



AYURVEDIC MANAGEMENT OF CHRONIC MAXILLARY SINUSITIS- A SINGLE CASE STUDY

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INTRODUCTION

Inflammation of the maxillary sinuses is known as maxillary sinusitis. Sinusitis symptoms include headache, generally in the vicinity of the affected sinus, and foul-smelling nasal or pharyngeal discharge. Systemic infection symptoms, such as fever and weakness, may also be present. Retained mucus causes opacification, or cloudiness of the normally translucent sinus on radiographs. When the symptoms of paranasal sinus inflammation persist for more than 12 weeks, the condition is called chronic sinusitis.

Chronic sinusitis is a condition where the root cause may be allergy, deviated nasal septum or nasal polyp or inflamed air ways associated with rare immune response. Because of the strong anatomical relationship between the frontal sinus, anterior ethmoidal sinus, and maxillary teeth, which facilitates the simple transmission of infection, maxillary sinusitis is prevalent. This case study shows that Ayurvedic treatment gives effective results in Chronic maxillary sinusitis.

AYURVEDIC REVIEW:

Acharya Sushruta described 31 Nasagata Roga in Sushruta Samhita Uttara tantra. Pratishyaya is one of the Nasagata Roga. Acharya Sushruta described five types of Pratishyaya i.e., Vataja, Pittaja, Kaphaja, Sannipataja, and Raktaja. Dushta Pratishyaya is a chronic stage of Pratishyaya and a further vitiated condition of Dosha rather than a distinct illness entity. If we were to associate it with any contemporary ailment, then the indications and manifestations of chronic sinusitis could be linked to Dushta Pratishyaya, since both conditions are characterized by Nasa avarodha, which is nasal obstruction, Nasasrava, which is nasal discharge and Shiro guruvam, which is headache and heaviness in the head etc. The prognosis for both conditions is also Krichrasadhya. The modern line of treatment is nasal sprays and steroids having also its adverse effect, in Ayurveda Pratishyaya treatment mentioned is Langhana, Ghritpana, Shodhan nasya, Dhoompana, Vaman, Gandusha and combination of internal drug/Rasayan etc.

CLINICAL PROFILE OF THE PATIENT

A 35-year male patient visited the OPD of Shalakyatantra department at SKS Ayurvedic Medical college and hospital, Akbarpur, Chaumuhan, Chhata, Mathura on 20/04/2024 with the following complaints:

OPD/IPD No - 2498/14250

Name - Mr. Umesh Kumar

Age/Sex - 35 years/ Male

Religion - Hindu

Occupation - Private sector

Socio economic Status - Middle class

Residence - Akbarpur, Chhata, Mathura

Date of Admission - 22/04/2024

Date of Discharge - 28/04/2024

CHIEF COMPLIANT

- Mild Pain over cheeks and sometime over forehead - 1 year
- On and off yellowish discharge from nose and sneezing specially in morning hours - 6 months
- Occasional feeling of left side nasal blockage - 6 months
- Sore throat with hoarseness of voice - 2 weeks

- Aggravating factor - Change in weather, cold food and weather
- Relieving factor - Steam inhalation and nasal decongestion.

HISTORY OF PRESENT ILLNESS

According to the patient he was alright a year back then he had fever with cough & cold which persisted for one week, Pt. took allopathic medicine but did not get much relief. After 2-3 weeks of that he started developing pain over the cheeks and forehead, which developed gradually over time. After some time, he started complaining on and off mucopus discharge from bilateral nostrils with sneezing especially in morning time which was aggravated by cold food & weather and relieved temporarily by steam inhalation. Patients also had a feeling of nasal congestion on the left side and nosebleed occasionally. After that He took conservative treatment but didn't get significant relief. Now for the last two-week patient has pain in throat with hoarseness of voice, so he came to SKS Ayurvedic hospital for better management.

HISTORY OF PAST ILLNESS

- Fever with cold & cough - before 1 year
- CSOM Rt. Ear - before 3 months

FAMILY HISTORY

- Mother - Healthy and alive
- Father - Healthy and Alive
- Siblings - 5 H & A
- Marital Status - Married 6 years
- Wife & 2 Children - H & A

PERSONAL HISTORY

- Appetite - Poor
- Bowel- Regular but Incomplete evacuation
- Sleep- Good 7 hours/day
- Micturition- Normal
- Addiction- Not any
- Pulse rate - 79/min
- BP - 128/84 mmhg

DASHVIDHA PARIKSHA

- Prakriti - Kaphaja Vataja
- Vikriti - Kapha Pradhan Tridosha
- Sara - Mansara
- Sahanan - Madhyam

- Praman - Madhyam
- Satwa - Madhyama
- Satmya - Sarv Rasa
- Ahara Shakti- Avara
- Vyayam - Madhyam
- Vaya - Yuva Avastha

TREATMENT HISTORY

- Had been taking antibiotics for sinusitis off and on.
- No history of any drug allergy

GENERAL PHYSICAL EXAMINATION

- Elderly male, moderately built and nourished, cooperative, and well oriented to time, place, and person
- General condition- Fair, Vitals- Stable
- Pallor
- Icterus
- Cyanosis
- Clubbing
- Lymphadenopathy
- Pedal oedema - ABSENT

ABSENT

SYSTEMIC EXAMINATION

- Respiratory system
- CVS
- CNS
- GIT

NAD

ENT EXAMINATION

EXAMINATION OF EARS-

- Inspection- Surrounding area, Pinna, EAM normal.
- TM Rt. EAR- Central Perforation
- TM Lt. EAR- Retracted
- Palpation- NAD
- Hearing test- Rinne's- Positive on both side
- Weber- Lateralized towards Rt.

