

## ROLE OF TRIKATU TAILA NASYA IN THE MANAGEMENT OF KAPHAJA SHIRASHOOLA W.S.R. TO MAXILLARY SINUSITIS

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### ABSTRACT

*Shalakyia tantra* comprises the study of diseases affecting the organs situated above *Jatru* (clavicle) and their treatment *Kaphaja Sirasoola* is one among the *sirasoola* mentioned in classics. Hence *kaphaja sirasoola* is taken as clinical study by administration of *nasya* under two groups and compare the effect. In the present clinical study patients were divided into 2 groups with 20 patients in each group. Group A patients were given *Trikatu Taila Nasya* and Group B patients were given *Sarsapa Taila Nasya*. The *Sarsapa Taila Nasya* was given to compare the efficacy with that of *Trikatu Taila*.

### INTRODUCTION

Headache is a term used for pain felt anywhere in the head and described under the heading of *Sirasoola*. *Kaphaja Shira Shoola* is one among the ten types of *Shiroroga*, explained by *Vagbhata acharya*<sup>1</sup>. The cardinal features of *Kaphaja Shira Shoola* include mild / moderate head ache and heaviness of head<sup>2</sup>. The headache persists throughout the day and it may increase in night. This condition is commonly associated with nasal discharge, nasal obstruction and post nasal discharge. Most of the clinical features are correlated with the signs and symptoms of maxillary sinusitis<sup>3</sup>, *Nasya Karma* is considered as a prime treatment modality in all types of *Shiroroga* and also in *Kaphaja Shira Shoola*<sup>4</sup>. *Vagbhata* has described *Trikatu Taila Nasya* in the management of *Kaphaja Shira Shoola*<sup>5</sup>. Here, *Trikatu Taila* possess the components like *Sunthi* (*Zingiber Officinale*), *Mari-ca* (*piper nigrum*), *Pippali* (*piper longum*) and *tila Taila* (*sesamum indicum*), which was prepared according to *Sneha Paka Vidhi* as mentioned in our classics and *sarasa-*

*pa Taila* was used as a base for this preparation. This work is intended to know the efficacy of the *Trikatu Taila* and *Sarsapa Taila as Nasya Karma*<sup>6</sup>.

### MATERIALS AND METHODS

**Aims and Objectives of the Study:** To evaluate the effect of *Trikatu Taila Nasya* in the management of *Kaphaja Shira Shoola wsr* to maxillary sinusitis.

#### Inclusion Criteria

- Patients belonging to the age group of 7 to 60 years.
- Patients were selected irrespective of sex, occupation, religion,
- Socio-economic status etc
- Those fit for *Nasya Karma*.
- Chronicity of the disease less than 1 year<sup>7</sup>.

#### Exclusion Criteria

- Patients suffering with other types of *Shiroroga*.
- Chronicity of the disease more than 1 year.
- Patients with complications of chronic maxillary sinusitis such as Orbital cellulites,

Osteomyelitis of maxillary bone etc., were excluded<sup>8</sup>.

**RESEARCH DESIGN:**

- The patients diagnosed as kaphaja sirashoola were randomly divided into the 2 groups of treatments each group has 20 patients.
- Group A: Nasya with Trikatu Taila was administered once daily in the morning before food for seven days. The dose was 8 drops in each nostril.
- Group B: Nasya with Sarasapa Taila was administered once daily in the morning before food for seven days. The dose was 8 drops in each nostril.

**Criteria for Assessment of the Results:**

Assessment of the effects of the treatment was done after the treatment based on improvement on the following signs and symptoms and X-Ray:

- Headache
- Heaviness of head
- Nasal blockage
- Nasal discharge
- Foul smell in the breath
- Puffiness of face
- X – ray, PNS view<sup>9</sup>

