



MANAGEMENT OF DUSHTAPRATISHYAYA W.S.R. TO CHRONIC RHINOSINUSITIS WITH CHATURJAT CHURNA PRADHAMAN NASYA AND VYOSHADI VATI - A SINGLE CASE STUDY

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ABSTRACT

Dushtapratishyaya or Chronic Rhinosinusitis is very common complaints in clinical practice seen in urban places. This drags patient to doctor because of severe headache, purulent nasal discharge, nasal obstruction, foul smell through nose, heaviness and altered olfaction. Nasal congestion, purulent discharge, altered secretion and blockage are chief events in *Dushtapratishyaya*. Elimination of mucous, relieving of obstruction, cleansing the channel is the line of treatment. The present case study is about female patient having *Dushtapratishyaya*. Acharya Yogratnakar has advised a *Chaturjat Pradhama Nasya* in treatment of *Pratishyaya*.^[1] In other words *Shodhan* with *tikshna*, *ushna*, *kaphahara dravyas* having *ugra gandha* are to be selected. So *Chaturjat Pradhama Nasya* and *Vyoshadi vati* orally as a *shaman chikitsa* were given to the patient which results in improvement.

KEYWORDS: *Dushtapratishyaya*, chronic rhinosinusitis, *Pradhama Nasya*, *Vyoshadi Vati*.

INTRODUCTION

Dushta Pratishyaya is a chronic stage of *pratishyaya* and *kapha dosha* is predominant in this condition. *Dushtapratishyaya* has not mentioned as a separate disease but, rather it considered to be the complication of different type of *pratishyaya*.^[2] According to sign and symptoms the disease *Dushtapratishyaya* can be correlated with chronic rhinosinusitis. The disease characterized by facial pain, purulent nasal discharge, nasal obstruction, headache, anosmia heaviness in head etc.^[3] Elimination of mucous, relieving of obstruction, cleansing the channel is the line of treatment.

So the *chaturjat pradhama Nasya* having antitoxic, antimicrobial, antiviral, anti allergic properties and *vyoshadi vati*^[4] having *deepen*, *pachana*, *strotoshodhan*, *vatanuloman*, *shothahara* and *rasayan* properties are to selected.

AIM AND OBJECTIVES

- ✓ To assess the effect of *chaturjat pradhama nasya* and *vyoshadi vati* in *Dushtapratishyaya*.
- ✓ To establish the Ayurvedic line of treatment in chronic rhinosinusitis.

CASE STUDY

A female patient of age 27 years old which is housewife

by occupation comes to OPD of *shalakyatantra* with C/O -

1. Anosmia (3yrs)
2. Foul smell through nose (2yrs)
3. Headache (1.5yr)
4. Nasal obstruction / difficulty in breathing (1.5yrs)
5. Yellowish thick discharge through nose (1.5yr) H/O - allergy to dust

No H/O DM/HTN or other major illness Family history – NAD

O/E – Nasal cavity (anterior rhinoscopy)

- Congested/ inflamed nasal mucosa
- Minimal DNS towards left side
- Hypertrophy of inferior turbinate
- Purulent discharge seen

Sinuses: Tenderness present on bil. maxillary sinus.

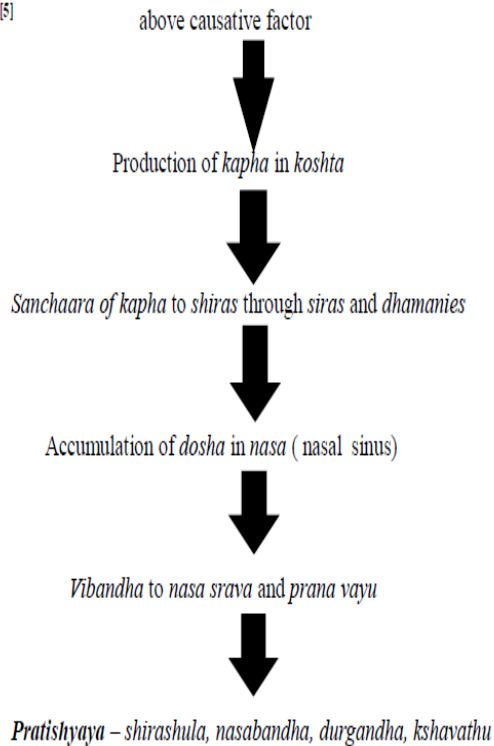
Nidan panchaka

Nidana – *Raja* (dust), *dhuma* (fumes), *tushar*(mist), *pragvaata* (early morning cold wide), *shetetala aahara*(frozen food), *chinta*(stress).

Poorvarupa- Nasal irritation, sneezing (*kshavathu*).

