AYURVEDIC MANAGEMENT OF CHRONIC SINUSITIS WITH PANCHENDRIYA VARDHAN TAIL AND INTERNAL MEDICINE

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ABSTRACT
Sinusitis is the mucosal inflammation of Para nasal sinus may be acute or chronic, presents with headache, dry cough discomfort in nasopharyngeal region, blocking of nose and localized pain. When all these symptoms last for more than 12wks despite of medical treatment then it is chronic sinusitis. The treatment prescribed for chronic sinusitis is only nasal sprays i. e. decongestant and oral steroids but all this treatment gives relief for small period of time. So to get maximum relief for long duration ayurvedic management with panchendriya vardhan tail and internal medicine proves better. As in Ayurveda chronic sinusitis is dushta pratishaya which is one of urdhwajatrugata vyadhi.

Key words- chronic sinusitis, nasya, dushtapratishaya.

INTRODUCTION
Chronic sinusitis is condition where the root cause is may be allergy asthma deviated nasal septum or nasal polyp or inflamed air ways associated with rare immune response .The modern line of treatment is nasal sprays and steroids having also its adverse effect. In ayurveda it is dushta pratishaya treatment mentioned for this in ayurvedic text is shodhan nasya with combination of internal drug. It reduce local swelling and gives strength to nasal mucosa. In this case panchendriyavardhan tail shodhan nasya with internal combination of tribhuvan kirtirasa, talisadi churna, and sutshekhar rasa used for management which gives best result.

CASE REPORT
A 16 year old male patient visited to our OPD of Kayachikitsa department, presenting with symptoms of chronic sinusitis i. e. nasal congestion, local pain, anorexia malaise, and dry cough. History revealed that patient is on medical treatment with nasal spray and oral medication but does not get relief. Irritation due to nasal block inhibits the daily work of the patient.

INVESTIGATIONS
CT scan of Para nasal sinuses. Mucosal thickening in the right maxillary sinus ethmoid air cells and right half of frontal sinus. Deviation of nasal septum with bony spur towards left side causing Indentation on left inferior turbinate

MANAGEMENT AND OBSERVATIONS
Treatment provided. 1 panchendriya verdhan tail nasya 4-4 drops in each nostrils in the morning and at the bed time with proper pre procedure, procedure,
dure and post procedure as mentioned in text
daily for 7 days.

**INTERNAL MEDICINE**
Combination of
Tribhuvan kirti rasa 250mg bid for 7days.
Talisadi churna 2gm bid for 7 days.
Sutshekha rasa 250 mg for7 days. Was ad-
ministered. After this treatment patient starts
to get relief the same procedure followed for
next 7 days.

**DISCUSSION**
Chronic sinusitis is dushta pratisaya one of
the urdhwa jatragata vyadhi.caused due to
vitiation of vata and kapha dosha,withmajja
dhatu,accumulates at nasa-shira sthana of
pranavaha srotas.Which causes local in-
flammation, DNS ,nasal polyp. Treatment
for this is shodhan nasya, with internal med-
icine gives relief by reducing inflammation,
and increase immunity by increasing
strength of nasal mucosa. The drug used for
nasya karma is proprietary medicine contain
shirovirechan gana drugs like vacha(acorus
calamus),or shigru (moringa oleife-
ra),madanphal(randia spinosa).Nasya in-
crease local circulation ,due to this nourish-
ment of organ is increased and disease will
subside. Nasya dravya having katu ,ushna
and teekshna guna. These gunas produce
draveekaran and chhedan of vitiated do-
shas'.This helps to reduce inflammation and
increase strength of organ. The oral combi-
nation is of tribhuvan kirti rasa ,sutshekhar
rasa,and talisadi churna. All these drugs
contain tikta ,katu rasa and ushna guna.
. These gunas produce draveekaran and
chhedan of vitiated doshas. This helps to
reduce inflammation and gives strength to
the organ. In chronic sinusitis kapha and va-
ta dosha are responsible,due to draveekaran
and chhedan of kapha doshsa vata dosha
works properly. And gives natural bala to
the organ, increase its immunity.

**CONCLUSION**
Panchendriya vardhan tail nasya with inter-
nal medicine combination ,proves best
ayurved management in chronic sinusitis.

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