**OBSERVATIONS**

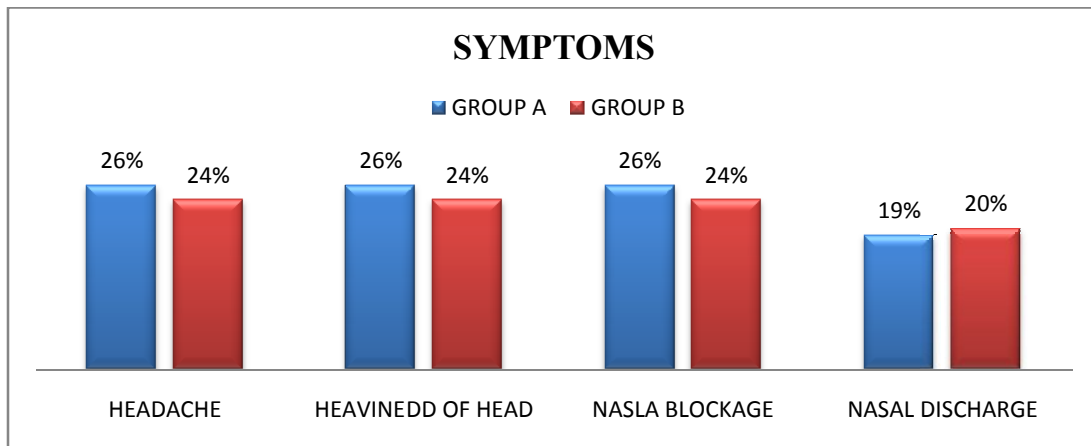
**Showing Incidences of Symptoms in Patients**

Symptoms	Group A		Group B		Total	
	No. of patients	%	No. of patients	%	No. of patients	%
Headache	20	26	20	24	40	25
Heaviness of head	20	26	20	24	40	25
Nasal blockage	20	26	20	24	40	25
Nasal discharge	15	19	17	20	32	20
Foul smell from the breath	02	02	03	04	05	03
Puffiness of face	01	01	03	04	04	02

Among 40 patients of Kaphaja Shira Shoola, 40 (25%) of patients have headache, 40 (25%) have heaviness of head, 32 (20%) have nasal discharge, 05 (03%) have foul

smell in their breath, 40 (25%) have nasal obstruction and 04(02%) have puffiness of face.

**Graph 1: Showing incidence of symptoms**

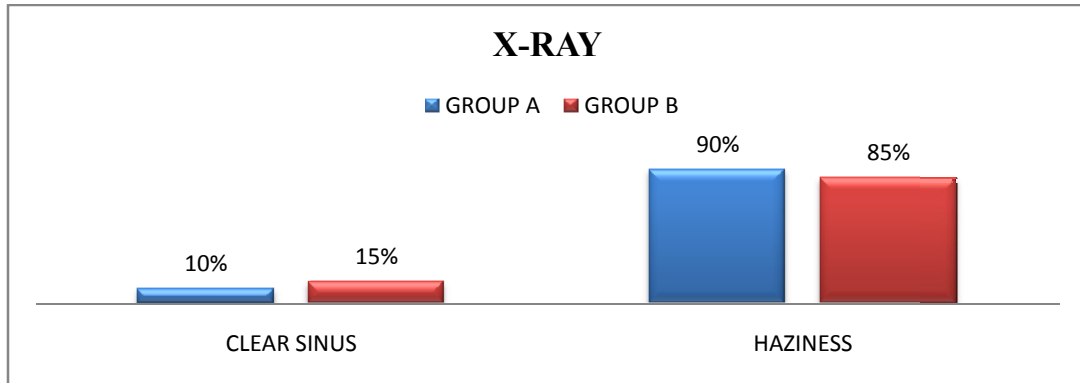


**Showing P.N.S X- Ray observations**

P.N.S X- Ray observations	Group A		Group B		Total	
	No. of patients	%	No. of patients	%	No. of patients	%
Clear sinuses	02	10	03	15	05	17
Haziness in the sinuses	18	90	17	85	25	83

Out of 40 patients of *Kaphaja Shira Shoola*, 05 (17%) of patients PNS x-ray shows clear sinuses and 25 (83%) patients PNS x-ray shows haziness in the sinuses.

