

Case Report - Nasapratinaha (Deviated Nasal Septum)

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Abstract:

In present global scenario, *Ayurveda* has gained more importance because of its holistic approach towards the health and personalized medicine. *Nasapratinaha* is one among the 31 *Nasa roga* in which nasal obstruction is the main symptoms. In modern it is correlated with Deviated Nasal Septum. Deviated Nasal Septum is one of the most prevalent complaint and major public health challenges worldwide. A Deviated septum occurs when your nasal septum is significantly displaced to one side, making one nasal air passage smaller than the other. *Nasapratinaha* is a condition in which vitiation of *Kapha dosha* along with *Udana vayu vaigunya* in *nasa* which is responsible for the manifestation of the disease. The role of *Kapha dosha* has a prominent part because *nasa* is one of the *sthana* of *Kapha* along with *Vata* and other *dosha* causes *Nasavorodha* (Nasal obstruction). The symptoms like Pain in area of sinuses, Runny nose, Headache, Nose bleed, Loss of smell, Nasal obstruction etc. Deviated Nasal Septum can be treated with surgical and medical methods. The surgical and medical managements have their own limitations, merits and demerits like Synechia formation, Rhinitis sicca, Sever bleeding, Septal perforation, Septal haematoma, septal abscess etc. In *Ayurvedic* classics the line of treatment for *Nasapratinaha* is *Snehapana*, *Nasya*, *Dhumapana*, *Shirobasti* etc. *Nasapratinaha* is the *hetu* of other complaints like chronic rhinitis which convert in sinusitis and other infection like throat infection. In the present case, 39 year old female patient came to Shalakyatantra OPD of SMBT Ayurved Hospital having a symptoms like Blocking sensation in nose, Heaviness in head, Pain over nose and sinuses, throat pain, headache and diagnosed with Left Deviated Nasal Septum. The line of treatment - Shirolepa of Vacha, Tapa sweda of Ajwain , Gandusha of Triphala churna and Haridra churna kwatha, Sitopaladi churna and Talisadi churna, Lakshmvilas Ras , Chandraprabhavati. Around 70% improvement in sign and symptoms were achieved after the medication.

Keywords :

Introduction

Nasal obstruction is a very common and troublesome complaint in ENT practice. The main causative factor for this condition is deviated nasal septum. Deformity of the nasal septum can also result in enlarged turbinates. As per *Ayurvedic* classics, *Nasapratinaha* is a condition in which vitiation of *Kapha dosha* along with *udana vayu vaigunya* in *nasa* which is responsible for the manifestation of the disease. The role of *Kapha dosha* has a prominent part because *nasa* is one of the *sthana* of *Kapha* along with *Vata* and other *dosha* causes *Nasavarodha* (nasal obstruction). The symptoms like Pain in area of sinuses, Runny nose, Headache, Nose bleed, Loss of smell, Nasal obstruction etc. *Nasapratinaha* is the *hetu* of other complaints like chronic rhinitis which convert in sinusitis and other infection like throat infection. Management of Deviated Nasal Septum in modern science is through medications such as nasal decongestants, antihistamines, nasal sprays and surgical procedure known as septoplasty. The symptoms usually reappear after the withdrawal of medication. Prolonged usage of antihistamines and nasal sprays are not recommended because which are cause unnecessary side effects like drowsiness, epistaxis, drying and crusting and the surgical approach has also failed

to achieve desired results. Therefore, an alternative solution in *Ayurveda* is sought which provides relief from all the symptoms of the disease as well as reducing the recurrent attacks. *Snehapana*, *Nasya*, *Dhoompana*, *Shirolepa*, *Tapa Sweda* , *Shirobasti*, *Upnaha* etc. are advised in *Ayurveda* classics for *Nasa Pratinaha* . The line of treatment - *Shirolepa* of Vacha, *Tapa sweda* of Ajwain , *Gandusha* of Triphala churna and *Haridra churna kwatha*, *Sitopaladi churna* and *Talisadi churna*, *Lakshmvilas Ras*, *Chnadrprabhavati* were given.

