

DUSHTA PRATISHYAYA (CHRONIC SINUSITIS) AND IT'S MANAGEMENT THROUGH PRADHAMANA NASYA – A CASE STUDY

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ABSTRACT

Introduction: *Dushta pratishyaya* is a condition which results due to improper management of *Pratishyaya*. *Pratishyaya* is clinically resembles with chronic sinusitis in modern science. Sinusitis is the inflammation of mucus membrane of paranasal sinuses. Environmental pollution and modified lifestyle is the main cause behind chronic sinusitis. Its prevalence is 27.5% in north India. Modern medical science has effective treatment in initial stage, while only surgical intervention can help in later stage. Among *Panchkarma*, *Pradhamana nasya* drain out *urdhwa jatrugat vata* and *kapha doshas* which are prominent in *Dushta pratishyaya*, thus this *Shodhan nasya* is selected for study. **Aim:** To study the role of *Pradhamana nasya* in the

management of *Dushta pratishyaya* w.s.r. to chronic sinusitis. **Objectives:** To study the role of *Pradhamana nasya* to reduce the symptoms of *Dushta pratishyaya* w.s.r. to chronic sinusitis. **Materials and Methods:** 1) *Nidanparivarjana* 2) Single clinical trial of *Pradhamana nasya* with *Katphala churna* in *muchuti matra* given for 5days followed by 7days gap upto 3 settings with *Sitopaladi churna* 3gm bd orally. **Conclusion:** Ayurvedic *Shodhana karma* and medicines help in management of *Dushta pratishyaya*.

KEYWORDS: *Dushta pratishyaya*, Chronic sinusitis, *Shodhana nasya*, *Pradhamana nasya*, *Kataphala churna*.

INTRODUCTION

Acharya Sushruta has explained *Pratishyaya* after explaining *Nasagata Roga* in detail.^[1] *Dushta Pratishyaya* has not been mentioned as saperate disease rather it is considered as complication of different types of *Pratishyaya*.^[2] *Dushta Pratishyaya* is very difficult to treat.

It can cause many complications like *Bhadhira*, *Andhatva*, *Ghrananasha*^[3] etc. The features of *Dushta Pratishyaya* are similar to that of Chronic Sinusitis in modern science. Nasal discharge, nasal blockage, headache, anosmia, heaviness in the head etc are the common features of this disease.^[4]

Nose is the uppermost part of respiratory tract and is the passage for air. It is in direct contact with the external environment. Increased environmental pollution and modified lifestyles in the present era commonly leads to rhinitis. Earlier sinusitis is defined as the inflammation of mucosa of sinuses. However as this condition is invariably associated with inflammation of the nasal mucosa, hence the term 'rhinosinusitis' has been preferred. Chronic rhinosinusitis is a chronic inflammatory disease of nasal and paranasal sinus mucosa where symptomatology has continued beyond 12 weeks.^[5] Prevalence of chronic sinusitis is 27.5% in rural north India.^[6]

Acharya Sushruta has already mentioned that improper management of *Pratishyaya* and poor dietary habits^[7] can lead to chronic phase of disease termed as *Dushta Pratishyaya*.^[8] In modern science chronic sinusitis is treated with broad spectrum antibiotics, nasal topical decongestant, saline irrigation, steroid sprays, anti-allergy treatment and surgery. Endoscopic sinus surgery is used for those who fail medical treatment. Structural variants which obstruct sinus drainage are corrected to provide drainage and ventilation to sinuses. Medical treatment should be continued after surgery for long term relief.^[9]

Acharya Sushruta has not clearly mentioned treatment of *Dushta Pratishyaya*, while *Vagbhatacharya* explained its treatment similar to *Rajyakshma* and *Krimi roga*.^[10] *Pradhamana Nasya* is best among all *Shodhana Nasya* for elimination of *urdhva-jatrugata doshas*, which mainly occurs due to predominant Kapha dosha. Hence *pradhamana nasya* with *katphal churna* is selected for present study with *Sitopaladi churna* as *shaman* drug.

AIM AND OBJECTIVE

1) To assess the combined effect of *Pradhamana Nasya* with *Katphala churna* and *Sitopaladi Churna* with *madhu* internally in *Dushta Pratishyaya*.

MATERIAL AND METHOD

Subject for the study was selected among the patients attending the OPD of Dept. of *Shalakyatantra*. A 44 year Male having complaints of *Dushta Pratishyaya* since 3years,

having occupation in which field work is involved with exposure to environmental pollutants was selected for study. Patient having no history of any major illness was selected.

On Examination: Ear – Bilateral NAD, Throat – NAD.

Nose- Nasal discharge of yellowish white colour, Bilateral Inferior nasal turbinates hypertrophy, Nasal mucosal congestion, Nasal septum- NAD.

Investigations: 1) Haematological investigation- CBC was WNL.

2) X-ray PNS water's view before and after starting the treatment

2) **Treatment :** 1) *Nidanparivarjana*

2) *Pradhamana Nasya* with *Katphala churna* given for 5 days followed by 7 days gap. Total 3 settings of *Pradhamana Nasya* are done with 7 days gap.

3) *Sitopaladi Churna* 3gm *Pratahakal* and *Nishikal Bhojanottar* with *madhu* given for 30 days.

