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

Gajanan Patil ¹,  R. G. Dole ²

M.S. Shalakya Tantra, Ph.D. Sch ¹(1)  M. S. Shalakya Tantra ²(2)
Bharti Vidyapheeth 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 groupbetween 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 Tulasipatra. However, symptom Araktata and Nasagat shleshmal kala kshoth was significantly more relieved with Xylometazoline 0.1% nasal drop In my study, Tulasiptrasiddha tail Nasya is proved to be safe and effective drug in pratishyaya.

Keywords: Pratishyaya, tulipsipatra 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 Urddvajatragata 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’. Sushrutasacharya 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- Kaphaghna, Shirovirechan & shothahar shothahar’ and Tail also has property of Vata-Kaphagna. In Pratishyaya mainly Vata-Kapha Dosha is vitiated, hence I have selected this subject for my study.

AIM AND OBJECTIVES
Aim:
To study the efficacy of ‘Tulasi patra 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 Patrasiddha 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) Tulasapatra - 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.

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.
### OBSERVATIONS

#### Table 1: Observation

<table>
<thead>
<tr>
<th>No.</th>
<th>Lakshan (Signs &amp; Symptoms)</th>
<th>0</th>
<th>2nd</th>
<th>4th</th>
<th>6th</th>
<th>8th</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sakashta Shwasan (Difficulty in breathing)</td>
<td></td>
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<tr>
<td>2</td>
<td>Shirahshoola (Headache)</td>
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<tr>
<td>3</td>
<td>kshavathu (Sneezing)</td>
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<tr>
<td>4</td>
<td>Aarakata (Redness)</td>
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<tr>
<td>5</td>
<td>Nasarava (Nasal Secretion)</td>
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<tr>
<td>6</td>
<td>Nasagata Shleshmal Kalashoth (Inflammation of Nasal Mucosa)</td>
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<td></td>
<td></td>
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</tr>
</tbody>
</table>

**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: ++

**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: +++

**Aarakata (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 +++

STATISTICAL 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 shwasan.

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 kshavathu 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 nasasrava between Trial and Control

On Comparison of nasasrava between Trial and Control P is 0.001 i.e. there is significantly better relief of symptom nasasrava 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. ‘Tulsipatrasiddha 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 shwasan, 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 Shrahshool 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 Nasagatashleshmal 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 Shrahshool, 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 Tulsipatra.

**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, Ardhavabhadak , 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, Urach.

**CONCLUSION**
- Nasya karma is one of the important procedures and it is very useful for eliminating the Urdhvajatrugata rogas.
- “Tulasiprasiddha tail Nasya” can be considered as a good alternative treatment in Pratishyaya.
- “Tulasiprasiddha 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, Tulasiprasiddha tail Nasya is proved to be safe and effective drug in pratishyaya.

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