

## ROLE OF AYURVEDIC TREATMENT IN DUSTA PRATISHYAYA (CHRONIC RHINOSINUSITIS) – A CASE STUDY

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### ABSTRACT

Chronic Sinusitis is one of the more prevalent chronic illnesses in India. It is an inflammatory process that involves the paranasal sinuses and persist for 12 weeks or longer. The literature has supported that chronic sinusitis is almost always accompanied by concurrent nasal airway inflammation and is often preceded by rhinitis symptoms: thus the chronic rhinosinusitis has evolved to more accurately describe this condition. The sinus most commonly involved is Maxillary Sinus followed in turn by ethmoid, frontal and sphenoid. Very often more than one sinus is involved (Multisinusitis). Sometimes all the sinuses

are involved resulting in Pansinusitis. Sinusitis may be open or closed depending on whether the inflammatory products of sinus cavity can drain freely into the nasal cavity through natural ostia or not. A closed sinusitis causes more severe symptoms and is also likely to cause complications. **Aims and Objectives:** The aim of the study was to see the effect of Ayurvedic procedure in the management of Chronic Sinusitis (*Dushta Pratishyaya*). **Methodology:** In present case report, 23 year old patient presented with complaint of pain over cheeks and forehead since 5 months and nasal blockage and hyposmia since 1 year. Therefore the patient was treated with principles of *Dushta Pratishyaya* by *Nasya* and internal medications. **Conclusion:** There was significant improvement in all the complaints of patient after one month treatment.

**KEYWORDS:** *Dushta Pratishyaya*, Sinusitis, hyposmia, *Nasya*.

### INTRODUCTION

*Dushta Pratishyaya* is the chronic stage of *Pratishyaya*, which occurs due to improper management or neglect of the *Pratishyaya*. *Acharya Sushrut* devoted a separate chapter to

*Pratishyaya* after explaining the *Nasagata roga* in detail.<sup>[1]</sup> This shows that *Pratishyaya* has been a major problem since ancient times.

*Dushta Pratishyaya* has not been mentioned as a separate disease, it is considered to be the complication of different types of *pratishyaya*.<sup>[2]</sup> The features of *Dushta Pratishyaya* are similar to that of chronic rhinosinusitis in modern science which is chronic inflammatory disease of nasal and paranasal sinus on the basis of the signs, symptoms, complications and prognosis. Both these diseases are characterized by nasal discharge, nasal blockage, headache, anosmia, heaviness in the head etc.<sup>[3]</sup> Chronic rhinosinusitis is the multifactorial disease caused by infection (bacterial) or inflammatory processes (allergy, eosinophilic vasculitis or sarcoidosis) and symptomatology has continued beyond 12 weeks.<sup>[4]</sup> Sometimes there are acute exacerbations superimposed on chronic rhinosinusitis (CRS), where symptoms worsen but return to baseline of CRS after treatment.<sup>[5]</sup> Among the Indians this disease is more widespread than asthma, diabetes, or coronary heart disease. One in every eight Indians suffer from chronic sinusitis.<sup>[6]</sup> According to ayurveda texts *Dushta Pratishyaya* can cause many complications such as *Badhira*, *Andhatva*, *Ghrananasha*, etc.<sup>[7]</sup>

Modern management to relieve the symptoms associated with chronic sinusitis include antibiotics, saline irrigations, topical decongestants, steroid sprays and antiallergic treatment with antihistaminic and leukotriene receptors antagonists (such as montelukast). All these medicines have its side effects and there is no permanent cure for sinusitis. Spontaneous resolution is rare and recurrence is common. Recurrent symptoms hampers the day to day activities and surgery remains the only option. But it cannot resolve this condition completely due to recurrence of the disease. Hence in order to provide efficient and better cure by cost effective method through alternative system, this disease is selected to justify the same.

### Clinical history of patient

A 22 year old male patient came to ENT OPD of Department of Shalakya Tantra, National Institute of Jaipur on 16th April 2019 complaining pain over cheeks and forehead since 5 months, nasal blockage with hyposmia since 1 year and nasal discharge off and on since 6 months.

**History of presenting illness**

Patient was quite well 1 year ago then gradually he had pain over the cheeks and forehead. He felt heaviness in his forehead when he looks down and also the patient complained of blocked nose with hyposmia and cold.

**Past history**

Patient is allergic to dust. Due to his exams he was spending most of the time in Air Conditioned Library for studies since 1 year. His sleep was also disturbed.

Patient has consulted Neurophysician and General Physician from SMS Hospital and taken acetalopram and Montek LC and Montek FC off and on.

