

**EFFECT OF APAMARGA PRATISARANEEYA KSHARA ON NASAL POLYP-CASE STUDY****Rajeshwari<sup>1\*</sup>, Prathika K.<sup>2</sup> and Deenamanju<sup>3</sup>**

<sup>1</sup>Assistant Professor, Department of Shalyatantra, Glocal Ayurvedic Medical Science and Research Centre, Glocal University, Mirzapur Pole, Delhi - Yamunotri Marg, Saharanpur, Uttar Pradesh 247121.

<sup>2</sup>Ayurveda Consultant at Dhanvantari Ayurveda Clinic Sneha Complex, K. K Road, Perla, Kasargod, Kerala-671552.

<sup>3</sup>Assistant Professor, Department of Shalakya Tantra, Karnataka Ayurveda Medical College Mangaluru, Karnataka 575006.

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**\*Corresponding Author**

**Dr. Rajeshwari**

Assistant Professor,  
Department of Shalyatantra,  
Glocal Ayurvedic Medical  
Science and Research  
Centre, Glocal University,  
Mirzapur Pole, Delhi -  
Yamunotri Marg,  
Saharanpur, Uttar Pradesh  
247121.

**ABSTRACT**

Nasal Polyps are fleshy non-cancerous transparent growth that occurs inside the nasal cavity and along the sinuses. They are mainly linked to the allergies or asthma. Larger polyps can even block normal drainage from sinuses. In Ayurveda It may be correlated to *Nasaarsha*, and its formed due to aggravated *Doshas* and gets lodged in *Nasa*, which vitiates *Twak*, *Mamsa* and *Meda*, which leads to 4 types of *Nasaarshas* (*Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja*) It can be managed by *Aushada*, *Kshara*, *Agni* and *Shashtra karma*. In the nasal polyp medical treatment has the limitations. So, A parasurgical procedure which is explained in *Shaastra* is *Ksharakarma* is opted here. In spite of its *Soumya Guna Kshara* will do *Pachana*, *Vilayana*, *Shodana* and *Ropana* and of its *kshanana* and *Ksharana* actions can cure the *Arshas*. Hence here is a clinical trial done on a case of nasal polyp by *Kshara*, treatment was effective and no recurrence was noticed in the follow up.

**KEYWORDS:-** *Ksharakarma*, Nasal polyp, *Nasaarshas*, *Pratisarana*, *Anushastrakarma*

## INTRODUCTION

*Nasa* is the important organ of *urdhvajatru* and it is the gateway of cranial cavity as well as respiratory system. *Nasaarshas* is one among the 31 *Nasagata rogas*<sup>[1]</sup> mentioned in our classics. *Nasaarshas* can be correlated to Nasal polyp. Prolonged use of antihistamines and antibiotics leads to drug resistance and decreases immunity. Nasal decongestants bring about rebound congestion. Fear of Surgery, its Complications and cost have restricted many patients from undergoing surgery.

In Ayurveda, *Kshara karma* plays an important role. It is one among the *Anushastra karma's*<sup>[2]</sup> (Para surgical procedure) which is explained under *Upayantras*, *Anushastra* and *Shasti upakrama* as well.

Acharya Sushruta has quoted this *Kshara karma* as *Pradhanatama* while compared to *Shastra* and *Anushastra*.<sup>[3]</sup> In present era, it plays very important role in Ayurvedic surgery and it is modified in different form based on the use such as *Pratisaraneeya kshara*, *Paneeya kshara*, *Kshara sutra*, *Kshara pichu* and *Kshara varti* etc.

Acharya Sushruta emphasize on the practice of *Kshara karma* with cautions that when it is administered by an ignorant physician, it may harm the body like *Agni* (fire), *Shastra* (Weapon) and *Vajra* and can cause the death.<sup>[4]</sup> But if same *Kshara* is applied by skilled and experienced *Vaidya*, it can subside the various illness. Though Acharya Sushruta has given various options to treat *Arshas* like *Bheshaja*, *Kshara*, *Agni* and *Shastra* which is common treatment of *Nasaarsha* in general.<sup>[5]</sup> Among them *Kshara* is best *Anushastra* to treat *Arsha*.<sup>[6]</sup> Considering all these, *Kshara karma* is said to be effective in treating *Nasaarshas*. In this case the *Pratisaraneeya kashara karma* is done in *Nasaarshas* w.s.r to Nasal polyp.

## AIM OF THE STUDY

- To find out the brief action of *Pratisaraneeya Kshara* in nasal polyp

**Table 1: Case report.**

Signs and Symptoms <sup>[7]</sup>	Subject 1	Subject 2	Subject 3
Nasal blockage	+	+	+
Recurrent sinusitis	+	-	+
Nasal discharge	+	+	+
Mouth breathing	-	-	+
Sneezing	+	+	+
Anosmia	+	-	+
Heaviness of head	+	-	+

Table 2: External examination.

Symptoms	Subject 1	Subject 2	Subject 3
Shape	Normal	Normal	Normal
Size	Normal	Normal	Normal
Colour	Light brown and no any abnormal changes	Light brown and no any abnormal changes	Light brown and no any abnormal changes
Nasal Bridge	Straight	Straight	Slight DNS to Rt side
Anterior nares	Widened	Widened	Widened
Root of Nose	Normal	Normal	Normal

Table 3: Internal examination.