Rupa- thick mucoid purulent nasal discharge (*Ghana puti srava*), altered blockage and discharge, *shirashula* (headache).

Samprapti:^[5]



Investigations

1. Haematological – CBC – WNL BSL -R - 77mg/dl
2. Radiological examination - X-ray PNS (water’s view) – Haziness in bilateral maxillary sinuses.

Upashaya: *ushna padartha*

Anupashaya: *dhuma, raja, tushar, sheetambu and pragvata*

Differential diagnosis

1. *Sooryavarta*
2. *Dushtapratishyaya*

Final diagnosis: *Dushta pratishyaya.*

Assesment criteria: subjective criteria.

| Sr. No. | | 0 | 1 | 2 | 3 |
|---------|-----------------------------|-----------------------------|---------------------------------|---|-------------------------------|
| 1 | Nasal Discharge | Absent | Mucoid | Mucopurulent | Purulent/yellowish/greenish |
| 2 | Headache | Absent | Occasional headache | Intermittent headache and more on head lowering posture | Continuous throbbing |
| 3 | Nasal obstruction | No feeling of nasal block | Intermittent alternate blockage | Continuous and alternating block | Bilateral block more on one s |
| 4 | <i>Gandhagayana vikruti</i> | No disturbance in olfaction | Hyposmia with no taste disturb | Hyposmia with tastelessness | Anosmia |

Objective criteria

| Sr. no. | | 0 | 1 | 2 | 3 |
|---------|-----------------------|--------|--|---|--|
| 1 | Tenderness over sinus | Absent | Present on frontal or maxillary sinus unilaterally | Present on frontal and maxillary sinus unilaterally | Present on bil. Frontal or maxillary sinus |

Chikitsa sutra: *Amapachana, kapha vilayana, kapha hara, durgandha haran, nasa marga shodhana, prakruta ghrana samjana sthapana* (detoxification, expectorant, mucolytics, stimulant, nasal chanel decongestion).^[6]

Line of treatment^[7]

- *Krimi hara T/t*

- *Kshaya hara T/t*
- *Rasayan therapy*
- *Pratishyaya T/t*

Chikitsa krama

Shodhan: *Chaturjat pradhaman nasya* for 5 days with an alternate day i.e, on 1st, 3rd, 5th, 7th and 9th Day

Shamana: Vyoshadi Vati one tablet thrice daily for 15 days with hot water

MATERIAL AND METHODS

Nasya dravya: chaturjat churna (Twaka, Patra, Ela, Nagkeshar in same quantity)

Purvakarma: Abhyanga- with til taila. Sthanik Swedan karma

- Pradhan karma

For nasya karma (dravya) – chaturjat churna 100mg is administered into nostril through pradhanan nadi yantra in head low position of patient.

Pashchat karma – Urdhvanga massage and sthanic swedan

- **Duration of treatment** – chaturjat pradhanan nasya for 5 days with an alternate day i.e, on 1st,3rd,5th,7th and 9th Day & vyoshadi vati one tablet thrice daily for 15 days with hot water

- Follow up and assessment on 0th,7th,15th and 30th day

DISCUSSION

Why chaturjat pradhanan nasya is selected

- Main treatment for accumulated doshas in Dushta pratishyaya is shodhan nasya.
- Pradhanan nasya is best among all shodhan nasya.
- All the drugs in chaturjat are easily available.
- This churna contains katu rasa, laghu, ruksha, tikshna, sukshma guna, ushna virya and katu vipaka due to this properties drug reach the shringataka and irritate the mucosa of the nose and drains accumulated phlegm through the nostrils.
- Also this drugs having anti microbial, anti inflammatory, anti tubercular, expectorant, immunomodulatory properties.
- Vyoshadi vati having deepen, pachana, strotoshodhan, vatanuloman, shothahara and rasayan properties which helps to relief disease.

OBSERVATION AND RESULT

| Sr. No. | Sign and symptoms | 0 th day | 7 th day | 15 th day | 30 th day |
|---------|-------------------------|---------------------|---------------------|----------------------|----------------------|
| 1 | Nasal Discharge | +++ | ++ | + | - |
| 2 | Headache | ++ | + | - | - |
| 3 | Nasal obstruction | +++ | ++ | + | + |
| 4 | Gandhagyaana vikruti | +++ | +++ | ++ | + |
| 5 | Tenderness over sinuses | +++ | ++ | + | - |



Before t/t



After t/ts

CONCLUSION

- Patient got 25% symptomatic relief after 1st setting of pradhanan nasya.
- 80% relief after 5th setting and 15 days shaman chikitsa.
- No recurrence of disease was found in reported case.
- So chaturjat pradhanan nasya and vyoshadi vati

orally is effective in T/t of chronic rhinosinusitis.

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