



ISSN 2456-3110

Vol 6 · Issue 6

Nov-Dec 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Nasal Polyp (*Nasarsha*) understanding and management through Ayurveda - A Case Study

Sugnyani¹, S M Pasha²

¹3rd Year Post Graduate Scholar, Department of PG Studies in Shalaky Tantra, Govt. Ayurveda Medical College, Bengaluru, Karnataka, India.

²HOD & Professor, Department of PG Studies in Shalaky Tantra, Govt. Ayurveda Medical College, Bengaluru, Karnataka, India.

ABSTRACT

Nasa is the most important organ of *Urdhwajatra* and is the gateway for cranial cavity as well as respiratory system. *Nasarshas* is one among the thirty-one *Nasagata Rogas* mentioned in our classics. *Nasarshas* can be correlated to nasal polyps. Nasal polyps are non-neoplastic masses of oedematous nasal or sinus mucosa. Prolonged use of antihistamines and antibiotics leads to drug resistance and decreases immunity; nasal decongestants bring about, rebound congestion. Fear of surgery, its complications and cost have restricted many patients from undergoing surgery. Hence the present case study was taken to evaluate the efficacy of *Ksharakarma* in the management of *Nasarshas* w.s.r to Nasal Polyp along with internal medications for reducing its recurrence and improve the immunity. *Kshara* is an excellent *Anusastra* in the management of *Arsha*, as it has *Lekhana*, *Tridoshaghna*, *Teekshna* and *Ushna* property. *Shirovirechana* being one of the *Shodhana Karma*, hence *Nasya* with *Apamarga Kshara Taila* and *Anu Taila* was planned. Internally *Hamsapadadi Kashaya*, *Chitrakadi Vati*, *Triphala Guggulu* and *Agasthya Rasayana* was prescribed. The results were encouraging to start with just after the application of the *Kshara*, there was complete relief of the symptoms of Nasal Polyp. Overall, there was significant improvement in the condition.

Key words: *Nasarsha*, *Nasal Polyp*, *Ksharakarma*, *Nasya*, *Rasayana*

INTRODUCTION

Nasa is the most important organ of *Urdhwajatra* and is the gateway for cranial cavity as well as respiratory system.^[1] It is one of the *Panchagnanendriyas* and is responsible for *Gandha Jnana*.

Nasarshas is one among the thirty-one *Nasagata Rogas*

mentioned in our classics.^[2] Earliest reference about *Nasarshas* is available in *Bhrihatrayees* and *Laghutrayees*. The *Doshas* vitiating the *Twak*, *Mamsa* and *Meda* produce *Mamsanukuras* of different shapes called "*Arshas*".

Regarding *Samprapti* of *Nasarsha*, after intake of *Nidanas* like exposure to excessive cold, smoke, dust, *Ati Nidra* (excessive sleep) the *Doshas* mainly get aggravated and get lodge into *Nasa*, which vitiates *Twak*, *Mamsa* and *Medo* leads to production of *Nasarsha*. *Sushruta* had explained 4 types of *Nasarsha*: *Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja* as well as 4 types of treatments - *Aushadhi*, *Ksharakarma*, *Agnikarma* and *Shastrakarma*.^[3] *Nasarshas* can be correlated to nasal polyps.

Nasal polyps are non-neoplastic masses of oedematous nasal or sinus mucosa. Nasal polyp is often a recurrent disease. Nasal polyps are common, affecting up to 4% of the population.^[4] Nasal polyps can affect anyone,

Address for correspondence:

Dr. Sugnyani

3rd Year Post Graduate Scholar, Department of PG Studies in Shalaky Tantra, Govt. Ayurveda Medical College, Bengaluru, Karnataka, India.

E-mail: sugnyani96@gmail.com

Submission Date: 13/11/2021 Accepted Date: 22/12/2021

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

but they are more common in male adults with male-female ratio of 4:1. Their etiology remains unclear, but they are known to have association with allergy, asthma, infection, cystic fibrosis, and aspirin sensitivity. Nasal polyps are traditionally divided into two types - Antrochoanal polyp and Ethmoidal polyps.^[5] They present with nasal obstruction, anosmia, rhinorrhoea, postnasal drip, headache because of sinusitis involvement, snoring, frequent infections, sense of pressure over face and head and mass protruding from the nostril.^[6]

Clinical examination reveals single or multiple, smooth, glistening, grape like grey polypoid masses in the nasal cavity. Polyps can be graded into four Stages according to their size.^[7]

- Stage I: Limited to the extent of middle turbinate.
- Stage II: Extending beyond the limit of middle turbinate.
- Stage III: Approaching to inferior turbinate.
- Stage IV: Going up to the floor of nose.

