

DISEASES OF NOSE AND PARANASAL SINUSES, THEIR MODERN AND AYURVEDA
MANAGEMENTDr. Sarita G. Gharde*¹ and Dr. Vandana N. Hirudkar²¹Prof., Shalaky Tantra Department, L. N. Ayurved College and Hospital, Bhopal (MP) India.²Prof., Rasashastra & Bhaishajya Kalpana Department, L. N. Ayurved College and Hospital, Bhopal (MP) India.

*Corresponding Author: Dr. Sarita G. Gharde

Prof., Shalaky Tantra Department, L. N. Ayurved College and Hospital, Bhopal (MP) India.

Article Received on 20/09/2022

Article Revised on 10/10/2022

Article Accepted on 30/10/2022

ABSTRACT

The medical term sinus indicates sinus infection that resembles sinusitis as infective and inflammatory condition of sinus. The nasal and sinus infections mainly caused by pathogenic micro-organisms like virus and bacterium. The diseases of nose and paranasal sinuses possess symptoms of headache, facial pressure, tenderness, nasal stuffiness, fever, cough and facial swelling, etc. Exposure to dust, pollen and allergens, excess cold and hot conditions, indulgences in Apathya Ahara-Vihara and certain medicines, etc. can induce pathogenesis of sinusitis and nasal infections. Sivanaramirtham, Thirikadugu chooranam, Masikkai chooranam and Elavampisin chooranam, etc. are Ayurveda formulations can be used for the management of such types of conditions. Similarly inhalation of wicks prepared from Piper longum, Ajwain and turmeric, etc. also offers effective relief in watery discharge from nose. Present article described various pathological conditions of nose and paranasal sinuses along with their medical management.

KEYWORDS: Ayurveda, Sinus, Pratishyay, Allergy.

INTRODUCTION

Sinusitis is condition associated with infection & inflammation in sinus mainly triggered by allergic reaction. Sinus infection caused by virus and bacterium, etc. Common cold, allergens like pollens and pollutants can block sinuses by impairing drainage of mucus and leads swelling of tissue lining. Large number of population suffered by sinusitis world widely and this is considered common health issue of nasal or respiratory system. The symptoms of sinusitis are headache, pain, facial tenderness, fever, nasal discharge, nasal stuffiness and sore throat.^[1-4]

Nasashrava, Shirashoola, Shirogauravam, Ghranauparodha, Jwara, Kaphotklesh, Swarbheda, Kasa, Aruchi, Klama, Swasa and Rajyakshma, etc. are major symptoms of sinusitis and nasal infections.

The allergic condition or respiratory infection in Ayurveda can be correlated with *Pratishyay*. The sign and symptoms of *Pratishyay* can be taken as sinusitis and on the basis of *Doshas* predominance the *Pratishyay* can be categorizes in to five categories as depicted in **Figure 1**.

Figure 1: Various types of *Pratishyay*.

The *Vataja* and *Kaphaja Pratishyay* (allergic rhinitis) mainly affects common peoples and other forms of *Pratishyay* are rarely seen in common clinical practice. The common etiologies includes exposure to allergens, diversified climatic condition, suppression of natural urges and awful conduct of *Ahara-Vihara*. The common features of *Pratishyay* are heaviness in head, repeated sneezing, body-ache and cough & cold, etc.^[4-7]

Doshas and Sinus Infection

The unites of four pair of sinuses are called as “paranasal sinuses” which includes Frontal sinus (in forehead), Maxillary sinus (behind cheeks), Ethmoid sinuses (between the eyes) and Sphenoid sinus (deep behind the ethmoids). Inflammation within paranasal sinuses leads sinusitis. As per Ayurveda the different *Doshic* predominance leads various symptoms of sinusitis as mentioned below:

- ✓ The predominance of *Vata* in nasal or sinus infection leads stuffiness in nose, thin discharge, mouth dryness and hoarseness of voice.
- ✓ The predominance of *Kapha* leads thick & whitish discharge, swelling in eye, heaviness and itching, etc.
- ✓ The predominance of *Pitta* in nasal infection rarely seen and symptoms of burning sensation observed along with itching.