Family history : Not significant

Socioeconomic history: Belongs to lower middle class.

**Personal History**

Bowel	Normal
Appetite	Normal
Micturition	Normal
Sleep	Irregular

**Drug History:** Had been taking antibiotics and antihistaminics off and on. No history of any drug allergy.

**Diagnosis**

The patient was diagnosed with chronic rhinosinusitis based on the information from the patient and the nasal and rhinoscopic examination and further by X ray PNS water view.

**Differential diagnosis**

1. *Dushta Pratishyaya*
2. *Kaphaja Pratishyaya*
3. *Kaphaja Shiroroga*

## Treatment

The patient was treated as follows.

Oral Medicine For 1 month	<ul style="list-style-type: none"> <li>• <i>Mahalaxmi vilasa rasa</i> 125 mg 2 tab twice daily</li> <li>• <i>Talishadi Churna</i> 3gm</li> <li>• <i>Godanti Bhasma</i> 500mg</li> <li>• <i>Yashtimadhu churna</i> 2 g</li> <li>• <i>Guduchi satva</i> 500 mg</li> <li>• <i>Chitrak Haritaki</i> 3g b.i.d with warm milk</li> <li>• <i>Lavangadi vati</i> 2 tab thrice daily.</li> </ul> <p>1 tsp B/D with Honey</p>
Poorvakarma of Nasya –	Face and shoulders <i>abhyangam</i> with dashmool taila and then <i>swedan</i> of face and shoulders with steam.
Pradhana Karma- Nasya for 10 days	<i>Avpeedan Nasyam</i> 6ml of <i>Vacha swarasa</i> was mixed with 6ml of <i>pippali swarasa</i> . Total solution was mixed well and filtered properly and solution was made little warm and then 6 drops were administered in each nostrils
Paschat Karma	Kavala with <i>Triphala kashayam</i> . <i>Dhoompana</i> with kushtadi varti
After 1 <sup>st</sup> Follow up (10 Days)	Steam inhalation with Halin drop and Prathimarsha Nasya with Anu Thaila for 20 days

During 10 days of treatment patient was advised to not to take head bath and take body bath with warm water only. Patient was further advised to avoid Air condition, cold winds and avoid *sheeta*, *guru* and *kaphaja aahar vihara*.

After 10 days of treatment patient was advised to continue all oral medications for one month time as mentioned above with advise of steam inhalation at bed time with Halin capsule (Nagarjuna) and do *pratimarsha* Nasya with *Anu Taila*.

## Examinations and Investigations

Diagnostic criteria used to evaluate are hypertrophied Inf. Turbinate, Nasal Mucosa, Nasal septum deviation, Nasal discharge, Perception of smell and Headache. Turbinate Hypertrophy and Nasal Mucosa were examined through the anterior rhinoscopy. Further we used PNS X-ray to evaluate the status of sinusitis.

Grading of the subjective parameters was done according to following scale. (Table 1.)

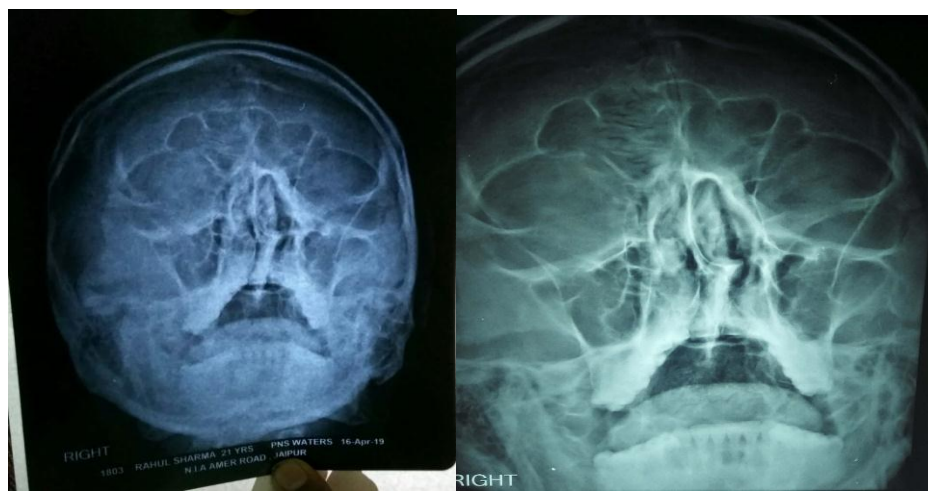
**Table 1: Scaling grades of parameters.**

