



**AYURVEDA CONSIDERATION OF PRATISHYAYA (SINUSITIS) AND ITS
MANAGEMENT BY NASYA THERAPY: A LITERARY REVIEW**

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ABSTRACT

Pratishyaya is very common health problem and incidences of disease increases day by day due to the disturbed life pattern. *Pratishyaya* may be correlated with sinusitis on the basis of the signs, symptoms and prognosis. Exposure to infectious agent such as bacteria, polluted environment, chronic stages of cough & cold and allergens may initiate prognosis of disease. Vitiated *doshas* may easily affect sinus which is vulnerable to invasion. Accumulation of *doshas* & *ama* may lead sinusitis which an inflammatory and allergic condition involving vitiation of *vata* or *kapha dosha* in sinus area associated with *pitta* irritation of mucous membranes. The *nasya* one of the important therapies of *panchkarma* recommended for diseases related to head region, this article presented ayurveda perspective of sinusitis and its management by *nasya* therapy.

KEY-WORDS: *Shalakyas, Ayurveda, Pratishyaya, Sinusitis, Nasya.*

INTRODUCTION

Pratishyaya is *Nasagata Roga* may causes complications such as; *Badhira*, *Andhata* and *Ghrananasha*, etc. The modern perspective of disease termed as sinusitis characterized by nasal blockage, discharge, insomnia, headache and heaviness, etc. More than 120 million Indians and more than 37 million Americans suffer from sinusitis each year. The prolonged sinusitis leads inflammation in tonsils, ear, pharynx and larynx, etc. The chronic prevalence may further lead severe complications such as; otitis media, orbital cellulitis and osteomyelitis etc. The Ayurveda offers various treatment modalities for the management of *Pratishyaya* under *Shalakyas* department such as; *Nasya* therapy which help to drain *Doshas* from *Shirah*. The nose is considered doorway to the brain and mind while *Prana* the vital force of life enters through the nose. Therefore nourishment and care of nasal route by *Nasya* therapy offers great advantages in various diseases. Lubrication of the nasal passages with herbal oil provides moisture to the air and affects cerebral faculties and sensory organs. It stimulates memory, enhances cerebral circulation and balances *prana* in the body. This article provides ayurveda consideration of sinusitis and its management by *Nasya* therapy.

Symptoms of sinusitis

- ❖ Stuffy sinuses and nose
- ❖ Problem in breathing
- ❖ Nasal discharge
- ❖ Dull pain in head region

- ❖ Numbness and heaviness
- ❖ Cold, drowsiness and anorexia.

Involvement of Dosha

The disease may be *vata*, *pitta* or *kapha* type or involving combination of two *doshas*. The *kapha*-type sinusitis involves vitiation of *kapha dosha* in head region. Sometimes *pitta* or *kapha* may block *vata* in the sinuses. In *pitta*-type sinusitis *vata* provocation pushed *pitta* into head region or displacing and block *pitta* in the head. *Kapha* sinusitis may be treated using bitter, pungent and astringent drugs which provoke *vata*.

Treatment

1. Use of *neti* (nasal cleansing)
2. *Nasya* (nasal medication)
3. Herbs/Ayurveda formulations/ Modern medicine
4. Diet and life style modification
5. Purificatory measures
6. Protection from environmental pollutants and allergens as preventive measure.

The line of treatment mentioned above emphasized role of *Nasya* in the management of sinusitis. The *Nasya* along with other treatment modalities offers better result in disease as compared to *Nasya* alone. *Nasya* means administration of medicinal herbs, decoctions and oils through nasal route. Different types of substances are used in *Nasya* therapy depending upon type and severity of disease. *Nasya* therapy nurtures, nourishes and

supported sinus, nose, throat, and head region. It helps to balance all *doshas* especially *vata* and lubricate the nasal passages, improve voice and perform function of detoxification. The specific measures of *Nasya* therapy also offers great advantages in the management of sinusitis.

Virechana nasya

Dry powers or herbs (*vacha*, *brahmi* and *jatamansi*) blown into the nose.

