

A REVIEW OF NASHA ARSHA (NASAL POLYP) IN THE CONTEXT OF AYURVEDA & MODERN SCIENCE**Dr. Pratibha Aklank Chougule*¹, Dr. Pournima Vilas Fasale², Dr. Varsha Dhage³ and Dr. Rahul V. Chougule⁴**¹Associate Professor, Department of Shalakyatantra, Magdum Ayurvedic Medical College Jaysingpur.²Assistant Professor, Department of Shalakyatantra, Shri Annasaheb Dange Ayurved Medical College Astha, Sangli M.H.³Assistant Professor, Department of Shalakyatantra LRP's Ayurved Medical College, Islampur, M.H.⁴Associate Professor, Department of Kaumarbhritya, Magdum Ayurvedic Medical College Jaysingpur.***Corresponding Author: Dr. Pratibha Aklank Chougule**

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ABSTRACT

Arshas is deliberated as one of the astha mahagada roga by Acharya Susruta for which different techniques of managing such as Bheshjakarma, ksharkarma, Shastrakarma, Agnikarma and Raktamokshana. The term „Arshas“ is derived from “Ru Gatau” dhatu with the suffix “Asun”, gives the meaning of as violent as enemy. So The Nasha Arsha is arsha present inside the Nasha. Nasal polyps to be closely associated to Nasa arsha. It adds, it is a ailment that arises due to improved Kapha Dosha. Vitiated Kapha Dosha stimulates the growth of polyps in the wall of blood vessels as well as in the surrounding muscular tissues to give rise to swelling. Moreover, this inflammation in the blood vessels is known as Kapha-Rakta granthi. Nasal Polyposis (NP) is not simply mucosa oedema, but rather grape shaped, smooth, soft, freely mobile mucosal swellings that are repeatedly evident on anterior rhinoscopy. Polyps arise from the lateral wall of nose. Nasal polyp may be present without clinically significant sinus disease and vice versa. In Ayurveda, polyposis can be unstated with Nasa Arsha. Contemporary managing includes antibiotic, systemic and topical corticosteroids, decongestants and surgery. And lot of chances for recurrence after surgery especially in Ethmoidal polyps. In Ayurveda, several treatment modalities have been planned for the treatment of Arsha as Shastra karma (operative procedure), Kshara karma (applying some alkaline drugs), Agni karma (cauterization) and Bhaishaja (conservative/medical treatment).

KEYWORDS: Nasha Arsha, Nasal polyp.**INTRODUCTION**

Shalaky Tantra bears utmost importance amongst the eight branches of Ayurveda, for dealing with the vital sense organs located above the Jatru (clavicle), also considered as the Uttamanga in Ayurveda. Diseases of nose and paranasal sinuses constitute bulk of this subject, and detailed explanation about the same has been stated in the Ayurvedic classics. Nasal Polyposis (N.P) is not simply mucosa oedema, but rather grape shaped, smooth, soft, freely mobile mucosal swellings that are often visible on anterior rhinoscopy. Polyps ascend from the lateral wall of nose and best perceived in endoscopy. The revealing of small polyps, but no evidence of sinus disease is relatively common, reported 32% in an endoscopy series. Although having an uncertain aetiology, they result from chronic indicator of Rhinosinusitis, Cystic fibrosis, Allergic fungal sinusitis, Samter's triad (triad of nasal polyp, asthma and aspirin intolerance), Young's syndrome, Churg-Strauss syndrome, Nasal mastocytosis and Neoplasms. In

Ayurveda, it is closely related to Nasa arsha. This is a condition where patient feels nasal blockage. Sushruta had explained 4 types of nasarsha: Vataja, Pittaja, Kaphaja and Sannipataja as well as 4 types of treatments- Aushadhi, Ksharkarma, Agnikarma and Shastrakarma.^[2] Ayurvedic treatment is the best treatment of Nashaarsha because recurrence of the disease not occurred by the ayurvedic management so this article attempt to review part of Nasha Arsha (Nasal polyp).

