



Case Study

AN AYURVEDIC APPROACH IN THE MANAGEMENT OF NASANAHA

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ABSTRACT

Nasal pathway being primary passage for respiration along with olfaction and plays a vital role in filtration, purification and humidification of inspired air and protection of lower airway. Any disturbance in anatomical structures of nasal cavity leads to impaired function of nose. It can be understood as *Nasanaha* in Ayurveda. *Nasanaha* is disease of *Nasa* which is described in *Sushruta Samhita* and *Ashtanga Hridaya*. Primary treatment modalities described for *Nasanaha* are *Snehapana*, *Snigdha Dhoomapana*, *Balataila Prayoga* etc. In this case report, a 38-year-old male patient came to OPD with presenting complaints of Nasal blockage along with occasionally headache since 3 years. On examination, he had deviated nasal septum towards right side. He was treated with *Agastya Haritaki Avaleha*, *Marsha Nasya* along with other oral medications. Treatment protocol adopted for *Nasanaha* without recurrence in follow up period is described in this case report.

INTRODUCTION

Nasal obstruction affects 30-40% of global population^[1]. Nasal pathway being primary passage for respiration along with olfaction and plays a vital role in filtration, purification and humidification of inspired air and protection of lower airway^[2]. Any disturbance in anatomical structures of nasal cavity leads to impaired function of nose. Nasal obstruction is the subjective perception of difficulty in nasal passage for respiration. It affects at least 30-40% of population worldwide.^[3] It is primarily driven by anatomical variations like a Deviated nasal septum (DNS), allergic rhinitis, inflammatory conditions of nose and paranasal sinuses and other respiratory tract infections.

Nasal obstruction or blocked nose is a frequently seen problem characterized by insufficient airflow through the nose, which can be a subjective sensation or the result of objective pathology. Depending on the condition, the obstruction can be

temporary or permanent, unilateral or bilateral, partial or complete, of recent origin or long termed and can be with or without associated symptoms.^[4]

The word *Nasanaha* is understood as obstruction of nose.^[5] *Acharya Sushruta* has described *Nasanaha* as '*Nasapratinaha*' in 31 *Nasagata Roga*. According to him, *Udana Vayu* gets *Avrita* by *Kapha Dosha*, becomes vitiated and goes beyond its original site, leads to obstruction in the nasal pathway.^[6]

Nasya Karma along with *Snehapana*, *Snigdha Dhoomapana*, *Balataila Prayoga* along with oral medications can manage *Nasanaha*.

Case Report

History of present illness

A 38-year-old married male patient living in Jamnagar city, came to OPD with presenting complaints of nasal blockage along with occasionally headache since 3 years. Nasal blockage usually persists for whole day, which is bilateral and is from longer duration along with he experienced headache sometimes. He is a corporate worker. He faces AC exposure in office hours. Aggravating factors include; night time and cold item intake. There is no history of Allergy. Thus, he came here for management of his symptoms which is bothersome for his daily life activities.

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History of past illness

No any specific past history found.

Personal history

Nidra- 7 hours/night, *Divaswapna* – 1 hour/day

Kshudha- *Samyaka*

Malappravriti- 1-2 times/day

Mutrapravriti- 5-6 time/24 hours

No history of HTN and DM.

Ashtavidha Pariksha

Nadi- *Vata Pittaja*

Shabda- *Prakruta*

Mutra- *Prakruta*

Sparsha- *Prakruta*

Mala- *Prakruta*

Drika- *Prakruta*

Jihva- *Prakruta*

Akriti- *Madhyama*

Therapeutic Interventions**Vitals**

BP- 126 /78 mmHg

Pulse – 82/ min

Temperature – 98.7°F

Respiration rate- 16/min

Sign and symptoms

- Nasal blockage [Bilateral] – 3 years
- Headache occasionally – 3 years

Disease specific examination

- Nose- Bilateral ITH (Inferior turbinate hypertrophy)
- DNS towards right side
- Bilateral congested nasal mucosa
- Para Nasal Sinuses- Right anterior ethmoidal sinus tenderness present
- Ear- Normal
- Throat- Normal