<b>Hypertrophy of Turbinate</b>	
3	The turbinate completely occluded the nasal cavity
2	The turbinate was in between grade I and grade III
1	mild enlargement with no obvious obstruction
0	No enlargement with no obvious obstruction
<b>Nasal Discharge</b>	
3	continuous discharge
2	Intermittent discharge
1	Less frequent discharge
0	Discharge Absent
<b>Nasal Mucosa</b>	
3	Congested – Red
2	Moderate Congested –light Red
1	Mild Congested –dark Pink
0	Not Congested- pink
<b>Headache</b>	
3	Severe headache and not able to do his routine work
2	Moderate headache with disturbance to routine work off and on
1	Mild headache with no disturbance with routine work
0	No headache with no disturbance to routine work
<b>Tenderness of the Cheeks</b>	
3	Severe pain felt on applying pressure on canine fossa persisting throughout
2	Moderate pain in cheeks on applying gentle pressure on canine fossa which persist for more time
1	Mild pain in cheeks on applying gentle pressure on canine fossa which persist for sometime
0	No pain in cheeks on applying pressure on canine fossa
<b>Perception of smell</b>	
3	Anosmia
2	Moderate Hyposmia
1	Mild Hyposmia
0	Total perception

The parameters and the changes happened during the treatment and the follow up is shown in table 2 and PNS X-ray before and after the treatment was shown in Figure1.

**Table 2: Changes in the signs and symptoms during the treatment and follow up.**

Parameters	Before treatment		1 <sup>st</sup> Follow Up after 10 days		2 <sup>nd</sup> Followup after 20 days		3 <sup>rd</sup> Follow up after 30 days	
	Right	Left	Right	Left	Right	Left	Right	Left
Inf. Turbinate Hypertrophied	3	2	1	1	0	0	0	0
Nasal Mucosa	3	3	0	0	0	0	0	0
Nasal septum Deviated	Y (towards left side)		Y (towards left side)		Y (towards left side)		Y (towards left side)	
Nasal Discharge	3	3	1	1	0	0	0	0
Perception of smell	1	1	1	1	0	0	0	0
Tenderness of the cheeks	3	3	0	0	0	0	0	0
Headache	3		1		0		0	



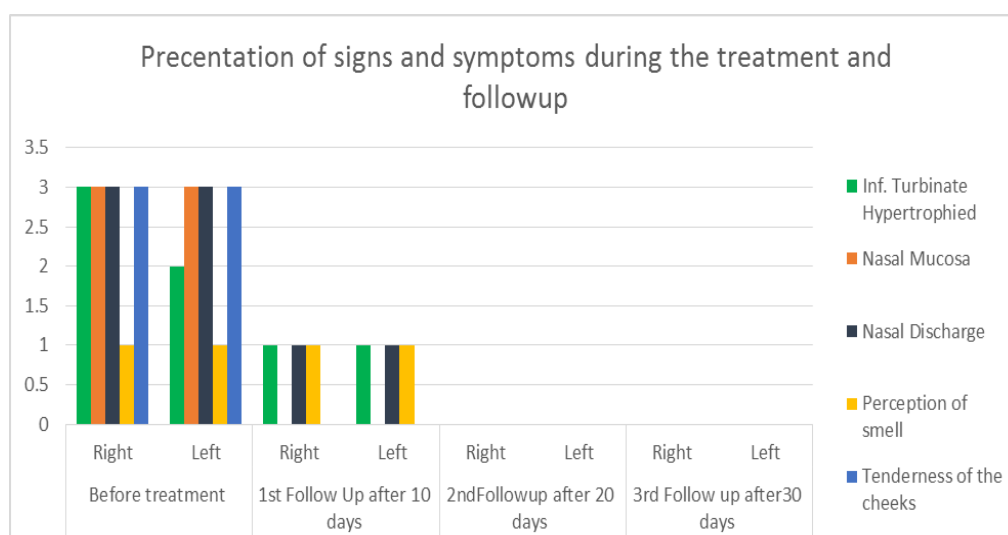
PNS Before treatment

PNS After treatment

PNS X-ray water's view of patient before and after treatment

## RESULTS

Symptom of and pain in cheeks reduced significantly and nasal mucosa becomes normal after nasya. After 20 days of treatment Hyposmia, Hypertrophied turbinates becomes normal and headache reduced. Further nasal discharge also totally cured after 20 days. But there was no change in the Nasal septal deviation. X ray PNS water view shows improvement. Haziness in maxillary sinuses has been reduced to some extent and Hypertrophied turbinates becomes normal after 30 days.