Case Report

A 39-year-old female patient presented with the complaints of blocking sensation in both nostrils, heaviness in head, headache, pain over nose, pain over area of sinuses, throat pain since 2/3 years.

On examination

- **Local examination-** External nose was normal with widened anterior nares.
- **Anterior Rhinoscopic examination-** Deviated nasal septum towards left side, and inferior turbinate in right side of cavity was markedly hypertrophied with congestion of the nasal mucous membrane.

Case Report

- **Throat examination-** Post pharyngeal wall congestion.

Past History

Patient had taken medical treatment which included a variety of antihistamines decongestant and topical since 3 years; but get relief as long as in use. Advice surgery but patient was not willing for surgery. After discontinuation of medication recurrence in the symptoms of Nasapratinaha was observed. As the disease was not treated with medical treatment and leading to complications like sleep apnoea and mouth

breathing. Sthanika chikitsa and abhyantara chikitsa was selected in this case.

- **Routine hematology investigations** were done- within normal limits.

- **Radiological evaluation-**

CT PNS Scan (plain)- confirmed that diagnosis through the presence of deviated nasal septum with convexity toward left and right inferior turbinate mucosal thickening.

Treatment given

Aushadhi	Dose	Anupana	
Shira pradeshi Vacha lepa	At morning LA		7 days
Tapasweda of Ajwain	BID		7 days
Gandusha of Triphala kwatha + Haridra churna	At morning		7 days
Sitopaladi churna + Talisadi churna	3gm BID	Madhu	14 days
Lakshmvilas rasa	250mg – 2 BID	Jal	14 days
Chandraprabha vati	250mg- 2 BID	Jal	14 days

Shirolepa is a special procedure of application of medicated paste on the head.

Vacha- the magical root of this herb has Kapha-Vata shamaka properties. With Ushana Tikshna guna it relieves the Kapha Vata dosha. The cell membrane which are made up of phospholipids, absorbs the lipid soluble medicinal extract which is covered over the head containing various pharmacological action like antioxidants, anti-inflammatory and analgesic property. It useful in reducing pain and inflammation.

Tapa sweda means application of direct heat to the body parts. Swedana by its qualities like Ushna , Tikshna acts for stimulation in the body. It increases the metabolic rate in the body. Ushna guna of sweda dilates the capillaries and it increases circulation and help to relieve the swelling and inflammation of sinus congestion.

Tapa sweda of Ajwain- 2-3 tsp of ajwain roasted on tawa and added it in a cloth to make a potli. The ajwain smoke from the potli will help in unblocking nose and easing congestion.

Gandusha with Triphala churna and Haridra churna kwatha – Filling the mouth with medicated water daily and holding for a few minutes without moving it inside the oral cavity is called Gandusha. Gandusha is the signature treatment in Ayurveda for throat pain. It soothes the throat and reduces Shotha-Inflammation, Shoola-pain, Jwara-Fever, Aruchi-Anorexia in a very precise manner.

Triphala has immunomodulatory qualities as well as Shothahara (anti-inflammatory) and Ropana (healing) characteristics, as well as anti-oxidant properties .

Haridra churna is an effective antioxidant that can immediately soothe the irritation in the throat, reduce the inflammation and throat pain.

Internal medicine *Lakshmvilas rasa* has expectorant properties, which can help clear the respiratory passage and reduce congestion.

Chandraprabha vati - Mentioned in Ayurveda as Sarvaroga Pranashini (i.e. useful in all disorders), this potent herbal formulation balances all the Tridoshas i.e. Vata, Pitta and Kapha. help in cleaning the blood and improving oxygenation of the blood and improve the immunity. It has Balya and Rasayana as well antimicrobial , anti inflammatory, analgesic properties.

Sitopaladi churna helps remove dryness and release sputum out of the respiratory tract. This is due to its Vata and Kapha balancing properties. It also helps boost immunity due to its Rasayana property. Sitopaladi Churna has a Madhura and Katu Rasa and balances the Vata and Pitta Doshas and effectively removes the AMA doshas (i.e. harmful toxins) from the body.