Abhyantara Chikitsa

S.No.	Ayurvedic Medicine	Dose	Duration
1.	<i>Sitopaladi Churna</i> ^[7] 3gm + <i>Yashtimadhu Churna</i> 1gm + <i>Chandramrita Rasa</i> 500mg	3 times after food with <i>Madhu Lehanarthe</i> (licking)	3 months
2.	<i>Agastya Haritaki Avaleha</i> ^[8]	(5-5 gm) 2 times after food <i>Lehanarthe</i> (licking)	3 months
3.	<i>Dashamoola Kwatha</i> ^[9]	(10 gm) 2 times before food	3 months

Bahya Chikitsa

S.No.	Procedure name	With	Duration
1.	<i>Marsha Nasya</i>	<i>Anutaila</i> ^[10]	2 sittings of 7-7 days with interval of 7 days in between
2.	Steam inhalation	-	Twice a day for 3 months

OBSERVATION AND RESULT

After completion of 3 months of treatment along with 2 sittings of *Marsha Nasya* and follow up for 2 months, clinical assessments were observed from interrogation with patient himself. The outcome observed are as follows-

S.No	Sign and Symptoms	B.T.	After completion of 1 st sitting of <i>Nasya</i>	A.T. After completion of 2 nd sitting of <i>Nasya</i>	Follow up
1.	Nasal blockage	+++	++	-	-
2.	Nasal blockage (only at night time)	+++	++	+	+
3.	Headache occasionally	++	++	+	-
4.	Congestion of nasal mucosa	++	+	+	-
5.	Hypertrophied Inferior turbinate	+++	+++	++	+

After 1st sitting of *Nasya Karma* along with internal medications, there was mild reduction in symptoms while after 2nd sitting of *Nasya Karma*, there was marked improvement observed in symptoms. After completion of treatment protocol, patient had

overall 90% relief in nasal blockage and headache. Nasal blockage persists only at night time after treatment with no recurrence in 2 months of follow up period.

DISCUSSION

'Nasa Hi Siraso Dwaram'^[11] Shloka suggests importance of *Nasya Karma* which can be done by nasal route. Medications administrated through nasal route pacifies *Vata-Kapha Dosha* and nourishes local *Dhatu* which is contributed for any inflammatory changes in disease pathology. *Anutaila* mentioned in *Astanga Hridaya*, has *Vata-Kapha Shamaka* properties which helps to lubricate nasal mucosa along with reduction in nasal obstruction. It eases drainage of sinuses and makes breathing easier.

Agastya Haritaki Avaleha has *Haritaki*, *Pippalimoola*, *Apamarga*, *Chitraka* etc drugs which may contribute in reduction of obstruction by their *Lekhana* and *Pachana* properties. *Agastya Haritaki Avaleha* has *Ushnavirya*, *Katuvipaka*, *Agnidipana*, *Amapachana* and *Sroto Shodhana* (cleansing of channels) properties. By these properties, it has effect on *Pranavaha Srotasa* by clearing mucus and soothes nasal mucosa.

Dashamoola Kwatha, an Ayurvedic classical herbal formulation has anti-inflammatory property as well as analgesic effect. It relieves nasal blockage by reducing any inflammation in respiratory tracts and also helps as bronchodilator and expectorant which loosens mucosa and provide relief in nasal obstruction.

Combination of *Sitopaladi Churna*, *Yashtimadhu Churna* and *Chandramrita Rasa* helps relieve nasal blockage and congestion by balancing *Vata* and *Kapha Dosha* in body. It clears airway by drying up secretions and reduction of *Kapha* production. It also helps in increasing immunity.

CONCLUSION

As per above mentioned case report, it can be concluded that, with *Nasyakarma*, *Agastya Haritaki Avaleha* and other internal medications *Nasanaha* can be managed effectively and can improve quality of life of patient. With Ayurvedic treatment protocol, we can reduce chances of recurrence of nasal obstruction also.

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