

## ROLE OF YOGA, DIET AND HOME REMEDIES ON SINUSITIS

Ritika Khajuria<sup>1</sup>, Ruchi Gupta<sup>2</sup>, Vasundhra Parihar<sup>3</sup>, Tapsy sharma<sup>4</sup>

<sup>1,2,3,4</sup> PG Scholar; Dept. of Kriya sharira, Jammu Institute of Ayurveda and Research, Nardni, Jammu, India

Email: [khajuriaritika01@gmail.com](mailto:khajuriaritika01@gmail.com)

### ABSTRACT

Sinusitis is one of the most frequent entities in clinical practice, being a lifestyle ailment cause lot of discomfort in day to day life. Despite the frequency of the disease, diagnosis and therapy often remain empiric. There's difficulty in breathing because of mucus build up and swelling in nasal region, resulting in blocked nose. Also, this build up affects the whole face, the head feels heavy, swelling and redness in eyes area, blocked ears. The situation might appear menacing but the solution for it is elegantly uncomplicated. The great science of *Yoga* is an unequalled gift to the mankind from India. *Yoga* has the potentiality to prevent and cure the disease of both body and mind. In order to exterminate the ailment from our bodily system, we can cure it by practicing some *Yogasana* (posture), Mantra recitation, *Gomukhasana* (cow face pose), *Janu Sirsasana* (Head to knee pose), *Setu Bandhasana* (Bridge pose), *Bhastrika pranayama*, *Anulom Vilom Pranayam*, *Bhujangasana* (cobra pose), *Kapalbhati* (frontal brain cleansing exercise), *Neti karma*, *Kunjali kriya* and Meditation. *Yoga* brings a lot of relief for sinus patients. Inflammation-reducing dietary modifications and plenty of home remedies may also help to ease symptoms and speed up recovery.

**Keywords:** *Yogasana*, Sinusitis, *Shatkarma*, Balanced diet.

### INTRODUCTION

Sinuses are the empty spaces behind the nose and face bone. Inflammation of these sinuses is called sinusitis, which may or may not be as a result of bacterial, fungal, viral infection, allergic or autoimmune disease.<sup>1</sup> New classification of sinus refer to rhinosinusitis, taking into account that inflammation of sinuses cannot occur without some inflammation of the nose as well as (rhinitis). This inflammation leads to blockade of the normal sinus drainage pathways, which in turn leads to mucus retention, difficulty in breathing, running nose, headache etc.<sup>2</sup>

#### Causes of sinusitis

Conditions that cause sinus blockage include:

- ❖ Anatomical abnormalities such as deviated nasal septum, concha bullosa, adenoidal hypertrophy
- ❖ Mucosal edema due to viral rhinitis and allergic rhinitis
- ❖ Non-allergic rhinitis (vasomotor rhinitis)
- ❖ Unattended nasal foreign bodies
- ❖ Immunodeficiency conditions (congenital and acquired)
- ❖ Prolonged nasogastric tube
- ❖ Cystic fibrosis

- ❖ Ciliary dysfunction syndromes
- ❖ Nasal polyps – small growth in the lining of the nose.
- ❖ Smoking: active and/or passive
- ❖ Dental infection such as tooth abscess may spread into sinus and infect it directly
- ❖ Environmental pollution and irritants
- ❖ Swimming or diving

### Types of sinusitis

Acute sinusitis – starts with cold like symptoms such as runny, stuffy nose and facial pain lasts for less than 4 week duration.

Sub acute sinusitis – lasts for 4 to 12 weeks.

Chronic sinusitis – symptoms lasts for 12 weeks or longer.

Recurrent sinusitis- it is defined as 3 or more episodes per year with each episode lasting less than 2 weeks duration.

### Sign and symptoms

Classical symptoms of acute sinusitis<sup>3</sup>

- ❖ Fever
- ❖ Nasal obstruction
- ❖ Husky voice
- ❖ Purulent nasal discharge
- ❖ Loss of sense of smell
- ❖ Facial pain or headache that is aggravated by bending over.

Classical symptoms of chronic sinusitis<sup>3</sup>

- ❖ Dull pain or pressure across the midface especially between or deep into the eyes.
- ❖ Nasal congestion
- ❖ Post nasal dip
- ❖ Headache occurs daily for weeks at a time and is often notably worse in the morning and with head movement.

**Maxillary sinusitis** – It is most common type manifest as cheek or dental pain.

Forehead pain indicates **Frontal sinusitis**

Pain at the bridge of the nose or behind the eye suggests **Ethmoid sinusitis**.

Pain is often referred to the top of the head with **sphenoid involvement**.

### How is sinusitis evaluated (diagnosed)

A careful history and physical examination is important in all patients with sinusitis. There are many tests that can be used to evaluate sinusitis. Most patients need only a few basic tests.

### Diagnosis and Tests for sinusitis

- ❖ General medical inquiry including symptoms and causes.
- ❖ Complete blood picture
- ❖ ESR
- ❖ Blood cultures
- ❖ X –ray(PNS) Para nasal sinuses
- ❖ Nasal endoscopy/Rhinoscopy
- ❖ Nasal culture
- ❖ Sinus Puncture

### Yoga Treatment cures sinusitis

In *Yoga*, sinusitis is treated by two methods: first by balancing the energy centres or *Nadis* in the body; and second, by affecting the deep mental states or obstruction that arise with the symptoms of disease. *Dhyan* (meditation), *Yognidra* and objective self-analysis are very helpful in understanding and regulating the system of unconscious mind during the disease.