Talisadi Churna is a herbal formulation commonly used in managing disorders of the upper respiratory and gastrointestinal tract. It has expectorant and helps to control cough, sore throat, and asthma by balancing the Kapha dosha and expectorant nature.

Result

After one month of therapy there was significant improvement in the complaints related to Nasapratinaha. The reduction in the size of hypertrophied turbinate was observed

along with nasal obstruction, headache, heaviness in head, pain over nose and sinuses, throat pain were reduced within a month. The investigation were repeated once again and there was normal in values. After the follow-up period of one

month, the patient had recovery from the disease symptoms such as nasal obstruction, headache and other symptoms. There were no side effects observed during the treatment as well as after the completion of treatment.

Symptoms	Before Treatment	After Treatment	% of relief
Nasal Obstruction	2	1	51- 75 % relief of signs and symptoms
Headache	3	0	>75% relief of signs and symptoms
Pain over nose and sinuses	2	0	>75% relief of signs and symptoms
Inferior turbinate hypertrophy	2	1	51- 75 % relief of signs and symptoms

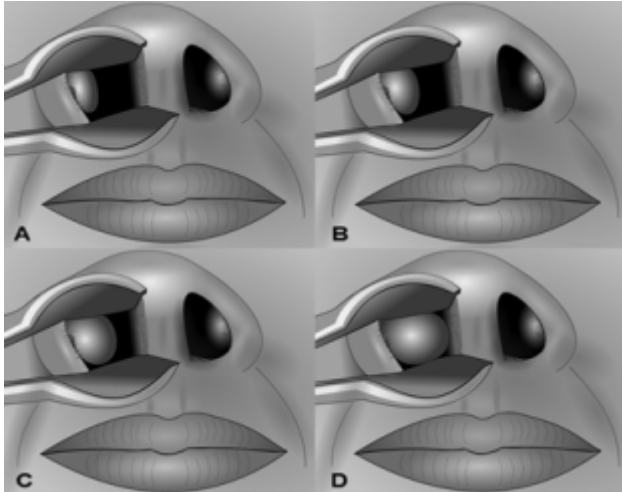
Assessment of parameter

1. Subjective parameters with categorization on the basis of severity

- a. Nasavarodha (Nasal obstruction)
- b. Pain over nose and sinuses
- c. Shira Shoola (Head ache)

1	No	0
2	Mild	1
3	Modarate	2
4	Sever	3

2. Objective parameters[5]



a.Size of the turbinates.

1	No	0
2	Mild	1
3	Modarate	2
4	Sever	3

1. Overall Assessment Of Theory

Criteria for accessing total efficacy of treatment

Sr. No.	Assessment	Observation
1.	Improvement	>75% relief of signs and symptoms
2.	Moderate Improvement	51- 75 % relief of signs and symptoms
3.	Mild Improvement	25-50% relief of signs and symptoms
4.	Unsatisfactory	<25% relief of signs and symptoms

Duscussion

The pathogenesis of Nasapratinaha shows obstruction due to vitiated vata and kapha dosha. As mentioned in Ayurveda, Nasya is the treatment of choice for all the disorders above the supra-clavicular region. But patient was not willing for Nasya karma therefore we decided to go through the symptomatic treatment -Shirolepa, Tapasweda, Gandusha and the medicine.

This case study revealed that patient with *Nasapratinaha* (DNS) can gain significant relief in all sign and symptoms such as nasal obstruction, headache, pain over nose and sinus through ayurvedic management.

The study conclude that this line of treatment enhances the speed of recovery with minimal risk.

Conclusion

This case study revealed that patient with *Nasapratinaha* (DNS) can gain significant relief in all sign and symptoms such as nasal obstruction, headache, pain over nose and sinus through ayurvedic management. The study conclude that this line of treatment enhances the speed of recovery with minimal risk.

Referances

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