Bruhana nasya

It is good for *vata dosha*, substances which offer strengthening effects administered through the nose such as; *shatavari ghee*, *ashwagandha ghee*, medicated milk and oils.

Shamana nasya

Medicated decoctions, fresh juice of herbs and medicated oils are used in this therapy. *Brahmi ghee* is used for *pitta* vitiation, *vacha oil* used for *kapha* or *vata* vitiation, *tikta ghee* is used for *vata* or *pitta* vitiation.

Table 1: Examples of some *Nasya Dravya* in Sinusitis.

S. No.	Dravya	Recommended Quantity
1	<i>Anu taila nasya</i>	3-6 drops in each nostril
2	<i>Shadbindu Ghrita Nasya</i>	5-6 drops in each nostril
3	<i>Katphala Churna Nasya</i>	1 <i>Shana</i>
4	<i>Pippalyadi Avpeeda Nasya</i>	4-6 drops in each nostril

NASYA FOR SINUSITIS

❖ **Pradhamana Nasya**

Pradhamana Nasya may be used as *Shodhana* procedure in sinusitis. *Trikatu* + *Triphala Churna* recommended for *Pradhamanana nasya* along with *Trayodashanga Kwatha*. The *Trayodashanga Kwatha* act as *Shothahara*, *Rasayana* and *Tridoshashamaka*. *Trikatu* offers *Katu Rasa*, *Tikshna Guna*, *Katu Vipaka*, *Vata-Kaphashamaka*, *Shothahara*, *Sroto Shodhana*, *Lekhana*, *Kaphanissaraka* and *Shleshmahara* properties. *Triphala* offers *Ruksha Guna*, *Tridoshashamaka*, *Sroto Shodhana*, *Vatanulomana*, *Kaphanissaraka* and antibacterial properties. These properties of formulation promote local immunity.

❖ **Anu Taila**

It treats sinus problems, helps to clear nasal passages & throat. It is prepared in sesame seed oil containing 30 herbs and goat's milk. Herbs such as *jivanti*, *twak*, *cardamom*, *devadaru*, *gopi*, *lotus*, *shatavari*, *musta*, *vidanga*, *cinnamon* and *vitex* are used in the preparation of *Anu Taila*. *Anu Taila* balances *Tridosha*, offer *shodhna* effect and boost immune response. It also helps to reduce inflammation and allergic reaction.

❖ **Eucalyptus, rose and tulasi oil Nasyas**

The oil of eucalyptus, rose and *tulasi* offers relief in both *vata* and *kapha* type sinusitis, *Nasyas* should be administered in fish pose by tilting head in backwards.

Navana nasya

Mixed substances such as; *brahmi juice* and *vacha juice* is administered to pacify aggravated *dosha*.

Marshya

Little *ghee* or oil is inserted into nostrils using little finger with gentle massage it helps to relieve stress and opens deep tissues.

Nasya Procedure

1. Lying down comfortably on back, tilting head back so that nostrils opening towards the sky. Small pillow beneath neck may be used for support.
2. Administration of medicament (*Nasya Dravya*) drop by drop in each nostril, covering inside perimeter of nasal membranes.
3. Inhalation of *Nasya Dravya* followed by rest for few minutes which allow *Nasya Dravya* to penetrate.
4. *Nasya Dravya* may also apply by taking *Dravya* in little finger and gently inserted into the nostril.
5. Massage of inner walls of nasal passage with *Nasya Dravya* using finger.

The 3-5 drops per nostril recommended depending upon types and severity of disease.

❖ **Nasya with Ginger**

Sniffing of ginger drops (*Shunta gunti*) in warm water with brown sugar and jiggery ginger. Repeat procedure 2-3 times followed by gargle with warm salty water.

❖ **Nasya oils in sinusitis for specific doshas predominance**

Vata sinusitis dosha: *Vacha* and sesame oil *Nasya* in evening time to pacify *vata dosha*.

Pitta Dosha: *Brahmi ghee*, sunflower and coconut oil *Nasya* in afternoon time to pacify *pitta dosha*.

Kapha Dosha: Calamus root oil *Nasya* in morning time to pacify *kapha dosha*.

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