

**AYURVEDIC MANAGEMENT OF NASAL POLYPS WITH SPECIAL
REFERENCE TO NASA ARSH – A CASE STUDY*****¹Vd. Arati Datye and ²Vd. Prakash Rathod**

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Article Received on
12 February 2021,

Revised on 04 March 2021,
Accepted on 24 March 2021

DOI: 10.20959/wjpr20214-19775

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ABSTRACT

Nasal polyp is a prolapsed pedunculated part of the edematous mucosa of nose or paranasal sinuses.^[1] It is chronic inflammatory disease affecting about 1-4% of general population.^[2] Polyps vary in size and having shining pink colour and shaped like tear drops.^[3] The exact etiology remains unclear but it is known to have association with allergy, infection, Bernouillis phenomenon, asthma, associated diseases like KARTAGNER syndrome, CHURG- STRAUS syndrome.^[4] The clinical features of disease are nasal obstruction, rhinorrhea, post nasal drip, head ache.^[5] In Ayurveda it is closely related to NASA ARSHA mentioned in Shushruta Nidanstan2.^[6] In this study of single case of 36 years old male patient presented with

frequent episodes of nasal blockage, anosmia, headache, sneezing, rhinorrhea, mouth breathing suffering from 2 years was taken for study. He was treated with by Shodhan, Shaman and Sthanik chikitsa with positive clinical response.

INTRODUCTION

Nasal polyps are soft painless growth arising from mucosa on the lining of nasal passage or sinuses. They are traditionally divided into two types Antrochoanal polyp and Ethmoidal polyps. Although having an uncertain etiology they result from chronic manifestation of rhinosinusitis, allergic fungal sinusitis, Samter triad [triad of nasal polyp, asthma, and aspirin intolerance], CHRUG- STRAUSS syndrome, nasal mastocytosis and neoplasm.

Small nasal polyp may not cause symptoms but larger growth or groups of nasal polyp can block the nasal passages and lead to breathing problems, a lost sense of smell and taste, facial

pain, head ache, a sense of pressure over fore head and snoring. treatment of nasal polyp forms a large part of the workload for otolaryngologist. Medications can help to shrink or eliminate nasal polyp but surgery is some time needed to remove them even after successful treatment recurrence rate is high. In Ayurveda the disease is closely related to nasa arsha. This is a condition where patients feel recurrent rhinorrhea, headache, snoring, changes in voice, nasal blockage mentioned in Shusruta Nidanstan². Shushruta had explained four types of nasa arsha as well as four types of treatment, Aushadhikarma, Ksharakarma, Agnikarma, Shastrakarma.^[7] In this study aushadhi karma had been followed to treat nasha arsha. Principle used for treatment was pachan, shodhan, shoshan, shaman and rasayan.

CASE STUDY

A 36 years old male patient visited in OPD with chief complaints of bilateral nasal blockage, difficulty in breathing, recurrent episodes of rhinorrhea, head ache, mouth breathing, sneezing since last two years. His personality was average built, body weight was 64 kg belonging to middle class socioeconomic status. No significant family history and personal history identified. He consulted allopathic ENT surgeons where he was treated with antibiotics, NSAIDs, antihistamines, nasal spray but got symptomatic relief only. Further he was advised for surgery. To avoid surgery patient visited our OPD. On general examination there was no pallor, icterus, clubbing of nails, lymphadenopathy noted.

Investigations

Routine haematological and urine investigations were carried out and findings were within normal limits

Treatment Protocol

1. At the initial days of treatment Pachan and Shoshan was done with Talisadi churna ½ t.s.f. bd with honey, Sukshma Triphala 500 mg t.i.d., Nag Gutti 500 mg t.i.d and Gandhak Rasayan 250 mg bd for 15 days.
2. for Shodhan Shadbindu Tail Marshya Nasya 4 drops in each nostrils for 15 days and Talisadi Churna was continued.
3. Anu Tail Pratimarshya Nasya, Laxmivilas Ras 120 mg, choushasth Pimpalli 250 mg, abhrak bhasma 120 mg, shunthi 250 mg, were given as Rasayan for 3 months. along with this patient has advised to avoid A.C., cold water, curd.

RESULT

Significant changes in sign and symptoms were noted before and after treatment. Patient was felt better after 15 days and on regular follow up symptoms reduced progressively after 4 months of treatment and polyp was almost atrophied.

