



## **Management of Dushta Pratishyay with Special Reference to Snusitis through Ayurveda - A Case Study**

*Dr. V.G.Dhakate<sup>1</sup>, Dr. Varsha hiwale<sup>2</sup>, Dr.R.D.Deshmukh<sup>3</sup>*

<sup>1</sup> Associate Professor, Shalakyatantra Dept, Govt. Ayurved College, Nagpur, India

<sup>2</sup> Final Year, P.G.Scholar Shalakyatantra Dept, Govt. Ayurved College, Nagpur, India

<sup>3</sup> HOD And Associate Professor, Shalakyatantra Dept, Govt. Ayurved College, Nagpur, India

### ABSTRACT

Dushta Pratishyaya is the chronic stage of Pratishyaya, which occurs due to neglect or improper management of the disease Pratishyaya. Pratishyaya, the word itself indicates that is recurrent in nature and can be precipitated even due to trivial etiological factors. In modern science, chronic sinusitis can be correlated with Dushta Pratishyaya on the basis of the signs, symptoms, complications, and prognosis. Changing lifestyles, rapid urbanization, and the increase in cases of antibiotic resistance are responsible for the rise in the prevalence of sinusitis. The main dosha and kapha, pitta and rakta are associated doshas. In present study Shunthi- vidanga Pradhamana nasya were selected for the vata -kapha shaman and drainage of sinuses was facilitated by Snehan, swedan and Gandusha.

KEYWORDS: Pratishyaya, Nasya, swedan, Snehan, Gandusha

### INTRODUCTION

Acharya Sushruta while dealing with the diseases of nose devoted separate chapter to Pratishyaya after explaining nasagat roga in detail [1]. This fact itself shows Pratishyaya has been a major problem since ancient times. Pratishyaya, the word itself indicates that is recurrent in nature and can be precipitated even due to trivial etiological factors [2]. Vata is the main dosha and kapha, pitta and rakta are associated doshas [9]. If these doshas are vitiated more due to patient's improper dietary and behavioral habits and if pratishyaya is not treated early, lead to severe and complicated condition called Dushta pratishyaya [3].

The symptoms of the disease Dushta Pratishyaya similar to that of chronic sinusitis in modern science. As Nose is sensory organ performs olfactory & respiratory functions [4]. Due to direct contact of nose with external environment, it is exposed to many micro-organisms & pollutants present in the environment. Because of increased environmental pollution & crowded life, rhinitis is common disease in this present era [5]. Improper management of this stage resistance to antibiotics, excessive use of air conditioners, sedentary lifestyle leads to sinusitis. Chronic sinusitis usually the result of incompletely resolved acute sinusitis [6]. The prevalence rate of chronic sinusitis is 27.5% in rural north India [7].

Modern medical science wide range of antibiotics & decongestants are available for treatment of sinusitis [8]. But these drugs are effective in initial stage and gives only symptomatic relief, not curing the disease from its root. If once pus is collected in the sinuses is not drained spontaneously. In that situation only surgical intervention can help. The surgical procedures are associated with many complications like bleeding, oro-antral fistula, infra-orbital anaesthesia to neuralgia and paraesthesia [9].

Dushta pratishyaya is chronic stage of pratishyaya and kapha dosha is predominant in this condition and it needs drainage of nasal sinuses for their proper ventilation, Pradhamana nasya which is best among all shodhana nasya selected as the chief shodhana procedure. A better management can be provided to the patient with internal and local medication without any side effects.

In this study shunthi - vidanga churna for Pradhamana nasya and shunthi - vidanga siddha Phanta given internally selected.

### AIMS AND OBJECTIVES

- To assess the effectiveness of Shunthi - Vidanga Churana Pradhan Nasya in Dushta Pratishyaya

### Case Report-

- A 25 years male was selected during the OPD time of department of Shalakyatantra having complaint of kshavathu, Shirashoola, Nasasra,

Nasal blockage tenderness over maxillary region since 6 years. Symptoms increases in morning time and night time.

---

## Materials and Methods

### Materials –

Shunthi- vidanga churana, Dashmool kwatha, Tila taila

### Method-

1 setting of Pradhama nasya and 7 days gap then again 1 setting of Pradhama nasya  
Internally- Shunthi- Phanta 800 ml daily muhurmuhu 30 days

---

## Investigation

Hb-12.3gm%

ESR-56

BT- 4 min

CT-4 min 45 sec.

X ray PNS waters view -s/o- bilateral maxillary sinusitis.

---

## Procedure

### Purvakarma

The Purvakarma of Nasya was performed in a place having sufficient light, devoid of direct flow of wind and dust. Patient was asked to lie down comfortably in supine position on a table and Sthanika mukha abhyanga was administered with Tila taila.

### Pradhana Karma :

After completion of Purva Karma, patient was made to lie down with head tilting position at 45 degree angle from edge of the table.

### Patient was advised to relax with closing the eyes.

Required dose of Shunthi-vidanga Churna was kept in the one end (Which smaller in diameter in comparison to other end) was cautiously inserted into one nostril of patient and blown from end by physician through mouth.