Causes of Nasal Polyps

- Persistent or routine sinus infections
- Asthma
- Allergic rhinitis (hay fever)
- Cystic fibrosis
- Churg-Strauss syndrome
- Sensitivity to nonsteroidal anti-inflammatory drugs (NSAIDs) which includes ibuprofen or aspirin

Symptoms of Nasal polyps

Symptoms include:

- **Runny nose** – this will be chronic, with the pretentious person sensation as though they usually have a cold
- **Persistent stuffy or blocked nose** – in a few cases, the affected person may also trace it grim to inhale via the nose, exacting sound asleep problems
- **Postnasal drip** – a sense of mucus always prodding down the subordinate back of the throat
- **Either no feel of dour or terrible feel of odor**– this will now no longer enrich after polyps are treated
- **Poor feel of taste** – this will now no longer enhance after polyps are treated
- Pain with in face
- Headache
- Snoring
- Itchiness across the eyes
- Obstructive sleep apnea (in excessive cases)
- Double vision (in excessive cases) – much more possible to ascend if the affected person has allergic fungal sinusitis or cystic fibrosis

Investigations

Nasal endoscopy – a slender tube with a small camera (or magnifying lens) is inserted into the affected person's nose.

CT scan – this permits the doctor to find nasal polyps and unlike abnormalities related to persistent inflammation. The health practitioner can also be capable of pick out another obstruction.

Skin prick allergy test – if the health practitioner thinks that hypersensitive reactions can be contributing to polyp development, she or he might also additionally do a hypersensitivity test.

Cystic fibrosis – if the affected person is a younger child, the health practitioner might also additionally order a cystic fibrosis test.

Ayurvedic Management of Nasal polyps

Ayurvedic treatment has been located very powerful on this case. Shodhana Chikitsa with Nasya karma becomes located useful with inside the control of nasal polyp with inside the gift case, and preserving right follows pathya and apathya for the patients. Nasa Arsha is one of the predominant surgical disorders in nasal disorder; there may be hazard of recurrence after surgery. We can deal with the aid of using Ayurvedic line of remedy without problems and extra powerful then allopathic science. There is no hazard of recurrence of disorder.

1. Nasya – Sikhri Taila
2. Kavala
3. Tikshana Dhumapana
4. Shaman Ausadhi- Chitrak Haritak, Trikatu choorna,
5. Gunja Lepa

Gunja (A brief introduction)^[3]: Gunja (*Abrus precatorius* Linn.), a well known plant of Ayurveda under Upavisha group (sub/semi poisonous group), is being used extensively in different formulations with great therapeutic significance and is being advocated to use in various diseases like Indralupta (alopecia), Shotha (edema), Krimi (helianthus), Kustha (skin diseases), Kandu (itching), Prameha (urinary disorders) etc. After proper samaskar known as shodhana (purification). Glycyrrhizin, Triterpene glycosides, pinitol and alkaloids such as abrine, hepaphotine, choline and precatorine are the principle chemical constituents of the plants. Among all varieties, sweta gunja was taken for study and purified by putting it into hot milk for 24 hours. Then paste was prepared by rubbing the seeds on stone. That paste was applied over the nasal polyp.

Rationale of treatment

Nasa Arsha has been mentioned in Sushruta and Vagbhata in which they have clearly mentioned that patient feel difficulty in breathing, therefore patient breathes from mouth, fluid discharge from the nose, constant sneezing, nasal voice, bad smell in the nose, and headache are the common symptoms.^[4]

Dosha of Vyadhi Sthana: Kapha

Dhatu: Mamsa Predominant Lakshanas such as Srava, Shotha and Jalabahulyata indicate predominance of Kapha Dosha. This indicates the Kapha Dosha Prabalata, along with Alpa Pitta and Vata. Looking at the above Samprapti, the treatment modality would be Apatarpana. Looking at the reversal of pathology, Kshariya Nasya was chosen with gradual increase in number of drops to get Dosha Shodhana without aggravating other Doshas.^[5]

Nasya was planned because of following reasons: Chronicity of the disease. Progressive nasal congestion. Association of Kapha and Mamsa. Physical presence of Nasa Arshas. Udaka and Kaphabahaulya.