1. Mantra recitation – chanting and humming “OM” create sound vibrations that encourages air to move back and forth between the sinus membrane and nasal passages.<sup>4</sup>  
Air movement helps open the tiny ducts, or ostia that connect the nose to the sinuses, allowing the sinuses to drain properly. This can help prevent infections from setting down in the sinuses and create a healthy environment therein.<sup>5</sup>
2. *Jala neti* (nasal irrigation with lukewarm saline water) – Helps in expulsion of dried mucous from the nose, cleanses sinuses and helps to create unobstructed flow of air.<sup>6</sup>
3. *Sutra neti* (nasal cleaning with thread) – It acts by improving mucociliary clearance, thinning the mucus and decreasing the inflammation that blocks the sinus ostia.<sup>7</sup>
4. *Kunjla kriya* – It is useful in prevention and cure of the disease. Helps in expulsion of phlegm and mucous deposited in the body.<sup>8</sup>

5. *Gomukhasana* (cow face pose) –Stretches the chest muscles aiding flexibility in the air passage region and reduces stress and anxiety.<sup>9</sup>
6. *Janu Sirsasana* (Head to knee pose) – Relives headaches, fatigue, anxiety, insomnia.
7. *Setu Bandhasana* (Bridge pose) – Helps in reducing depression and anxiety.
8. *Bhastrika Pranayama* –This *Pranayam* frees lungs of unnecessary air and microbes, facilitates the drainage of the excess mucous from the sinuses and nasal mucosa.<sup>10</sup>
9. *Anulom Vilom Pranayama/Nadisodhana Pranayama*–Removes congestion from the *Nadis* thus ensures free flow of energy throughout the body, boosts the immune system and helps to overcome the imbalance of autonomous nervous system.<sup>11</sup>
10. *Bhujangasana* (cobra pose) –Makes breathing easier by giving stretch to the lungs and works as a stress releasing mechanism.
11. *Kapalabhati* (frontal brain cleansing exercise) – Finest exercise for cleansing respiratory blockages, improves mental function, refresh and rejuvenates the head region.
12. Meditation – It helps to maintain healthy mind. Stress can worsen the symptoms of sinusitis. Mental stress reduces the microcirculation to the sinuses.<sup>12</sup> whenever stress is reduced by meditation microcirculation will be improved. This improves our immunity and prevents frequent bouts of sickness.

#### Naturopathy for Sinusitis

- ❖ Optimize your vitamin D levels by getting appropriate amount of sun exposure helps in alleviate sinus problem by enhancing immune function.
- ❖ Massage over the sinus region helps to drain out accumulated mucus.<sup>13</sup>
- ❖ Fomentation over the sinuses gives immense relief.
- ❖ Steam inhalation by boiling water with *Eclipta alba* leaves helps in draining out nasal secretions by opening up blocked nostrils.<sup>14</sup>
- ❖ Exercise is beneficial to ease the sinusitis.

#### Home remedies for sinusitis

- ❖ Turmeric contains curcumin has anti inflammatory property that can reduce swelling in the sinus cavities.<sup>15</sup>
- ❖ Add garlic, ginger in your diet which helps in boosting the immunity.<sup>16</sup>
- ❖ Honey soothes the nasal passages and the throat that are inflamed during a sinus infection.
- ❖ Fasting on the fruit juices till symptoms lasts.
- ❖ Avoid Refined Carbohydrates, such as instant mashed potatoes, and processed white flour products.<sup>17</sup>
- ❖ Onion and Horseradish has high level of sulphur that create an antibiotic effect which helps in eliminating the microorganism causing infections.<sup>18</sup>
- ❖ Use coconut oil as a mouth wash; oil pulling is used in *Ayurveda* to draw out the toxins from the oral cavity.

#### Diet rules for sinusitis

- ❖ The most important factor in curing sinusitis is natural and simple diet.
- ❖ Sinusitis patient must consume light and vegetarian diet so that mucus is not generated.
- ❖ Drink plenty of fluids to increase moisture within the body.
- ❖ The observance of regular hours for meals, elimination, sleep, balanced diet, and sufficient exercise are essential in the treatment of sinusitis.
- ❖ Eat fresh fruits and vegetables which are rich in antioxidants and other chemicals that could boost the immune system.
- ❖ Increase quantity of salad in your diet.
- ❖ Avoid milk and dairy products.
- ❖ Avoid non-veg, deep fried, junk food etc.

#### CONCLUSION

*Yogic kriya* is beneficial in improving the status of patients with sinusitis. Practice of *Yoga* is inexpensive and safe under supervision and hence should be implemented at primary health care levels. Most sinus infections respond well to natural sinusitis treatment. There are so many natural options to choose from that are not just effective, but are also affordable and easy

to do in the comfort of your home. Minimal alteration in the lifestyle may give complete relief from sinusitis.

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