



ROLE OF ANU TAILA NASYA IN FRONTAL SINUSITIS-A CASE STUDY

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ABSTRACT

Sinusitis is common type of headache associated with facial pain, frontal headache heaviness in forehead along with nasal complains. People would be frustrated with the pain, nasal complains, sleeplessness and other pressure symptoms. Nose is considered gateway of head nerves and nasya karma help to deliver the medicine to brain. The incidence of sinusitis appears to be increasing. Patients spend more money on nonprescription medications in an effort to obtain symptomatic relief from this disorder. As per *Ayurveda Anutailanasya* is one of the *Shaman* type of *nasya*. Anutaila is tridoshashamak anti inflammatory gives strength to nerves and has capacity to spread through minute channels. It is the cheap and easy remedy to use hence can be taken for study. It relieves from all the symptoms of sinusitis.

KEY WORDS: *Ayurveda Anutailanasya*, tridoshashamak anti inflammatory.

INTRODUCTION

Nearly everyone has experienced a sinus problem. A stuff head with pain & pressure around the face, are common symptoms of sinusitis due to colds, allergies or a sensitivity to airborne pollutants. Sinusitis is an inflammation of the sinuses caused by virus, bacteria, fungus, allergy or an autoimmune reaction. Sinusitis word comes from the Latin word *sinuo* meaning "bend, wind, curve" & the Greek it is meaning "pertaining to". Normal sinuses are lined with a thin layer of mucus that traps dust, germs & other particles in the air. Tiny hair like projections in the sinuses sweep in the mucus towards opening that lead to the back of throat. From there, it slides down to the stomach. This continual process is a normal body function. Sinus disease stops the normal flow of mucus from the sinuses to the back of throat. As all sinuses open into the nose through meatus.

FRONTAL SINUSITIS

- **Age:** It usually occurs after the age of 15 years but it may affect even children aged 5 years.
- **Sex:** It affects both the sexes equally.

PREDISPOSING FACTORS

- 1) Nasal obstruction results in the stagnation of secretions in the sinuses.
- 2) Nasal allergy may lead to blocking of the nose & obstruction to the drainage of sinuses.
- 3) Dental infection cannot cause frontal sinusitis.

4) Fungal infection can cause sinusitis which is more likely in patients with deficient immunity.

SYMPTOMS

- 1) Pain is in the frontal region & may radiate to the temporal & parietal region.
- 2) Initially the pain is due to obstruction of air in the sinus, when the frontonasal duct gets blocked.
- 3) Pain is maximum in the morning & gradually subsides during the course of the day.
- 4) Oedema of the sinus.

In *Ayurveda* it is said that,

We can apply *nasya karma* in case of frontal Sinusitis.

CASE STUDY

- A 24 years old female, Hindu by religion, housewife presented at the OPD of our hospital having complaints of Headache, blocking of nasal since 6 months.
- Patient was alright before 6 months & then gradually she start developing pain in frontal head region.
- After taking history it is found that she used to get relieved with modern medicines for same complaints, but get relief only when medicines are going on.
- So she came to our hospital for treatment.
- On examination, patient is having frontal sinus tenderness.
- Systemic examination revealed no abnormality.

DIAGNOSIS

The condition was diagnosed as Frontal Sinusitis.

MANAGEMENT AND OBSERVATION

She was treated with following medicines.

Anutailanasya- 2 drops in each nostrils in the morning after sthaniksnehana with til tail and sthanikswedana with proper procedure for 7 days.

The patient took her treatment for 7 days with marked relief in symptoms of headache.

CONCLUSION

- *Anutailanasya* is beneficial as it marked relief over symptoms & also drug is easily available.

- No adverse reaction has been reported during treatment.

- The study concludes that *Anutailanasya* is effective in the management of frontal sinusitis.

DISCUSSION

Anutailanasya is most effective treatment mentioned for Frontal sinusitis. As per *Ayurveda*, *Anutaila* contains *Shirovirechakdravya*. It pacifies *vata* and relieves the symptoms of Frontal sinusitis.

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