	Subject 1		Subject 2		Subject 3	
Nasal cavity	Right	Left	Right	Left	Right	Left
Cavity	Narrow	Normal	Narrow	Normal	Blocked	Narrow
Nasal mucosa	Congestion	Normal	Congestion	Normal	Congestion	Congestion
Turbinate	Inferior turbinate hypertrophy	Normal	Inferior turbinate hypertrophy	Normal	Inferior Turbinate Hypertrophy	Inferior turbinate hypertrophy
Nasal septum	Hypertrophy	Normal	Normal	Normal	Normal	Hypertrophy
Sensitivity of growth	Pain insensitive on probing	NA	Pain insensitive on probing	NA	Pain insensitive on probing	Pain insensitive on probing

Table 4: Observation and recording of data.

Signs and Symp.	Nasal Blockage		Recurrent sinusitis		Nasal discharge		Mouth breathing		Sneezing		Anosmia		Heaviness of head	
	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx
BT/AT	Y	N	Y	N	Y	N	N	N	Y	N	Y	N	Y	N
Pt 1	Y	N	N	N	Y	N	N	N	Y	N	N	N	N	N
Pt 2	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Pt 3	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N

## METHODOLOGY

### Treatment given

*Apamarga Prathisaraneeya Ksharakarma* was done under local anesthesia in a single sitting. Post operatively internal medications was given.

**Poorvakarma-** Collection of material required for procedure such as *Kshara*, Nasal speculum, Artery forceps, Spatula, kidney tray, Lignocaine 10% spray, *Nimbu swarasa*, Cotton balls.

Informed consent was taken

**Pradhana karma-** Area is properly illuminated and draped. Polyp is exposed with the help of nasal speculum and secretions over the polyp were wiped out with cotton balls. Lignocaine 10% spray was sprayed into the required nostril for anaesthetic effect.

**Lekhana karma** was done over the polyp with probe to attain hyperaemia in that area. The *Apamarga prathisaraneeya Kshara* was applied over the polyp and waited for hundred *Matrakala*, and it was washed with Nimbu Swarasa and distilled water.

**Paschath Karma-** Advised the patient to avoid exposure to direct sunlight, dust, breeze, cold and avoid head bath for a day.

Followup after 7days.

**Shamanoushadhis**

1. *Triphala Guggulu* 1 - 0 – 1
2. *Gandhaka rasayana* 1 – 0 – 1 for 2 weeks

## OBSERVATION

### Subject 1



Figure 1: Subject 1 Before treatment.



Figure 2: Subject 1 After 1 week.

### Subject 2



Figure 3: Subject 2 Before treatment.



Figure 4: Subject 2 After 1 week.

## Subject 3



Figure 5: Subject 3 before treatment.



Figure 6 - Subject 3 After 1 week.

Table 5: Results.

Signs and Symp.	Nasal Blockage		Recurrent sinusitis		Nasal discharge		Mouth breathing		Sneezing		Anosmia		Heaviness of head	
	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx	Before Rx	After Rx
BT/AT	Y	N	Y	N	Y	N	N	N	Y	N	Y	N	Y	N
Pt 1	Y	N	Y	N	Y	N	N	N	Y	N	Y	N	Y	N
Pt 2	Y	N	N	N	Y	N	N	N	Y	N	N	N	N	N
Pt 3	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N

Discussion on *kshara*

*Kshara* is an *Anushastra* karma, in the management of *Arsha* as it has *Lekhana*, *Chedana* and *Bedana* *Tridoshaghna*, *Teekshna* and *Ushna* property. In *Nasarsha* the *Dosha* predominance is *Kaphapradhana* *Tridosha* and *Dushya* is *Mamsa* as the *Kshara* has above said property it can reduce the vitiated *Mamsa*.

## Discussion on nasal polyp

*Nasa arsha* is one of the major surgical disease in nasal disorders. *Nasa Arsha* has been mentioned by Acharya Sushruta and Vagbhata in which they have clearly mentioned about the *Lakshanas* like difficulty in breathing, therefore patient breathes from mouth, fluid discharge from the nose, constant sneezing, nasal voice, bad smell in the nose and headache are the common symptoms. Ayurvedic line of management can be considered to be easy and more effective. There will be no recurrence of disease where *Kshara karma* is done. Predominant *lakshanas* such as *Srava*, *Shotha* and *Jalabahulyata* indicates predominance of *Kapha dosha*. This indicates the *Kapha dosha prabalata*, along with *Alpa pitta* and *VataKapha* and *Jalabahulyata* is seen in *samprapti* which indicates to bring about *Apatarpana* and *Rukshana*. For the reversal of pathology and because of the chronicity in the

case, *Pratisaraneeya kshara* was chosen for *Shodhana* purpose without aggravating other doshas.

### Mode of action of kshara on nasal mucosa

*Chedana*, *Bhedana* and *Lekhana* properties of *Kshara* cures the disease. Though first it produces the *kshata* (Injury or wound), later it gives relief (*Akshata*).

### CONCLUSION

Nasal Polyp can be correlated to *Nasaarsha* depending upon its *lakshanas*. In *Nasaarsha*, *Mamsa*, *Medo dhatu* vitiates and because of the *lekhana* action of *kshara karma*, the polyp mass shrinks out. Hence it can be concluded that *Apamarga kshara* in the form of *Pratisarana* can be considered as an effective method for treating *Nasa arshas*. There was no side effects or adverse effects shown After treatment. Ayurvedic management has been found to be very effective in this case by following proper *Pathya*.

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