Management of polyposis involves a combination of medical therapy and surgery. There is good evidence for the use of corticosteroids (systemic and topical) both as primary treatment and as postoperative prophylaxis against recurrence. Surgical treatment has been refined significantly over the past twenty years with the advent of endoscopic sinus surgery.^[8] Recurrence of polyposis is common with severe disease recurring in up to 10% of patients.

Since allergy is often the root cause, high recurrence rate remains a feature of nasal polyps. Surgery removes obstruction, but does not control the symptoms of rhinitis and polyps can recur. Prolonged use of antihistamines and antibiotics leads to drug resistance and decreases immunity; nasal decongestants bring about, rebound congestion. Fear of surgery, its complications and cost have restricted many patients from undergoing surgery. Complications of surgery are adhesions, anosmia, intra-orbital or intracranial hemorrhage. Hence the present case study was taken to evaluate the efficacy of *Ksharakarma* in the management of *Nasarshas* w.s.r to Nasal Polyp

along with internal medications for reducing its recurrence and improve the immunity.

OBJECTIVES OF THE STUDY

1. To evaluate the efficacy of *Kshara Karma* in the management of *Nasarshas* w.s.r to Otomycolosis.
2. To evaluate the effect of oral Ayurvedic medicines in the management and prevention of recurrence of *Nasarshas* w.s.r. to Otomycolosis.

MATERIALS AND METHODS

Source of Data

Patients were selected from the outpatient and inpatient of Shalakya Tantra department from Government Ayurvedic Medical College, Bangalore, Karnataka. Drug selection was done according to the Classical reference.

CASE STUDY

Chief Complaints & Associated Complaints

A male patient of age 34 years complaining of Bilateral nasal obstruction, recurrent sneezing, heaviness of head, rhinorrhea, difficulty in breathing during the episodes on and off since 1 year.

History Of Present Illness

A male patient of age 34 years was apparently healthy 1 year back. Gradually he started developing bilateral nasal obstruction on and off, recurrent sneezing on and off, rhinorrhea on and off, heaviness of head and headache. It was so recurrent that, the patient was feeling difficulty in breathing during the episodes and unable to concentrate on the daily activities. So, he took nasal decongestants and anti-allergic drugs prescribed by one of the allopathy doctor who diagnosed the case as Nasal Polyp on examination. The symptoms used to relief for sometimes but was recurring. So, he was suggested to undergo surgery for nasal polyps. Patient was not willing to get surgery done, so he consulted our hospital for further management.

Past History: History of allergy to dust, smoke, pollens.

Personal History

Appetite - Reduced
 Bowel - clear
 Micturition - Clear
 Sleep - Reduced due to difficulty in breathing during the episodes.

Family History

Mother is also having allergy to smoke, dust, pollens.

General Examination

Pallor: Absent
 Edema: Absent
 BP:130/80mmhg
 Pulse:68bpm
 Lymphadenopathy: Absent
 Icterus: Absent
 Cyanosis: Absent
 Clubbing: Absent

Ashtavidha Pareeksha

Nadi - Kaphapittaja
Mala - Prakruta
Mutra - Prakruta
Jihva - Prakruta
Shabda - Prakruta
Sparsha - Prakruta
Drik - Prakruta
Akruthi - Prakruta

Dashavidha Pareeksha

Prakruthi - Kaphapitta
Vikruthi - Kaphavata
Sara - Madhyama
Samhana - Madhyama
Satmya - Madhyama
Sattva - Madhyama

Aharashakti - Madhyama

Vyayamashakti - Madhyama

Vaya - Madhyama

Pramana - Madhyama

Nasal Examination

Inspection - Nothing Specific

Palpation - Nothing specific

Anterior Rhinoscopy - Round, Glossy, soft, greyish swelling in the middle meatus is seen which does not bleed on touch when examined through Jobson's probe.

