

AYURVEDIC MANEGEMENT OF NASAGATA RAKTAPITTA

Raksha J. Udupa^{1*} and Rathi S.²¹PG Scholar, Dept. of P.G. Studies in Shalakya Tantra, G. A. M. C. Bengaluru.²Professor, Dept. of P.G. and PhD Studies in Shalakya Tantra, G. A. M. C. Bengaluru.Article Received on
06 May 2024,Revised on 26 May 2024,
Accepted on 16 June 2024

DOI: 10.20959/wjpr202413-32557



*Corresponding Author

Dr. Raksha J. Udupa

PG Scholar, Dept. of P.G.
Studies in Shalakya Tantra,
G. A. M. C. Bengaluru.

ABSTRACT

In Ayurveda Nasagata Raktapitta -Bleeding disorder caused by vitiation of Pitta Dosha in Rakta Dhatu which can be correlated to Epistaxis. It is a type of Urdhvaga Raktapitta (Disorders with bleeding from upper orifices), wherein the Anubandhi Dosha is Kapha and which is said to be Sukha Sadhya (Easily curable). Bleeding from inside the nose is called Epistaxis (Greek-dripping). It is fairly common and is seen in all groups-children, adults and older people. It is rarely life threatening but may cause significant concern due to the loss of blood. Epistaxis may occur as a result of a variety of causes ranging from insignificant trauma to malignancy and blood loss may vary from few drops to a massive loss of many Liters. Although Epistaxis can have an anterior or posterior source, it most often originates in the anterior nasal cavity. Little's Area is the commonest

site for Epistaxis in children and young adults. In classics treatment principles like Avapidana Nasya, Pradeha, Parisechana, Ghritapana etc has been mentioned for the disease. **Objective:** This case study was done to observe the efficacy of Avapidana Nasya in the management of Nasagata Raktapitta (epistaxis). **Materials and Methods:** In the present study a male patient of Epistaxis, with symptoms of recurrent nose bleed 2-3 times/week of age 45, from 6 months was administered with avapeeda nasya with durva swarsa and internal medication for 1 month. Results: Remarkable results were obtained with reduction in nasal bleeding.

KEYWORDS: Nasya, Nasagata raktapitta, Durva swarasa usheerasava, Kamaduga rasa.

INTRODUCTION

As per Ayurveda classics the sign and symptoms of nasagata raktapitta correlates with epistaxis. Among 31 Nasagata Rogas mentioned by Acharya Sushruta, Nasagata Raktapitta^[2] is one such disease. According to Acharya Charak Urdhwaga Raktapitta is an Asta Mahagada depicting the fact of its severity. It is the condition in which bleeding occurs through the upper orifices and taken as Urdhwaga Raktapitta this condition is categorised as subtype of urdhwaga rakta pitta, Pitta is the Pradhan dosha and Kapha is the Anubandha Dosha. Epistaxis is a condition of nose, often self limiting but it can be life threatening depending upon the frequency, amount of blood flow along with the underlying any local or systemic causes. Recurrent nasal trauma, rhinitis, hypertension, blood disorders, surgery, autoimmune diseases are some of the local and systemic causes while it often associated with changes in temperature and humidity in atmosphere.

Nosebleeds are caused by the rupture of a blood vessel within the nasal mucosa. Rupture can be spontaneous, initiated by trauma, use of certain medications, and/or secondary to other comorbidities or malignancies. An increase in the patient's blood pressure can increase the length of the episode. Anticoagulant medications, as well as clotting disorders, can also increase the bleeding time.

CASE REPORT

A 45 years old male patient approached the OPD with complaints of bleeding from nose. The patient developed complaint of bleeding from nose 6 months ago. Nasal bleeding occurred 2-3 times a week. On consulting an ENT specialist he was prescribed a nasal spray, the use of which did reduce the frequency of his complaint. Nasal pinching helped him to reduce the blood flow, time varied for few minutes. Bleeding occurred through both the nostrils .So for further management he came to our OPD.

On examination

On general inspection his external nose appeared normal. On anterior rhinoscopy, nasal mucosa was congested, bleeding spots were seen and there was slight DNS towards right side. All his vitals in normal limit. All hematological investigations of the patient are found normal when checked.

Ear examination: Normal

Nose examination: Anterior nasal bleeding (Few drops), Congested nasal mucosa

Throat examination: - Normal

Treatment

Detailed examination was done. Patient was eligible to take nasya karma. Nasya and samshana medicines were administered for 1 month.

1. Avapidana nasya

Nasya with durva swarasa for 7 days 4-4 drops per nostril. Two seating with 7day gap for next seating.

2. Shamana chikitsa

Kamaduga rasa^[3] along with usheerasava^[4] was given

3. Pathya - Apathya

Patient was advised to use cold milk, ghee, sugarcane juice and diet which doesn't cause heat in body. Citrus and sweet fruits like amla, dadima, draksha were advised to be taken when desired. Forceful blowing of nose and nasal pricking was asked to strictly avoid. Patient is also advised not to take (Lavana)salty, (Katu) spicy, Vidahi Padartha, Kulattha, Guda, Tila.

OBSERVATIONS AND RESULTS

Frequency of bleeding episodes significantly reduced after second seating of therapy and no side effect was observed during the treatment. The amount of blood loss was also reduced. The patient was then followed up for 1 month, once in every 15 days. No any side effect and recurrence of nasal bleeding is seen in follow up.

DISCUSSION

Durva^[5] (*Cynodon dactylon*) is indicated in Raktapitta as it has madhura and kashya Rasa, Laghu Guna, Sita Virya and Madura Vipaka. Durva swarasa is administered in the form of Nasya as absorption of drug from nasal cavity is of fast as nasal tissue is highly vascularized making it an effective site for rapid and efficient systemic absorption.

Kamadugha rasa and usheerasava both are mentioned in raktapitta adhyaya. it has direct effect on pitta dosha. Hence maintaining nasagata raktapitta.

CONCLUSION

This case study showed that Durva Swarasa Nasya therapy along with usheerasava and kamadugha rasa orally had been found very effective in this case. This treatment plan may be an efficient intervention to manage Nasagata Raktapitta through Ayurveda. However limitation of this study is that it is a single case study, so further research should be carried out in larger sample group to make generalization of the applied protocol.

REFERENCE

1. Agnivesa; Caraka Samhita with commentary Ayurveda Dipika of Cakrapanidatta, Chaukhambha Orientalia Varanasi, Reprint Edition, Chikitsa Sthana, 2009; 4: 434.
2. PL Dhingra, Diseases of ear, nose and throat, B. I Churchill Livingstone, Ch, 2009; 33: 175.
3. Susrutha: Susruthasamhitha with Nibandhasamgraha commentary by Dalhanaacharya, Chaukambhasurabharatiprakashan, Varanasi, Reprint, Uttara tantra, 2012; 22, 23: 648- 651.
4. Vagbhata: Ashtanga Hrudaya with the commentaries of Sarvangasundari of Arunadatta and Ayurveda Rasayana of Hemadri, Chaukambha Sanskritsansthan, Var anasi, Reprint, Chikitsa Sthana, 2009; 2: 575-580.
5. K.B. Bhargava, S.K. Bhargava, T.M. Shah: A Short Textbook of E.N.T Diseases, Usha Publications, Mumbai.
6. Georgata Osman, Classical and modern approaches to the causes and treatment of epistaxis, University of medicine and pharmacy, Craiova, 7 & 13.