Selection of Drug: *Katphal Churna* for *Pradhamana Nasya*.: The properties of these drugs helps to remove vitiated predominant *Doshas* through *Nasa* in *Dushta Pratishyaya*

Katphal(Myrica Escullenta)	Rasa	Guna	Virya	Veepaka	Karma
	<i>Kashaya Tikta Katu</i>	<i>Laghu Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kandughna Shothaghna</i>

Drug	Matra
<i>Sita</i>	16
<i>Tugakshiri</i>	8
<i>Pippali</i>	4
<i>Bruhat Ela</i>	2
<i>Twak</i>	1

Sitopaladi Churna:^[11] *Sitopaladi churna* is *Shamana* drug and it helps in *Kaphaj vikar* by *Kapha Shamana*.

Procedure and Mode of action

Purvakarma: 1) *Urdhvanga Abhyanga* –with lukewarm *Til Taila* is done. It causes *Mrudutva* and increases blood supply.

2) *Swedana* - given after covering the eyes with cotton swab. It liquefies accumulated *Kapha Dosh*. Permeability of blood vessels increases due to vasodilatation, result of which, absorption of drug takes place easily.

Pradhana Karma: Required dose of *Katphala Churna* is kept in the one end of *Nadiyantra* was cautiously inserted into one nostril of patient and blown from end by physician through mouth. The same procedure was repeated in other nostril, that induce sneezing which helps to remove Nasagata Doshas.

Pashchat karma: *Urdwanga Swedana* will be done and Patient is advised to spit out the collected secretions. *Kaval* with lukewarm water is given. *Pathya Apathya* must be followed.

Criteria of Assessment

Assessment was done on the basis of improvement in the clinical condition of the patient that is relief in signs and symptoms of *Dushta Pratishyaya*. Scoring was done according to following scale.

A) Subjective criteria

SYMPTOMS	SCORE
1) <i>Nasa Srava</i> (Nasal discharge)	
• No discharge	: 0
• Occasional	: 1
• Frequent	: 2
• Continuous heavy	: 3
• Continuous heavy and foul smell	: 4
2) <i>Nasavarodha</i> (Nasal obstruction) :	
• No obstruction	: 0
• Partially, occasionally and unilateral	: 1
• Partially, occasionally and bilateral	: 2
• Complete, frequently and unilateral	: 3
• Always complete and bilateral	: 4
3) <i>Shirahshoola</i> (Headache)	
• No headache	: 0
• Occasionally with low intensity	: 1
• Frequently with moderate intensity but Do Not disturb daily routine work	: 2

- Always with moderate intensity,
some times disturb routine work : 3
- Always severe intensity associated
With Vomiting, nausea etc : 4

4) *Kshavathu* (Sneezing)

- No sneezing : 0
- Occasionally <5/day : 1
- 5-10 times / day : 2
- 11-15 times / day : 3
- >16 times / day : 4

5) Tenderness of Sinuses:

- No pain on palpation : 0
- Mild pain on palpation : 1
- Moderate pain on palpation : 2
- Severe pain on palpation : 3

B) Objective criteria: For assessing the disease X-ray PNS Water's view was evaluated before and after the treatment.

OBSERVATIONS AND RESULT

Chief complaints	BT (Day 1)	Day 12	Day 24	At(Day 36)
1) <i>Nasastrava</i> (Nasal discharge)	3	3	2	1
2) <i>Nasavarodha</i> (Nasal obstruction)	2	1	1	0
3) <i>Shirah Shoola</i> (Headache)	2	2	1	0
4) <i>Kshavathu</i> (Sneezing)	3	2	2	1
5)Tenderness of sinuses	2	2	1	0

6) Radiological investigations (X -ray PNS): Complete opacification at Both maxillary sinuses present when patient come to opd for treatment. After receiving treatment X- ray shows mild reduction in opacification at both maxillary sinuses.

DISCUSSION

In *Ayurvedic* classics, Dushta Pratishtyaya covers nasal and paranasal infections. Hence, signs and symptoms of *Pratishtyaya* can be correlated with sinusitis. In modern medical sciences sinusitis is treated with wide range of antibiotics and decongestants in initial stages and

surgical management in chronic cases. *Dushta Pratishyaya* is a chronic phase of *Pratishyaya* with *Kapha and Vata doshas* vitiation and is difficult to treat.

One of the *Panchakarma* mentioned in *Ayurvedic* texts, *Nasya* therapy is a process in which the drug in various forms is administered through the nose. *Nasya* therapy is highly effective to cure the number of diseases related to supraclavicular structures. *Nasyakarma* enhances the activity of sense organs and prevent the diseases of *Urdhwanga*.

Pradhamana is *shodhana* type of *Nasya* in which removal of vitiated *Doshas* in *Urdhwajatrugata Pradesh* is achieved through Nose. *Pradhamana Nasya* is mainly used for the diseases of vitiation of *Kapha Dosha* that includes headache, heaviness in the head, cold, nasal congetion, sinusitis etc. As in *Dushta Pratishyaya Vata* and *Kapha* are predominant *doshas* which need to be drained out. So, *Pradhamna Nasya* helps in drainage of vitiated *Kapha dosha* through *Nasa* and reduces the signs and symptoms of sinusitis. While *Sitopaladi Churna* is a *Shamana* drug helps in *Kaphashamana*.

CONCLUSION

Considering the entire factors regarding treatment of *Dushta Pratishyaya*, *Ayurvedic shodhana karma* help in management of this disease. In above case study, significant reduction was obtained in *Nasastrava*, *Nasavarodha*, *Shirshoola*, *Kshavathu*, sinus tenderness and opacification of sinuses in X ray after treatment. Hence, *Pradhamana Nasya* with *Katphal churna* and *Sitopaladi Churna* with *Madhu* internally helps in management of chronic sinusitis.

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