Posterior Rhinoscopy - Nothing specific

Examination of Paranasal Sinus - Maxillary & Frontal Sinus Tenderness Present

Investigations: AEC - 580cells/microliter of blood

Samprapti Ghatakas

Dosha - Kaphavata

Dushya - Mamsa, Meda, Asthi

Agni - Jatharagni

Udbhava Sthana - Urdhwajatru

Sanchara Sthana - Urdhwajatru

Vyakta Sthana - Nasa

Srotas - Pranavaha

Srotodushti - Sanga

Rogamarga - Bahya

Sadhyasadhyata - Kricchrasadhya

Diagnosis: Nasarshas/ Bilateral Nasal Polyps**Treatment Done**

- Day 1 to Day 15 - 3 Settings of *Ksharakarma* with *Apamarga Kshara* every 5 days for 15 days.
- Day 16 to Day 22 - *Nasyakarma* with *Ksharataila* for first 4 days then with *Ksheerabala 101 Taila* for next 3 days. *Mukhabhyanga* as *Poorvakarma* with *Ksheerabala Taila* and *Bhashpasweda* &

Dhoomanasya with *Haridradi Dhoomavarti* as *Paschaat Karma* is done.

- Day 23 to Day 37 - Internal Medications (15 days)
1. *Hamsapaaadaadi Kashaya* 15ml BD After Food
 2. *Chitrakadi Vati* 2 tabs BD Before Food
 3. *Tab. Triphala Guggulu* 2 Tabs BD After Food
 4. *Agasthya Rasayana* 3tsps with 50ml Warm Milk, Empty Stomach in the morning.

OBSERVATIONS AND RESULTS

Table 1: Observations

| Assessment Criteria's | Before Treatment | After <i>Ksharakarma</i> | After <i>Nasya</i> | During Follow up |
|-----------------------|------------------|--------------------------|--------------------|------------------|
| Nasal Blockage | 3 | 1 | 0 | 0 |
| Sneezing | 2 | 2 | 1 | 0 |
| Rhinorrhea | 2 | 1 | 0 | 0 |
| Frontal Headache | 3 | 1 | 1 | 0 |
| Heaviness of head | 3 | 2 | 1 | 0 |

AEC was reduced to 280 cells / microliter of blood

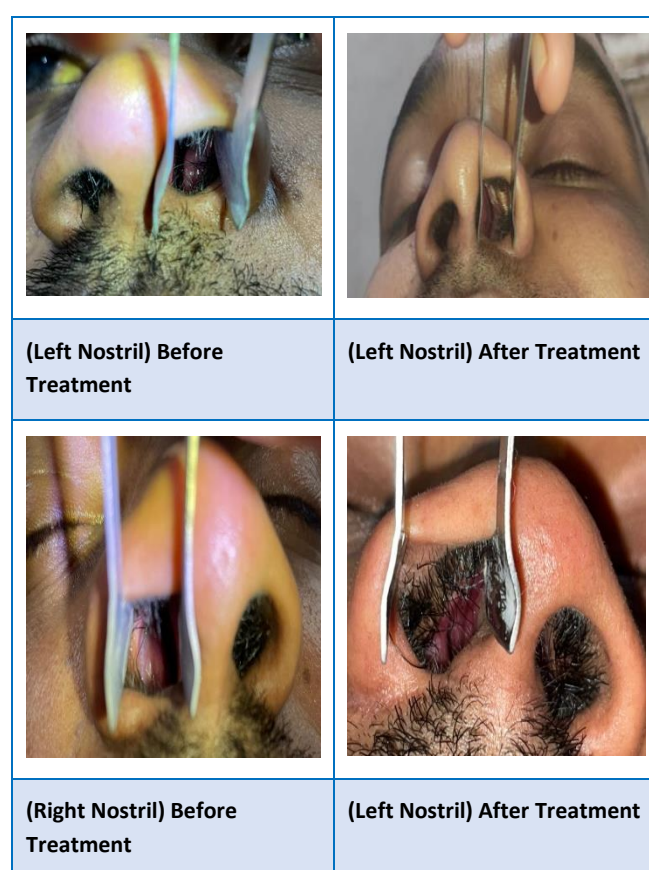
Table 2: Assessment Scale Gradings

All the subjective parameters were assessed based on Self-Grading scale.