Graph 2: Showing incidence of X-Ray



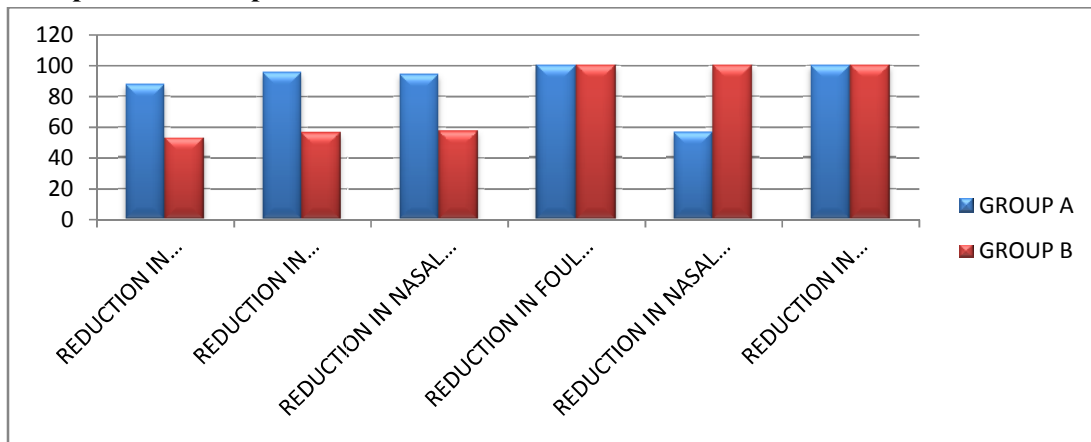
**RESULTS**

Showing the percentage of improvement / relief in the symptoms of *Kaphaja Shira*

*Shoola* in Group A and B after treatment (i.e. after 7 days of treatment)

Reduction in %	Group A	Group B
Reduction in headache	87.5%	52.94%
Reduction in heaviness of head	96%	56.6%
Reduction in nasal discharge	94.4%	57.5%
Reduction in foul smell from breath	100%	100%
Reduction in nasal obstruction	56.75%	100%
Reduction in puffiness of face	100%	100%

GRAPH 3: Showing over all percentage of improvement / relief in the patients of Group A and Group B after treatment



## DISCUSSION

40 patients of *Kaphaja Shira Shoola* (maxillary sinusitis) were categorized under two groups. Out of which, first group of patients was administered with *Trikatu Taila Nasya* and in second group *Nasya* with *Sarasapa Taila* was administered. *Trikatu* has the properties such as *Shoolaghna*, *krimighna*, and is *kaphaghna*. *Acharya Vagbhata* opines that drugs like *Vidanga*, *Sarashapa* and *Trikatu* can be used as independently in the form of *avapeedana Nasya* or *Pakva taila for Marsha /Pratimarsha Nasya*. Hence the drug used in the form of *Taila* as *Marsha Nasya* in *Kaphaja Shira Shoola* acts as *Dhosha Pratyanyika Dravya*.

*Trikatu* due to *krimighna* property controlled the infection; due to *Kapha hara* property scraped out the waste collection of the sinuses and due to its *Shoolaghna* property relieved the head ache.

The properties in *Trikatu* are said to have Anti-bacterial and Analgesic effect. *Sarasapa Taila* has the properties such as *Kapha-hara*, *Krimihara* and *Lekhana* property.

*Sarasapa Taila* gives the unctuous coat on the mucosa, restricts the crust formation and promotes the entry of drug in to the sinus. Steam inhalation helps to reduce the pain and irritation of the somatic constriction and enhances the drug absorption due to heat stimulation by local fomentation and vasodilatation.

Thus, the above mentioned drugs (*Triaktu taila / Sarasapa Taila*) and the procedure (*Nasya Karma*) have the properties to check the pathology as per Ayurveda in *Kaphaja Shira Shoola*. The same is proven effective in the present clinical study.

## CONCLUSION

- *Kaphaja Shira Shoola* is one among the types of *Shirorogas*.

- Patients of both the Groups responded to *Nasya Karma*. follow up after the end of two months revealed less recurrence in Group A and than in Group B

- *Trikatu Taila Nasya* proved effective with high significant results in seven days duration and *Sarasapa Taila Nasya* proved less effective comparatively in seven days duration.

- Hence the efficacy of *Trikatu Taila Nasya* is proved effective in the management of *Kaphaja Shira Shoola*.

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