

**MANAGEMENT OF DEVIATED NASAL SEPTUM THROUGH AYURVEDA DRUGS
W.S.R. TO USE OF APAMARG KSHAR TAIL****Dr. Sarita Ghanshyam Gharde*¹ and Dr. Pradnya Prashant Dakhole²**¹Associate Professor, Dept of *Shalaky Tantra*, LN Ayurved College and Hospital, Kolar Road, Bhopal, Madhya Pradesh, India.²Professor, Department of *Shalya Tantra*, Shri KR Pandav Ayurved College and Hospital, Nagpur (MS) India.***Corresponding Author: Dr. Sarita Ghanshyam Gharde**Associate Professor, Dept of *Shalaky Tantra*, LN Ayurved College and Hospital, Kolar Road, Bhopal, Madhya Pradesh, India.DOI: <https://doi.org/10.17605/OSF.IO/BSZHP>

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ABSTRACT

Deviated Nasal Septum is common disease comes under category of nasal disorders which is characterized with symptoms of nasal obstruction, discharge, headache and breathing difficulty. As per ayurveda this condition may be correlated with Nasapratinaha on the basis of cardinal symptoms. Ayurveda suggested many options for managing such conditions like uses of natural remedies, Nasyakarma and local application of Ayurveda medicine, etc. Drugs possessing Shodhana, Ropana, Lekhana, Stambhana and Kaphaghna properties offers therapeutic benefits in deviated nasal septum. Apamarga Kshara acquire above mentioned properties therefore can provide relief in Nasal problems. This article presented Ayurveda management of deviated nasal septum.

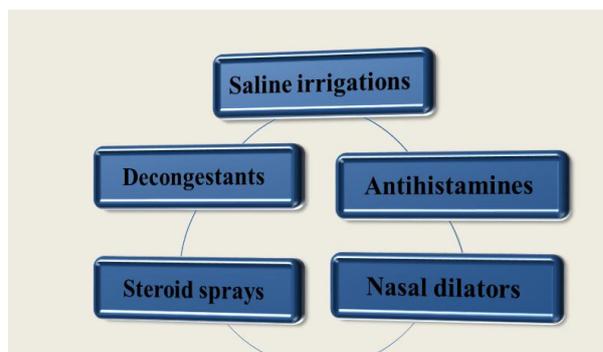
KEYWORDS: Ayurveda, Nasapratinaha, Deviated Nasal Septum, Apamarga Kshara.**INTRODUCTION**

Nasal Septum is connective tissue that separates nasal passages, the deviation in septum anatomical position causes pathological events including improper air flow, blockage of nostril, congestion and breathing difficulty, etc. Excess consumption of sweets, dairy products, junk food and excessive use of cold food stuffs, etc. may increase severity of symptoms of deviated nasal septum. Deviated Nasal Septum may also occur as anatomical disorders during infancy and also occurs in adulthood due to the indulgence in etiological factors and injuries, etc.^[1-5]

Symptoms of Deviated Nasal Septum

- Nasal congestion
- Prevalence of sinus infections
- Nosebleeds Sometimes
- Breathing difficulty and sleeping disturbances
- Pain and inflammation in facial region
- Headaches

The deviated nasal septum can be managed using surgical interventions; however surgical intervention should not be considered permanent solution and other approaches can also be employed in modern science as depicted in **Figure 1**.

**Figure 1: Management of Deviated Nasal Septum as per modern Science.***Nidana (Causative Factors as per Ayurveda)*

- *Atibhojana*
- *Guru bhojana*
- *Ati snigda bhojana*
- *Sheethambupaana*
- *Aasya sukham*
- *Svapna sukham*
- *Vegodharana*

Ayurveda Management

Ayurveda suggested changes in life style and conduction of balance dietary habits to manage such conditions. Avoidance of sweets foods, dairy products, heavy foods, cold food stuffs, and fruit juices in winter season and junk also need to be avoided.