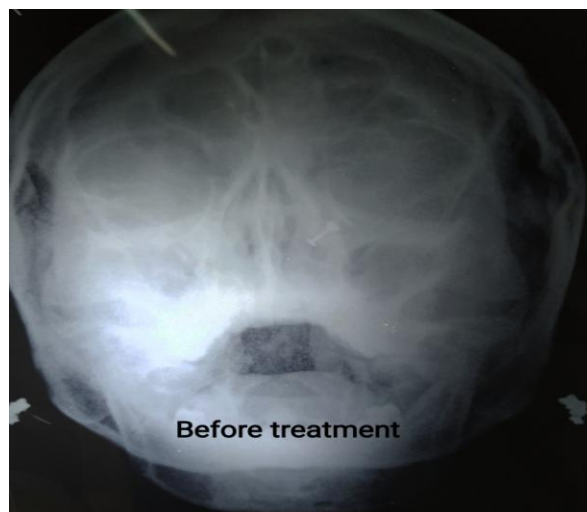
### The same procedure was repeated in other nostril. Pashchat Karma :

After performing the Nasya Karma, patient was allowed to relax in supine position. Again mrudu Abhyanga and Sveda was done around face, nose, head, neck and chin. Patient was advised to spit out the nasal secretion reaching the throat. Dhoomapana was given and Sukoshna Jala for Kavala. After this, the patient was instructed not to take cold food or water and to avoid exposure to wind, headbath, dust and all the regimens which has to be followed at the time of Nasya Karma.



**Assessment**

Sr.No	Symptoms	Before treatment	After treatment
1.	Shirashoola	+++	+
2.	Kshavathu	25-30	5-6
3.	Nasastrav	+++	+
4.	Tenderness over sinuse region	+++	+
5	Nasal blockage	++	+

**X-RAY**

---

## Discussion-

The incidence of Upper respiratory tract infection is very high in India and very common problem related to that is *Dushta Pratishyaya* or chronic sinusitis. In modern medical science, a wide range of effective antibiotics and decongestants are available. But these drugs can help in the initial stage. The modern medical treatment modalities for chronic sinusitis are expensive and not free from side effects. Moreover, no effective drug for allergy and viral infection is available in the modern science. Hence, we felt the need to derive a treatment protocol that would help drain the sinuses, remove the pathology and promote immunity.

The main treatment for accumulated *Doshas* in *Dushta Pratishyaya* is *Shodhana Nasya*. So *Pradhamana nasya*, which is best among all the *shodhana Nasya* was selected for this study. Hence *Shunthi-Vidanga Churna Pradhamana Nasya* along with *Shunthi-VidangaPhanta* given in groups.

---

## Conclusion

- Ayurvedic treatment protocol has specific utility in the management of *Dushta Pratishyaya* (Chronic Sinusitis).

-*Nasya* is the chief *shodhana* procedure selected because it is the one and only procedure which can perform *Uttamanga Suddhi* where *Dushta Pratishyaya* is manifested.

- Properties of drugs included in Study (*Shunthi churna* and *Vidanga Churna*) shows *Tikta rasa*, *katu rasa*, *Laghu guna*, *Ushna Veerya* and *Katu Vipaka* which can produce *Tridosha shamaka*, *strotoshodhaka*, *kapha nissaraka* and *Chedana* of *dushta kapha*.

-*Sthanik Snehan swedan* help for *kapha vilayan* and drainage of sinuses.

---

## REFERENCES-

- [1] Vagbhata, Ashtang Hrudya, Uttarasthana, *Nasarogavidnyaniya Adhyaya*, 19/8, Edited by Dr. Ganesh Krushna Garde, Reprint Edition, Chaukhamba Surbharti Prakashana, Varanasi 2011, Page. No. 408
- [2] Vagbhata, Ashtang Hrudya, Sharirasthana, *Marmavibhagasharira Adhyaya*, 4/28, Edited by Dr. Ganesh Krushna Garde, Reprint Edition, Chaukhamba Surbharti Prakashana, Varanasi 2011, Page. No. 143
- [3] Vagbhata, Ashtang Hrudya, Sharirasthana, *Marmavibhagasharira Adhyaya*, 4/30, Edited by Dr. Ganesh Krushna Garde, Reprint Edition, Chaukhamba Surbharti Prakashana, Varanasi 2011, Page. No. 146
- [4] Vagbhata, Ashtang Hrudya, Sharirasthana, *Marmavibhagasharira Adhyaya*, 4/34-35, Edited by Dr. Ganesh Krushna Garde, Reprint Edition, Chaukhamba Surbharti Prakashana, Varanasi 2011, Page. No. 148
- [5] Charaka, Charaka Samhita, Sharirasthana, *Sharirasankhyasharira Adhyaya*, 8/51, Edited by Y G Joshi, vol 1, Reprint 4<sup>th</sup> Edition, Vaidyamitra prakshana, Pune, 2009; page no. 753
- [6] Vagbhata, Ashtang Hrudya, Sutrasthana, *Nasyavidhi Adhyaya*, 20/1, Edited by Dr. Ganesh Krushna Garde, Reprint Edition, Chaukhamba Surbharti Prakashana, Varanasi 2011, Page. No. 85
- [7] Diseases of the ear nose and throat and head and neck surgery, Edited by P.L. Dhindra and Shruti Dhingra, published by Elsevier RELX India Private Ltd, 7<sup>th</sup> edition, New Delhi 2017; Page No. 149