| Assessment Criteria's | Gradings | | | |
|-----------------------|-----------------------|-------------------------------|---------------------------------|-------------------------------|
| | No Symptom | Mild | Moderate | Severe |
| Nasal Blockage | 0 - No nasal blockage | 1 - Occasional nasal blockage | 2 - Intermittent nasal blockage | 3 - Continuous nasal blockage |
| Sneezing | 0 - No Sneezing | 1 - Occasional sneezing | 2 - Intermittent sneezing | 3 - Severe sneezing |

| | | | | |
|-------------------|--------------------------|----------------------------------|------------------------------------|----------------------------------|
| Rhinorrhea | 0 - No Rhinorrhea | 1 - Occasional Rhinorrhea | 2 - Intermittent Rhinorrhea | 3 - Continuous Rhinorrhea |
| Frontal Headache | 0 - No frontal Headache | 1 - Occasional frontal Headache | 2 - Intermittent frontal Headache | 3 - Persistent frontal Headache |
| Heaviness of head | 0 - No heaviness of head | 1 - Occasional heaviness of head | 2 - Intermittent heaviness of head | 3 - Persistent heaviness of head |

Pictogram of Nasal Polyp before and after treatment



DISCUSSION

Kshara is an excellent *Anusastra* in the management of *Arsha*, as it has *Lekhana*, *Tridoshaghna*, *Teekshna* and *Ushna* property. In *Nasarsha* the *Doshic* predominance is *Kaphapradhana Tridosha*, and *Dushya* is *Mamsa* and *Medo Dhatu*, as the *Kshara* has *Ushna Guna* and *Lekhana* property it can reduce the vitiated

Mamsankura. *Ksharakarma* is specifically indicated in *Nasarshas*.

Apamarga Kshara is having *Ushna*, *Teekshna*, *Lekshana* property and can be easily prepared and available in the market. Hence *Apamarga Kshara* is used for the *Ksharakarma*.^[9]

Shirovirechana being one of the *Shodhana karma*^[10] for the diseases of *Urdhwajatru* and is the excellent doorway to Nasal passage and Paranasal sinuses which helps in evacuating the accumulated *Doshas* from the *Shiras*. Hence *Nasya* with *Apamarga Kshara Taila* for first 4 days and *Anutaila* for next 3 days has been administered. *Apamarga Kshara Taila* is *Teekshna*, *Ushna* and has *Ksharana* property and is indicated in *Nasarshas*.^[11] *Anutaila* is indicated as *Shamana Nasya* to compensate the excess evacuation of *Doshas* during *Ksharakarma* and *Shodhana Nasya*.^[12]

Internally *Hamsapaadaadi Kashaya*, *Chitrakadi Vati*, *Triphala Guggulu* and *Agasthya Rasayana* was prescribed. *Hamsapadadi Kashaya* which contains *Tripadi*, *Pippali* and *Guduchi* acts on *Mamsa* and *Medo Dhatu* is helpful maintaining the respective *Dhatwagni* which is the prime factor in causing the *Nasarshas*. *Chitrakadi Vati*^[13] is prescribed to increase the *Agni* as patient is having *Agnimandya* and is the basic factor for manifestation of any disease. *Chitraka* is also having *Kshareeya* property and is acts as remedy for *Nasarshas*. *Triphala Guggulu*^[14] is also one of the anti-inflammatory and *Kaphamedohara* in nature and helpful in relieving the pain, nasal blockage.

Allergy is also one of the prime cause in manifestations of nasal polyp. Allergy is the response for decreased immunity. Hence *Rasayana* is to be given to improve the immunity. *Agasthya Rasayana*^[15] is prescribed as it is best in improving the immunity and is helpful in maintaining the *Kaphavatapradhana Rogas*. Hence it is prescribed for the case.