As per Ayurveda the condition mainly associated with *Kapha* and *Vata Dosha*, therefore *Kapha* and *Vata* pacifying medicines along with *Taila pichu* of medicated oil considered useful in such types of condition. *Taila pichu* using medicated oils can be beneficial in *Nasapratinaha*, it is advised to use *Apamarg Khar Tail Pichu* into nasal cavity for 15 minutes; this *Tail Pichu* as tight packing can be used for 10 days to acquire symptomatic relief. Drugs like *Apamarg* having *Katu Ras*, *Katu Vipak*, *Ushna Veerya*, *Laghu & Ruksha Guna* thus offers *Kapha Doshghnata* and *Vata shamak* effects. *Kshar* having *Katu Rasa*, *Ushna Veerya*, *Tikshna Guna* and *Shodhak* effects thus *Apamarg Kshara* can be used in such types of condition to alleviate symptoms of deviated nasal symptoms. Local application of *Kshara* can help to cauterize hypertrophied mass and corrosive nature of *Kshara* help to shrink hypertrophied tissue. *Apamarg Kshara* penetrates and coagulates protein which leads disintegration of hemoglobin resulting reduction in sizes of turbinate hypertrophy. *Apamarg Kshar Tail* makes the cavity lubricant and reduces irritation in the mucosa thus provide symptomatic benefits.

Kshara possess *Kaphahara* property and this effects offer relief in nasal problems. *Usna* and *Laghu Guna* offers *Chedana*, *Bhedana* and *Lekhniya Karma* thus prevent excessive discharge and cure excessive deviation of nasal septum. The necrosis effect removes dead tissue, *Shodhana* and *Ropana* properties of *Apamarg Kshara* removes toxins through nasal pathways. *Kaphahara* effect helps to reduces disease pathogenesis; moreover *Vatashamak* effect control movement of air through nasal route, *Shlesmhara* effect helps to manage excessive secretion from body.^[5-9] **Figure 2** depicted general mode of action of Ayurveda drugs in deviated nasal septum.

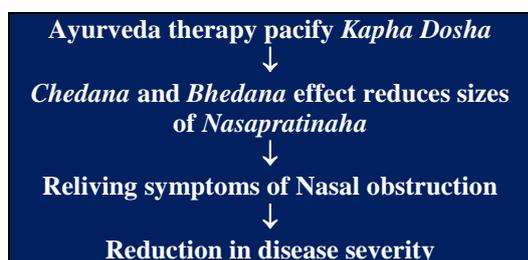


Figure 2: Effects of Ayurveda Therapy in Deviated Nasal Septum.

Ayurveda formulations

- ❖ *Dashamoolakatutrayam*, *Vyagradi kashayam*, *Dashamoolam kashayam*
- ❖ *Laxmivilasarasam & Dushivishari gulika*
- ❖ *Amruthaaraishtam & Dashamoolarishtam*
- ❖ *Hinguvachadi choornam*, *Sitopaladi choornam and Talisapatradi choornam*
- ❖ *Shatbindhu tailam*

Ayurveda Herbs

- ❖ *Haridra*
- ❖ *Tulsi*

- ❖ *Haritaki*
- ❖ *Sunthi*
- ❖ *Amalaki*
- ❖ *Pippali*

Yoga Asanas

- ❖ *Sarvaangasanam*
- ❖ *Setubandhasanam*
- ❖ *Janusheershasanam*
- ❖ *Pranayama*
- ❖ *Haalasanam*

CONCLUSION

Deviated nasal septum is one of the major causes of nasal obstruction, enlarged turbinates may observe due to the deformed nasal septum. The modern science suggested many approaches including uses of decongestants, antihistamines, corticosteroids and surgical interventions, etc. The associated symptoms of deviated nasal septum are mouth breathing, oropharynx dryness, distorted sleep, malaise, restlessness and reduced lung volumes. Ayurveda suggested uses of *Marma Chikitsa* for such condition; *Apamarga kshara* is also useful to acquire symptomatic relief. *Kshara* application is convenience, easy, cost-effectiveness and very useful in the management of deviated nasal septum.

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