As per *Siddha* concept the sinusitis is described under *Mookadaipu* (nasal block), the *Mookadaipu* commonly classified into different categories including *Vazhi mookadaipu*, *Azhal mookadaipu*, *Iyam mookadaipu*, *Neer mookadaipu*, *Kuruthi mookadaipu*, *Seel mookadaipu*, *Sirai mookadaipu*, *Moolai mookadaipu* and *Kazhuthu mookadaipu*.

Vazhi, *Azhal* and *Iyam* types are closely resemble the symptoms of sinusitis. *Vazhi* possess symptoms of itching and irritation, sneezing, runny nose and dryness in mouth, etc.

Azhal mookadaipu possess symptoms of fever, thirst, nasal block, decreased smell and irritation.

Iyam mookadaipu is characterized with symptoms of headache, irritating pain, nasal drainage, tears and bloody sputum, etc.

Neer mookadaipu possess symptoms of nasal stuffiness, watery discharge, mild fever, laziness and head ache, etc.

Kuruthi mookadaipu involves symptoms of redness in nose, bleeding discharge of mucus, pain, irritation in nose, burning sensation and tastelessness, etc.

Seel mookadaipu possess symptoms of nasal block, frequent sneezing, loss of smell and mucus discharge, etc.

Sirai mookadaipu characterized with ulcers in nose, discharge, loss of appetite and pits in nasal septum.

Moolai mookadaipu involve presence of mass inside the nose, nasal blockage, discharge and headache, etc.

Kazhuthu mookadaipu possess symptoms of sore throat, frequent sneezing, mucus drainage and painful throat, etc.^[5,8]

Pathogenesis

Excessive intake of cold items, exposure to cold weather, inhalation of smoke, gases, drinking cold water after heat exposure, climatic changes, avoidance of seasonal consideration, suppression of natural urges and exposure to the dust and pollutants, etc. can triggers pathogenesis of nasal blockage or sinusitis. The *Kapha vata Prakopak Ahara Vihara* as *Nidan* causes *Dushya* of *Rasa* and *Rakta*, which further affects *Pranavaha* and *Rasavaha Srotas* along with *Jatharagni* and *Rasadhatwagni*, these all consequences manifested in *Nasa* and *Shiras* as symptoms of nasal and sinus infection.

Treatments

Ama Peenasa Chikitsa and uses of *Deepana* and *Pachana* drugs mainly indicated under the heading of *Samanya Chikitsa* for the management of sinusitis. *Sarpiguda*, *Panchamula Siddha Ghrita*, *Chitraka Hareetaki*, *Shadanga Yusha*, *Nasya* of *Pathadi* and *Shadbindu Taila*, *Vyoshadi Churna*, etc. are indicated as *Shaman Aushadha*.

Vasanthakusumakaram mathirai, *Kasturi karuppu*, *Chandamarutha chendooram*, *Sivanaramirtham*, *Thirikadugu chooranam* and *Mandoora chendooram*, etc. are oral medicines prescribed by *Siddha* physicians for curing problem of sinus and nasal infection.

Dhoompana, *Shirovirechana*, *Vamana*, *Asthapana*, *Virechana* and *Snepana*, etc. are also recommended as detoxification measures to removes accumulated *Ama* and also to establishes balance of *Tridoshas*.

