONS

Table 1: Observation

No.	Lakshanas (Signs & Sympons)	0	2 nd	4 th	6 th	8 th
1	<i>Sakashta Shwasan</i> (Difficulty in breathing)					
2	<i>Shirahshoola</i> (Headache)					
3	<i>kshavathu</i> (Sneezing)					
4	<i>Aaraktata</i> (Redness)					
5	<i>Nasasrava</i> (Nasal Secretion)					
6	<i>Nasagata Shleshmal Kalashoth</i> (Inflammation of Nasal Mucosa)					

Gradation of symptoms:-

- 0 – Normal
- + - Mild
- ++ - Moderate
- +++ - Severe

Criteria for the assessment:

Assessment was done on the basis of improvement in the clinical condition of the patient i.e. relief in signs and symptoms Scoring was done according to the following scale:

Nasa Srava (Nasal discharge)

- No discharge : 0
- Occasional: +
- Frequent : ++
- Continuous heavy +++

Kshavathu (Sneezing):

- No sneezing: 0
- Occasionally <5/day: +
- 5-10 times / day: ++

11-15 times / day : +++

***Sakashta Shwasan* (Difficulty in breathing):**

- No obstruction: 0
- Partially,occasionally and unilateral : +
- Partially, occasionally and bilateral: ++
- Complete,frequently and unilateral : +++

***Shirahshoola* (Headache):**

- No headache: 0
- Occasionally with low intensity: +
- Frequently with moderate intensity but do not disturb daily routine work : ++
- Always with moderate intensity, sometimes disturb routine work: +++

***Aaraktata* (Redness)**

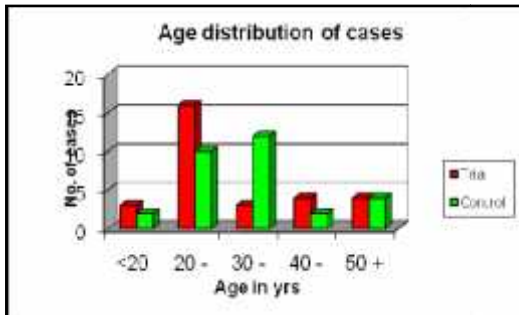
- No redness 0
- Mild redness+
- Mild to moderate++
- Moderate to severe+++

Nasagata Shleshmal Kalashoth (Inflammation of Nasal Mucosa)

- No Inflammation 0
- Mild Inflammation +
- Mild to moderate Inflammation ++
- Moderate to severe Inflammation +++

STATASTICAL ANALYSIS

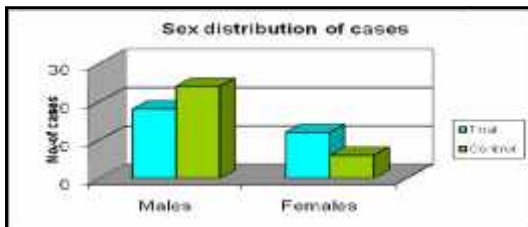
Classification According to Age Group



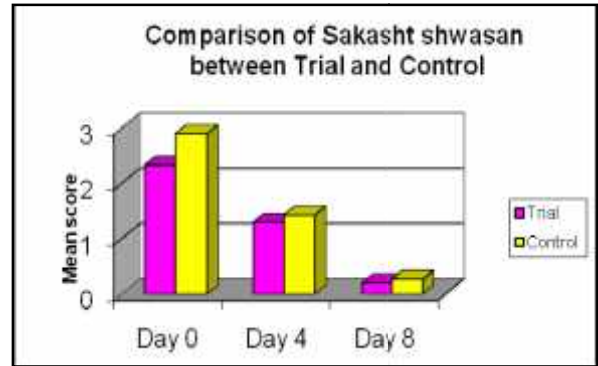
The patients are of age group between 5 years to 80 years.

Maximum patients are in between 20 to 30 years of age.

