



# **A CASE STUDY ON AYURVEDIC MANAGEMENT OF CHRONIC SINUSITIS W.S.R TO DUSHTAPRATISHYAYA**

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## **INTRODUCTION**

Chronic sinusitis or Chronic rhinosinusitis is an inflammation of the paranasalsinuses and nasal cavity where the symptoms last more than 12 weeks .The sinuses most commonly involved is the maxillary followed by ethmoid, frontal and sphenoid. When, more than one sinus are involved called as (multisinusitis). Sometimes all the sinuses are involved, resulting in pansinusitis.The clinical picture of this shows the predominance of in the Kaphavata dosha and can be correlated with *Dushta Pratishtyaya* .This case study show that Ayurvedic treatment which give effective results in Chronic sinusitis.

## **CLINICAL PROFILE OF THE PATIENT**

A 29 year male patient visited the OPD of Shalakyatantra department at Dhanvanatari Ayurvedic Medical college and hospital Bareilly on 20/04/2023 with the following complaints:

OPD/IPD No-1XX49

AGE/SEX-29 years/ Male

Date of Admission-20/04/2023

Date of Discharge-26/04/2023

Follow up - 1<sup>st</sup> Follow up - After 10 days ,2<sup>nd</sup> Follow up –15days after 1<sup>st</sup> followup ,  
3<sup>rd</sup> Follow up –30days after 2<sup>nd</sup> followup

## **CHIEF COMPLIANT**

- Nasal blockage specially in the morning hours ,Frequent & severe sticky discharge from nasal cavity, Heaviness over eyes and head region, severe headache since 5 Years.
- Sneezing more than 10 bouts in a day /occasionally.
- Post nasal dripping-present.
- Alter in smell perception /occasionally.
- Frequent Headache of Severe intensity (3-4 episodes in a week)
- Occasional Nausea , Anorexia .
- Aggravating factor- change in weather & dusty atmosphere, intake of fruits, cold beverages,
- Relieving factor- nasal decongestant drops .

## **PERSONAL HISTORY**

- Appetite-Poor
- Bowel-Constipated
- Bladder -Normal
- Sleep-altered due to nose block
- Built- Normal

## **HISTORY OF PAST ILLNESS**

- Drug History - Was under Antihistamine and steroids for more than 1 year and got symptomatic relief
- Family History - Not significant



- Surgical History -
  - \* 4 Years back Rhinoplasty was done. He Remained symptoms free for 8 months but developed all symptoms again after that.
  - \* Underwent polypectomy 5 years ago.

## EXAMINATION OF PATIENT

### GENERAL EXAMINATION

- CNS-well oriented to person , place and time.
- CVS-S1, S2 is audible , No murmur.
- RS-No obvious deformity , with B/L clear chest , no added sound present.
- Digestive system-decreased appetite and constipation.
- Endocrine system & Excretory system -revealed no abnormality clinically.

### LOCAL EXAMINATION

Nasal Cavity

#### Anterior Rhinoscopy

- Anterior Part of inferior & middle turbinates with their meatus : Hypertrophied left side
- Mucosa:Thick , Pale and sticky
- S shaped deformity

#### Posterior Rhinoscopy

- left tonsillar hypertrophy – present

**Sinus tenderness:** Bilateral Maxillary and Ethmoidal sinus tenderness -Present

### INVESTIGATION

- AEC-448/cumin
- CT PNS- suggestive of Chronic Maxillary Sinusitis.

### MANAGEMENT

Following treatments were administered at **Indoor day care visit In April 2023**

**Nasya-**

- **Poorvakarma of Nasya:**mild jatrurdwa abhyanga done with Ashwagandha bala lakshadi taila
- **Swedana:**Dashamoola kashaya nadi swedana.
- **Nasya:**Anutaila 12 drops were used for 7 days.
- **Kavala :**After Nasya patient was advised Kavala with lukewarm water along with saindhava and Turmeric powder .
- **Dhoompana:**was given with Haridra varti.

**Avagundana-**

- Performed with Tulsi+Haridra churna+Dhanyaka twice in a day
- **With Nasyam following oral medications were also given-**
- Pippalyasava 20ml mixed with 40 ml of warm water twice a day after food.
- Haridra kanda 5 gm twice a day along with warm water.
- Lakshmi vilasa rasa 250 mg tablet made powder and used twice a day after food along with honey
- Chitraka Hareetaki lehya 1 tsp twice a day after food with warm water and steam inhalation at bed time daily with Nostris capsule (advised during discharge).