Action of Nasya: Nasya is procedure where Aushada is administered through nose to eliminate the vitiated Dosha situated in head reason. We have reference of Navasagara Nasya in Yogartnakra and Kshara is also a drug of choice in Arsha. With this reference we are using Palasha Kshariya Jala for Nasya here. Preparation of Kshariya Jala: Pinch of Palasha Kshara is mixed with 5-8 drops of Jala.

Importance of Kshariya Jala It will reduces the Virya. If we do Pradamana Nasya it is difficult to reach all parts so we made little change by using Yukti so to enhance the possible reaching of Nasya Dravyas.

Mode of action of Kshara on skin: Ksharas destroys the Soumya. Properties also cures the disease. Though first it produces the Kshata (hurt or wound), later it gives the relief (Akshata).

Action of Dhumapana: As Paschyata Karma of Nasya and to get best result we selected Dhuma. Dhuma Dravya as Chitraka, Trikatu and Devadaru in Twaka, Masa, Medagata Adisthana Dhatu. Because they are Snighda and Mrudu in nature. We are using Dravya's which have opposite properties.

DISCUSSION

Since the disease Samprapti had Kapha and Jala Bahulyata, it was indicated to bring about the Apatarpana and Rukshana. Since the patient age is very tender age in terms of easy fluctuation of Doshas as it is Avastha of Aparipakwadhaatu, Aarohanakrama Nasya drops were used. The treatment was intended to bring about the Sthaanik Doshas to normalcy, to repair the inflamed mucosa, and to remove the polyps. Shodhana form of Nasya was also beneficial looking at the chronicity in this case. The clinical success was achieved by the adapted treatment due its specificity in healing the vitiated Doshas. Trikatu choorna has been indicated in Nasa Roga Chikitsa by Sharnagdhara Samhita. It is kaphaghna and effective in Peenasa (discharging nose).^[6] Reference for Chitraka haritaki has been taken from Bhaishjya Ratnavali indicated in Peenasa and Arsha.^[7] Hingwadi Tail has been taken from Yoga Ratnakara and indicated in Nasa roga when used through nose.^[8] As per outcomes after treatment, patient showed significant relief in symptoms and routine life got improved. Maximum of symptoms got reduced along with size of polyp. Although complete shrinkage of polyp was not there, symptoms of NP similar to Nasa Arsha^[9] as explained in Sushruta Samhita. The used drugs are having properties like Shotha hara (anti inflammation), Lekhniya (debridement), Krimighna (anti-biotic), Shiro virechana (removal of extra secretion from head) and Kandughna (anti-allergy). Nasya with Hingwadi Tail also helped to liquefy the secretions and elimination from the nose. The drugs used counteracted the etiopathogenesis of NP.

CONCLUSION

There are many scientific advances in the treatment and understanding of pathophysiology of CRS with NP that have occurred within the last decade. Advances in nasal endoscopy, radiological imaging, medical and surgical techniques have allowed for significant improvement in patient management. However, recalcitrant sinus disease is a particular problem and continues to await new therapeutic approaches. The recurrence in allergic polyposis after Nasal polyp i.e. Nasa arsha is a chronic inflammatory disease.

Ayurveda believes in cleansing the body and pacifying the tridoshas from the roots by using unique treatment modalities such as sodhana, shamana and sthanika chikitsa. These treatment approaches create a balanced physiology which regress the size of nasal polyps and thus making the patient symptom free by non invasive

method. Ayurveda creates a new hope for treatment of nasal polyps (Nasa arsha) for this era.

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