Classification according to sex difference



Comparison of Sakashta shwasan



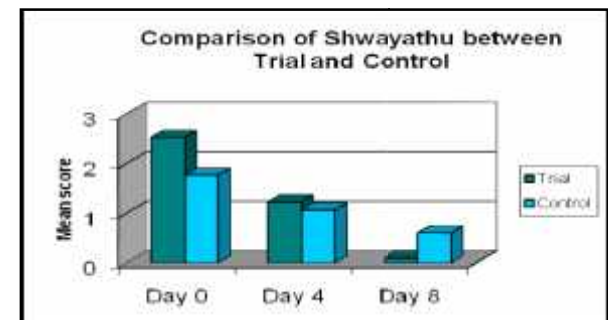
On Comparison of *Sakashta shwasan* between Trial and Control there is no significant difference of symptom *sakashta swasn*.

Comparison of Shirahshool between Trial and Control



On Comparison of *Shirahshool* between Trial and Control P is 0.001 i.e. there is significantly better relief of symptom *shirahshool* observed in trial group than control group.

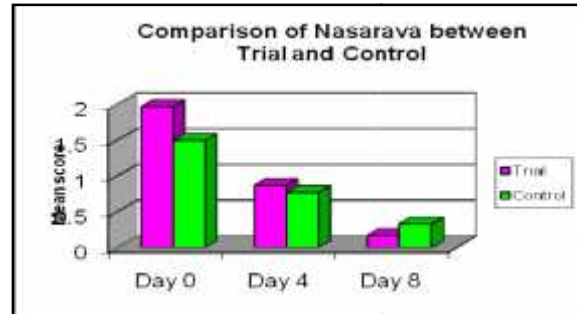
Comparison of kshavathu between Trial and Control



On Comparison of *between* Trial and Control P is 0.001 i.e. there is significantly better relief

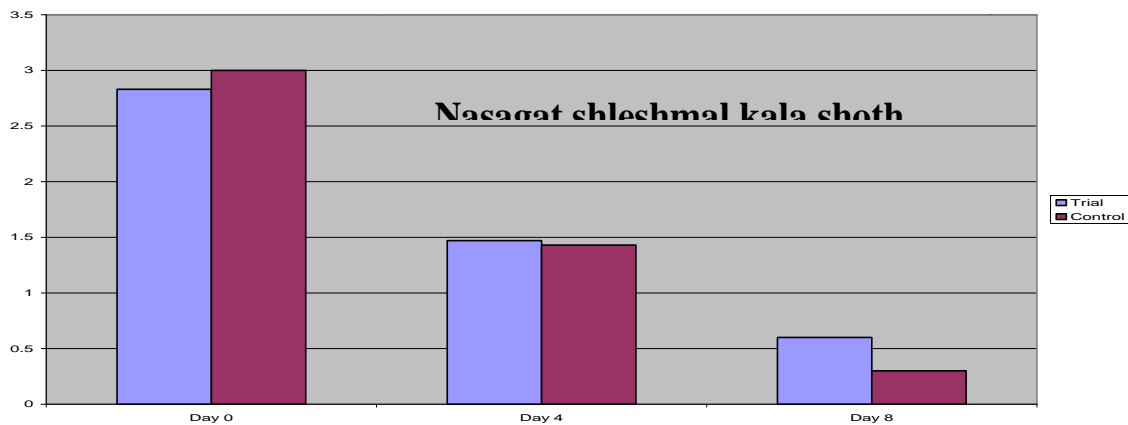
of symptom observed in trial group than control group.

Comparison of *nasarava* between Trial and Control



On Comparison of *nasarava* between Trial and Control P is 0.001 i.e. there is significantly better relief of symptom *nasarava* observed in trial

Comparison of *nasagata shleshmal kala shoth* between Trial and Control



On Comparison of *nasagata shleshmal kala shoth* between Trial and Control P is 0.001 i.e. there is significantly better relief of symptom *nasagata shleshmal kala shoth* observed in control group than trial group.

Comparison of Araktata between Trial and Control



On Comparison of *Araktata* between Trial and Control P is 0.001 i.e. there is significantly better relief of symptom *Araktata* observed in control group than trial group.

DISCUSSION

Pratishyaya is one of the *Nasagata vata kapha pradhan vyadhi*. The *lakshanas of pratishyaya* are similar to *lakshanas* of Rhinitis. *NASYA* is one of the best treatments in *urdhavajatrugat roga's*. '*Tulasipatrasiddha Tail*' is Ayurvedic formulation used as *nasya* on *pratishyaya*

Sex wise distribution:

Male 42 Female 18

Pratishyaya was found more in males than female. For that, total 60 patients were randomly divided into trial and control groups viz., 30 pts. in each group.