CONCLUSION

Nasal polyp may be correlated with *Nasarsha* depending upon its symptoms and *Dosha Dushya Samurchana*. In *Nasarsha*, vitiation of *Mamsa* and *Medo Dhatu* takes place. After *Kshara Karma*, *Lekhana*

by *Kshara* leads to healing as well as shrinkage of mass. So, we can say *Apamarga Kshara* is effective in the treatment of nasal polyp which is cost effective also. *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 *Shodhana*, *Shamana* and *Rasayana Chikitsa*. The results were encouraging to start with just after the application of the *Kshara*, there was complete relief of the symptoms of Nasal Polyp. Overall, there was significant improvement in the condition. Hence there is need to implement Ayurvedic medicines in larger samples of the disease to draw a concrete conclusion.

REFERENCES

1. Acharya Laghu Vagbhata, Ashtanga Hridayam, Sarvaanga Sundara & Ayurveda Raasayana Commentry, collated by Dr. Anna Moreshwara & Ramchandra Shastri Navare, Edited by Bhashagacharya Harishastri Paradakarya Vaidya, Chaukhambha Publications, 10th Edition, 2011, 287p.
2. Acharya Sushruta, Sushruta Samhita, Edited by Vd.Yadavji Trikamji Acharya and Narayanram Acharya Kavyatirtha, Choukhambha Sanskrit Samsthan, Sanskrit Teeka, 2014, p.117
3. Acharya Sushruta, Sushruta Samhita, Edited by Vd.Yadavji Trikamji Acharya and Narayanram Acharya Kavyatirtha, Choukhambha Sanskrit Samsthan, Sanskrit Teeka, 2014, p.649.
4. Online cited, www.worldallergy.org at 7pm on 11/11/2021.
5. P L Dhingra, Diseases of Ear, Nose & Throat & Head and Neck Surgery, 6th Edition, 32nd Chapter, 172p.
6. P L Dhingra, Diseases of Ear, Nose & Throat & Head and Neck Surgery, 6th Edition, 32nd Chapter, 173p.
7. Bansal Mohan, Disease of Ear, Nose & Throat with Head & Neck Surgery. 6th ed. New Delhi; Jaypee Brothers, Medical Publishers (P) Ltd. 2018. 13:335
8. P L Dhingra, Diseases of Ear, Nose & Throat & Head and Neck Surgery, 6th Edition, 32nd Chapter, 173p
9. Acharya Sushruta, Sushruta Samhita, Edited by Vd.Yadavji Trikamji Acharya and Narayanram Acharya

Kavyatirtha, Choukambha Sanskrit Samsthan, Sanskrit Teeka, 2014,47p.

10. Acharya Laghu Vagbhata, Ashtanga Hridayam, Sarvaanga Sundara & Ayurveda Raasayana Commentry, Collated by Dr. Anna Moreswara & Ramchandra Shastri Navare, Edited by Bhisagacharya Harishastri Paradakarya Vaidya, Chaukhambha Publications, 10th Edition, 2011, 287p.
11. Govind Das, Bhaishajya Ratnavali, Vidyotini Commentry by Kaviraj Ambikadatta Shastry, Edited by Shri Rajeshwardatta Shastri, Chaukhambha Publications, 2019 Edition, 979p.
12. Laghu Vagbhata, Ashtanga Hridaya with the commentaries of Sarvanga Sundara of Arunadatta and Ayurveda Rasayana of Hemadri, Collated by Dr. Annamoreswar Kunte and Krshna Ramachandra Shastri Navare, Publication by Chaukhamba Orientalia, 293p
13. Bhavamishra, Bhavaprakasha Nighantu, Madhyama & Uttarakhanda, Vol II, Commmentry by Dr. Bulusu

Sitaram, Chaukhambha Publications, 2017 Edition, 124P.

14. Pandit Sharangdharacharya, Sharangadhara Samhita, Adhamalla Deepika & Gudarth Deepika commentaries, Edited by, Pandit Parashuram Shastri, Chaukhambha Publications, 2013, Edition, 204p.
15. Laghu Vagbhata, Ashtanga Hridaya with the commentaries of Sarvanga Sundara of Arunadatta and Ayurveda Rasayana of Hemadri, Collated by Dr. Annamoreswar Kunte and Krshna Ramachandra Shastri Navare, Publication by Chaukhamba Orientalia, p.597

How to cite this article: Sugnyani, S M Pasha. Nasal Polyp (Nasarsha) understanding and management through Ayurveda – A Case Study. J Ayurveda Integr Med Sci 2021;6:299-304.

Source of Support: Nil, **Conflict of Interest:** None declared.