Nasya therapy is considered as therapeutic measure for acute relief, for this purpose *Anu taila* and *Shadbindu Taila* mainly used through nasal route for reliving acute symptoms of disease. The Ayurveda purification measures helps to clears channels, removes obstruction of nasal path, cure feeling of heaviness and therapy like *Shirovirechana* suppress headache.^[8-10]

Ayurveda formulations

- *Mahalaxmi Vilas Rasa*
- *Narada lakshmi vilas rasa*
- *Tribhuvan kirti rasa*
- *Anand bhairava rasa*
- *Shringarabharaka rasa*
- *Sitopaladi choorna*

Pathya

- ✚ Avoidance of contact with allergens.
- ✚ One should avoid direct contact with cold air or wind
- ✚ Cover head with heavy cloth in winter season
- ✚ Intake of *Yava anna* and *Haritaki*

Apathya

- ✚ Consumption of cold food stuffs and cold water
- ✚ Exposure to diversified climatic conditions
- ✚ Retention of natural urges
- ✚ Oily, heavy and dry *Ahara*

CONCLUSION

The sinus infection characterizes with infective and inflammatory condition of sinus mainly arises due to the pathogenic micro-organisms like virus and bacterium. The diseases of nose and paranasal sinuses possess symptoms of *Nasashrava*, *Shirogauravam*, *Shirashoola*, *Ghranauparodha*, *Kaphotklesh*, *Jwara*, *Swarbheda*, *Kasa*, *Aruchi* and *Swasa*, etc. Exposure to dust, pollen and allergens, excess cold and hot conditions, indulgences in *Apathya Ahara-Vihara* and certain medicines, etc. can induce pathogenesis of sinusitis and nasal infections. These diseases mainly associated with the vitiation of *Kapha & Vata* along with disturbance in *Pranavaha* and *Rasavaha Srotas*. *Samanya Chikitsa*, *Shodhna Chikitsa* and consideration of concepts of *Pathya- Apathya*, etc. recommended for treating diseases of nose and sinusitis.

REFERENCES

1. Aryavaidyan P.V. Ram varier, Arya vaidya chikitsa marg, The Arya vaidya pharmacy (CBE) Ltd. Coimbatore, 1974.
2. Ashtanga Hridaya - Sarvanga Sundari Commentary Arunadatta, Choukhambha Krishna Das Academy, Varanasi, Uttara Sthana, 2000; 19/1-2.
3. Sushruta Samhita Dalhana Commentary Nibandhasangraha, Choukhambha Orientalia Varanasi, Uttara Tantra, 2002; 24/3.
4. Ayurvedalankara Shrisatyapal Bhishagacharya, Pratishaya Chikitsadhyaya, Kashyapa Samhita Chikitsastan; Choukhambha Sanskrit Sanstan, Varanasi; Ninth Edition, 2004; 132.
5. Kaviraj Ambikadutta Shastri; Shushruta Samhita; Pratishaya Pratishedha Adhyaya; Choukhambha Sanskrit Sansthan; Part II; Reprint Uttartantra; Adhyaya, 2017; 24(21): 156.
6. P.L. Dhingra. Diseases of Ear, Nose and Throat, Published by Churchill Livingstone PVT.Ltd, NewDelhi, 4th Edition, 2004; 196.
7. Charaka Samhita Agnivesha Pranita, Charakaand Dridhabala Pratisanskarit with 'Ayurvediya Deepika' commentary of Chakrapanidatta. Editor Vd. Yadavaj Trikamaji Acharya, Chaukhamba Prakashan, Varanasi, Reprinted edition, 2000.
8. Ashtanghridaya -Vagbhat Virachita with commentaries, 'Sarvangasundar' of Arunadatta and 'Ayurvedrasayan' of Hemadri. Editor- Pandit Harishastri Paradkar, Chaukhamba Orientalia, Varanasi, 7 edition, 1982.
9. Vagbhata, Ashtangahridaya with Commentaries Sarvangasundara of Arunadatta and Ayurvedarasayana of Hemadri. Paradakara Pt HSS, editor. 1st ed. Varanasi, India: ChaukhambaSubharatiPrakashan, 2011; 473: 16.
10. Sahstri AD, Lochan Dr Kanjiv, Choudhary Dr Anand K. Bhaishajyaratnavali of Govinda Dasji Bhisagratna, 2nd ed. Chaukhambha Sanskrit Bhawan, 2006; 72(3): 72-74: 478.