## DISCUSSION

The symptoms of the patients are comparable to Dushta Pratishyaya and therefore patient is Diagnosed with “Dushta pratishyaya”. Dushta Prathishyaya can be correlated with chronic sinusitis on the basis of its signs and symptoms.

We choose Nasya as the main treatment because it is the treatment which mentioned by *Acharyas* to eliminate the vitiated doshas from the srothas and it is best treatment for all urdhwagatha rogas. *Nasya* is the term generally used for medicines administered through nasal routes. In *Dushta Pratishyaya shodhan Nasya is best* as it removes vitiated accumulated doshas which means *shodhan nasya can expel the deep seated doshas and can cure it of its root*.

*Vacha* has *Katu rasa*, *Laghu* and *tikshna guna*, *katu vipaka*, *ushna veerya*, *vatakapashamak*, *shothhara*, *srotoshodhan*, *vatanuloma*, *lekhan*, *shleshmahara*, *kaphanissaraka*.

*Pippali* has *laghu* and *tikshna guna*, *ushna veerya* and *kaphavataashamak* properties as well as *srotoshodhak* properties. By virtue of these properties the nasya drug (*vacha* and *pippali*) removes the obstruction of natural sinus ostia and facilitate the drainage of mucopurulent discharge

In *purva karma* of *Nasya*, *Abhyang* and *swedana* is done.

*Abhyanga* causes *Mruduta* of *doshas* and *swedan* causes *vilayana* (liquification) of accumulated *Doshas*. *Abhyanga* and *Swedana* increases the local blood supply and *swedan* also liquefies the mucous. Due to vasodilation the permeability of blood vessels increases which makes the drug absorb faster. In *Pradhana karma*, the drug is administered into the nostrils in the head low position of the patient. Thus the drugs reach the *Shringataka* and from there, through different *siras*, it spreads to other parts like *Netra*, *shirah*, etc, and removes the morbid *doshas*. By these properties of drug, it causes *Srotoshuddhi* and makes the *Anuloma Gati* of *Vayu* (mitigation of *vayu*), which is hampered in *Dushta Pratishyaya*.

In *Paschaat karma*, *Dhoompana* liquefies and eliminates the remaining *doshas* from the nearest route due to its *ushna* and *tikshna guna*.

Pharmacological properties of drugs which used is mentioned in the Table 3.

*Anu taila* has anti-inflammatory action, gives strength to nerves and improves the capacity of sense organs and helps in drainage of discharge from sinuses.



*Guduchi satwa* has immunomodulatory effect and thus improves the local and general immunity. The immune modulation will reduce the inflammation process in the *nasal cavity and the sinuses*.

Most of the drugs in *Chitraka Haritaki* are having *katu and Tikta rasa, laghu, ruksha guna, ushna veerya, katu vipaka* and *kapha-vatahara* properties. All these properties are very useful to remove the *strotorodha* and promote the expulsion of vitiated *doshas*.

Medicine Name	Pharmacological effects
Vacha	Carminative, bitter stimulant, Antiinflammatory, analgesic, neuroprotective
Pippali	Antibacterial, antitubercular, anti-inflammatory, antioxidant
Kushthaadi Varti	Anti-inflammatory, antibacterial
Mahalaxmi vilasa rasa	Used in chronic coryza and sinusitis, and rasayana
Taalishadi Churna	Used as an antitussive, mucolytic, antiviral, antibacterial, carminative
Chitraka Haritaki	Used as an mucolytic, antitussive, antibacterial, antiviral, anti-inflammatory
Godanti Bhasma	Antipyretic, used as an calcium supplement
Lavangadi Vati	Brochodilator, anti-inflammatory, anti –microbial, anti-allergic
Guduchi Satva	Antiallergic, antioxidant, anticancer activity, Immunomodulatory, hypoglycaemic
Yashtimadhu	Antimicrobial, anti-oxidant, anti-inflammatory, expectorant

According to Table 3 all medicines which we use for the treatment are having anti inflammatory, anti viral anti bacterial anti oxidant, immunomodulatory activities which we can use to reduce the inflammation. Further the expectorant activity of yashtimadhu helps to remove the vitiated kapha which helps to cure the dushta prathishyaya.

## CONCLUSION

In this study it was found that *Nasya* with *Vacha-Pippali swarasa* followed by *Anu taila nasya* along with oral medication was very effective in treating Dushta Prathishyaya. The treatment was safe and cost effective. No adverse effect was noted during the treatment.

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