Criteria of assessment BT and AT.

	Symptoms	15 th day	1month	2month	3month	4month
1.	Nasal blockage	+2	+2	+1	+1	Absent
2.	Rhinorrhea	+2	+2	+1	+1	Absent
3.	Head ache	+1	+1	+1	Absent	Absent
4.	Sneezing	+2	+2	+1	+1	Absent

Pre and Post Images



Initial (Before Treatment)



On Treatment



After Treatment

DISCUSSION

	Drugs	Component	Properties	Mode of action
1	Talisadi Churna	Talispatra , Trikatu, Tvak, Ela, Vansalochan, Sarkara	Katu Rasa Pradhan, Katu Vipaki, Ushna, Tikshna	Dipan,Pachan does Kapha shoshan, srotorodhnashan,Vatanulomana, reduces rhinorrhea, nasal blocking, Sneezing, it also helps to reduce size of polyp.
2	Nag Guti	Sudha Vatsanabh, Nagbhasma, Tankan, Lavang, Marich, Sunthi, Pipalli, Pipallimul, Jatiphal, Jatipatra, Kasturi, Keshar, Akkarkara.	Katu rasa,Katu vipak, Ushna virya, Laghu, Ruksha, Tikshna.	With the help of ushna, tikshna, lekhan,shoshana guna reduces swelling, Inflammation, dries up excessive discharge from nasal and pharyngeal mucosa ultimately leads to regression of polyp size.
3	Gandhak Rasayan	Sudh Gandhak, bhavna Dravya [Chaturjat, Triphala, Guduchi, Adrak swaras, Bhringraj swaras.	Madhur, Tikta, Katu, Katu vipaki, Ushna virya, Rasayan, Yogavahi.	It acts on skin and blood detoxify them[Aamnashak, Vishghna], decreases hypersensitivity leads to decreased itching and sneezing, also act as antibacterial antifungal

4	Sukshma Triphala	Aamalaki, Bibhitaki, Haritaki, Parad, Gandhak	Kashaya, Tikta, Laghu, Sukshma, Shitavirya, Vrushya.	It has Lekana property so reduces kled results in decreased nasal secretion, regression in size of polyp, it also has antiallergic, antiviral, antioxidant, immunomodulatory property so strengthens mucosa .
5	Shadbindu Tail	Bhringaraj, Rasna, Saindhav, Vidanga, Shunthi, Tagar, Yashtimadhu, Erandamul, Jivanti, Krushnatil tail, Ajadugdha.	Katu ras Pradhan, Ushnavirya, snigdha.	it causes vasodilation of mucus membrane, improves local circulation, reduces srotoavarodh, helps to reduce headache, sneezing.
6	Laxmivilas Ras	Sudha Vangabhasma, Tamrabhasma, Parada, Gandhak, Abhrak bhasma, Hartal, Karpur, Javitri, Jayaphal, Dhaturbeej, Suvarnabhasma.	Kashaya, Tikta, Madhur, Katuvipaki, Uhsna, sukshma.	It is kaphashoshak, Vatanulomak, it has antioxidant property, rejuvenates tissue, strengthens mucosa and prevents relapses.
7	Abhrak Bhasma	Abhrak Bhasma	Kashaya, Madhur, Tridoshnashak Katu ras, Anushna, Snigdha, Tikshna, Madhurvipaki	It acts on sleshmalkala and has balya, yogavahi property so strengthens mucus membrane and helps to boost immunity.
8	Chunshath Pippali	Pippali	Katu ras ,Anushna, Snigdha, Tikshna, Madhur vipaki ⁸	It mainly act as Rasayan to Pranavaha Srotas, Kaphaghna, increases immunity of respiratory tract and bioavailability of other drug.
9	Shunthi	Shunthi	Katu ras, Ushna, Tikshna, Laghu, Snigdha.	Kapha Vatshamak, helps to reduce excessive nasal secretion.

The above said drugs are not administered at the same time but the drugs and doses were modified according to need of patient.

CONCLUSION

Thus by using basic principle of ayurvedic management the patient having nasal polyp was successfully treated and size of nasal polyp was reduced. This treatment is safe and effective in management of Nasal Polyp with special reference to Nasa Aarsh.

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