Age wise distribution:

Indicate that maximum no. of patients of *pratishyaya* are from age group 20-30yrs.

Incidences of Symptoms:

- *Sakashata Swasan, kshavathu, Nasasrava, Shleshmal kala shotha* were found in every patient, so we can say that they are cardinal signs of *Pratishyaya*.
- According to the observations, it was found that the symptoms viz. *Sakashata shwasan, Shwayathu, Nasasrava and Shirahshool* were significantly relieved with *Tulasipatra siddha tail Nasya*.
- The result may be attributed to the *vata-Kapha shamak* properties of all the ingredients of *Tulasi patra siddha tail Nasya*.

- However, symptom *Araktata* and *Nasagata shleshmal kala shoth* was significantly more relieved with Xylometazoline 0.1% nasal drop
- When compared for both the groups together, *Tulasipatrasiddha tail Nasya* was found to be more effective as that of the control drug but no additional effect than that of the available modern therapy could be proved.
- *Tulasipatrasiddha tail Nasya* can be considered as a good and safe alternative therapy for *Pratishyaya*.
- During the study, no significant side-effects were observed in any patient of either group.

Probable action of drug:

- Relief of symptom *Sakasta shwasan Shirahshool, Nasasrava* may be contributed to the *vata kaphaghana* property of *Tulasi* and *Tila tail*.
- Relief of symptom *Arktata and Nasagata Shleshmal kala shoth* may contribute to *Pittashamak* property of *Tulasipatra*.

Why oil as a base was selected?

Those substances that produce smell have certain characteristics, first they are volatile, secondly they are slightly water soluble, and third they are highly lipid soluble. It has been found that the cilia of the olfactory cells and perhaps the portion of the body of the olfactory cells contain relatively large quantities of lipid material. This could explain why a substance must be lipid soluble to cause marked stimulation of an olfactory cell text book of medical physiology Tail is said to be the best

drug to be used in *nasya as Shirah* is said to be the *sthana* of *kapha*.

How does the nasya work?

Many nerve endings which are arranged in the peripheral surface of mucous membrane, olfactory, trigeminal nerves etc will be stimulated by *Nasya dravya* (the medicine used to give *nasya*) and these impulses are transmitted to the central nervous system. This results in better circulation and nourishment of the organs and the disease subsides. These drugs produce liquefaction and expulsion of vitiated *doshas*. In conclusion it may be stated that the nose is the doorway to the brain and it is also the door way to consciousness. The brief study of the mechanism of *nasya* can be summed-up in a single statement made in the Ayurvedic classics, "*Nasahi Shiraso dwaram*" ie. Nose is a pharmacological passage into the head.

Benefits of *nasya*: -

Nasya protects from diseases of Ear, Nose, Eyes, *Vali*, *Palit*, *Khalitya*, *Vyanga* etc. Cures diseases like *Peenas*, *Ardhavabhedak*, *Manya Stambha*, *Ardit*, *Hanu graha*. It gives strength to *Shirah*, Bones of Head, Joints, *Snayu*, *Kandara*, aids in maintaining *Prasanna*, *Upachit Mukha*. Helps to have a good sound quality like *Snigdha*, *Stheer* and *Ghoshwan*. Increases the strength of the senses. He who practices *nasya* regularly does not suffer from *Urdhva Jatrugat* Diseases. Delays the Process of Aging. It gives strength to *Hanu*, *Danta*, *Shirah*, *Drik*, *Bahu*, *Urah*.

CONCLUSION

- *Nasya karma* is one of the important procedures and it is very useful for eliminating the *Urdhvajatrugata rogas*.
- "*Tulasipatrasiddha tail Nasya*" can be considered as a good alternative treatment in *Pratishyaya*.
- "*Tulasipatrasiddha tail*" is beneficial as the ingredients of this preparation are easily available and cost effective and with no side effects
- Effect of "*Tulasipatra siddha tail Nasya*" in *Pratishyaya* is as better as Xylometazolin 0.1% nasal drop.
- Xylometazolin 0.1% nasal drop is having rebound congestion in the nose but "*Tulasipatra siddha tail Nasya*" is not having rebound congestion
- In present study, *Tulasipatrasiddha tail Nasya* is proved to be safe and effective drug in *pratishyaya*.

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