**Patya and apatya during treatment:** During 7 days of hospital based treatment patient was advised to not to take head bath. Patient was further advised to avoid AC completely, day sleep, curd –banana etc, all in one to avoid sheeta , guru & kaphaj aahar vihar.

**Discharge medicines:** After 7 days of hospital based treatments patient was advised to continue all oral medications as mentioned above , also advise to take Chitraka Hareetaki lehya and steam inhalation at bed time daily with Nostris capsule (kottakal)



## FOLLOWUP

### 1<sup>st</sup> Follow up - After 10 days

#### Examination: Rhinoscopy

- Lower & ant. Part of the septum : Normal
- Anterior Part of inferior & middle turbinates with their meatus : Hypertrophied
- Mucosa: Pink/Pale/Red/Normal : Normal
- Pharyngeal tonsil : Present
- Nasal septum: Deviated : Y/N : Yes, S shaped deformity
- Obstruction of Nose : Y/N- No
- Loss of smell- No
- Headache-Reduced significantly
- Sinus tenderness- left maxillary sinus mild tenderness present

#### Treatments advised:

- Patient was advised to follow both *Aharaja* and *viharaja pathyas*.
- *Pratimarsha nasya*- With *Anu Taila* 2+2 drops in each nostrils before food twice daily.
- All oral medications to be continued.

### 2<sup>nd</sup> Follow up –15days after 1<sup>st</sup> followup

#### Examination: Rhinoscopy

- Nasal Discharge- Reduced a lot.
- Nasal Obstruction- No
- Nasal Mucosa –Normal
- Smell Perception-normal
- Sneezing- Absent
- Headache- Number of attack had been reduced (2 attacks were observed)
- Sinus tenderness- Absent

#### Treatments advised:

- Patient was advised to follow all *Aharaja* and *viharaja pathyas*.
- *Pratimarsha nasya*- With *Anu Taila* 2+2 drops in each nostrils before food twice daily.
- And advised only to continue *Chitrakaharitakilehya*.

### 3<sup>rd</sup> Follow up –30days after 2<sup>nd</sup> followup

#### Examination: Rhinoscopy

- Nasal Discharge- very less & occasionally.
- Nasal Obstruction- No
- Nasal Mucosa –Normal
- Smell Perception-Normal
- Sneezing- Absent
- Headache- Absent

#### Treatments Advised:

- Patient was advised to follow all *pathya & apathyas*.
- *Pratimarsha nasya*- With *Anu Taila* 2+2 drops in each nostrils before food twice daily.
- *Chitraka Hareetaki Lehya* 1 tsp in night only with warm milk for 1 month.

## OBSERVATIONS & RESULTS

- Patient came with the history of Nasal blockage specially in the morning hours, Frequent & severe sticky discharge from nasal cavity, heaviness over eyes and head region along with episodes of severe headache.
- Patient was using modern medicines to get symptomatic relief.
- All symptoms of patient reduced much after *Anutaila nasya & Avagundana*.
- Patient was getting regular follow-ups & symptoms & complaints got further reduced.
- There was significant improvement in sinusitis condition after hospital based *Nasya* & other treatments & got further



improved in follow up visits.

## DISCUSSION

- A large number of Ayurvedic drugs are used in *Dushta pratishyaya* treatment, where *Gudardraka nasya* has given significant result which can't be advised in extremely hot and humid weather conditions .
- The present study was aimed to evaluate the therapeutic efficacy of the Ayurvedic Management of *Nasya & Avagundana* along with oral medication in prevention and improvement of Chronic Sinusitis Cases specially in extremely hot and humid region.
- It may be the probable mode of action of *Shodhana marsha nasya of Anutaila & Avagundana*, the vitiated doshas which are adherent to the srotasas i.e channels become soft , get displaced from its places because liquification action of drugs used during procedure (*Dushta kapha* got cleared and *gati of prana* and *udana vata* got regulated)
- Above mentioned medicines for oral treatment that patient got significant improvement, because of it content dries the excessive secretions in sinuses and nasal cavity , improves digestive power and immunity.

## CONCLUSION

In patients of Chronic Sinusitis there was marked reduction of symptoms.No unwanted effect of therapy was observed during treatment and during followup period So it can be concluded that these Ayurvedic procedure along with oral medicines are very effective in management of Chronic Sinusitis. but to establish this effect further study of longer duration and larger sample is required.