NASAL EXAMINATION-

- Inspection - No apparent external deformity of nose

- Anterior Rhinoscopy - Swollen inferior turbinates with mucus along the nasal floor and red nasal mucosa was seen
- Lt. side dislocation of nasal septum was seen
- Palpation - Mild Tenderness over cheeks
- Transillumination test - Opaque

THROAT EXAMINATION-

- Mild congestion presents on posterior pharyngeal wall.

INVESTIGATIONS

- CBC- WNL
- ESR- 18mm/hr.
- CRP- 8.0mg/dl
- RBS- 76mg/dl
- LFT- WNL
- KFT- WNL
- **X-Ray CHEST PA View** - Prominent broncho-vascular markings
- **CT CHEST** - No remarkable abnormality
- **CT PNS Axial & Coronal plain** - Mucosal collection seen in maxillary sinus & DNS Lt. side.

DIAGNOSIS

D/D-

- Maxillary Sinusitis
- DNS
- Allergic Rhinitis
- Nasal polyp
- Osteomyelitis of maxilla

Provisional & Final diagnosis-

- Chronic maxillary sinusitis with DNS.

TREATMENT

1. For *Deepan & Pachana* - *Ajmodaadi churna* 3gm+ *Avipattikara churna* 3gm- BD with luke-warm water for 5 days
2. *Snehana* - With *Tila taila*
3. *Swedana* - Steam inhalation with *Dashmool Kwath*- twice a day
4. *Nasya* - *Anu taila*

1 st sitting	7 days	Marsha Nasya (8 drops)
	7 days	Pratimarsha Nasya (2 drops)
2 nd sitting	7days	Marsha Nasya
	7 days	Pratimarsha Nasya
3 rd sitting	7days	Marsha Nasya

5. *Kavala* - After *Marsha Nasya* patient was advised *Kavala* with lukewarm water along with *Saindhava* and *Haridra* powder.
6. *Dhoompana* - Given with *Haridra+Ghrita varti* after *Marsha Nasya*.
7. Tab. Bresol 2BD for 35 days
8. Allergin granules 1tsf with milk HS for 35 days
9. *Khadiradi Vati* 1BD for 35 days
10. *Chitrak haritaki avleha* 5gm BD for 35 days.

Pathya and Apathya - During 35 days of treatment patient was advised to take warm water, herbal tea, soup, milk with turmeric and avoid AC completely, cold water, cold drinks, day sleep, curd, spicy and fried foods, packaged snacks, rice at night, banana etc.

RESULTS

The patient was much relieved of his symptoms after 35 days of treatment.

On examination after 35 days-

- Pain over cheeks and headache - Reduced
- Nasal discharge - Absent on rhinoscopy and told by patient also
- Nasal blockage - Absent
- Sore throat with hoarseness of voice - Absent
- Sneezing- Absent
- Nasal Mucosa - Normal
- Inferior turbinates - Hypertrophied
- Nasal septum - Deviated
- Sinus tenderness - Absent
- Transillumination test - Less opaque
- Throat - No congestion was seen on examination.

Follow up after 15 days and 1 month-

- There was significant improvement in sinusitis condition after hospital-based *Nasya* & other treatments in follow up visits.
- Patients were advised to follow all *Pathya* & *Apathya*.

- *Pratimarsha Nasya* - Steam inhalation followed by *Pratimarsha Nasya* with *Anu taila*.
- *Chitrak haritaki avleha* - 5gm HS continued for 3 months.

DISCUSSION

- Many Ayurvedic drugs are used in *Dushta Pratishyaya* treatment. The present study was aimed to evaluate the therapeutic efficacy of the Ayurvedic Management of *Nasya* therapy in improvement of Chronic Maxillary Sinusitis.
- *Anu Taila* is mentioned in *Charaka Samhita Chikitsasthana* under "*Trimarma chikitsa adhyaya*" for *Nasya* therapy in the context of *Pratishyaya*. The content of *Anu Taila* has mainly *Katu, Tikta, Madhura, Kashaya Rasa, Laghu, Tikshna, Snigdha, Ruksha Guna, Ushna Virya, Katu Vipaka, Kaphanihsaraka, Vatanulomaka, Deepana, Pachana, Lekhana, Jantughna, Agnideepaka, Shothahara, Vedanasthapana, Bala-karaka*, anti-inflammatory, antifungal, antibacterial, anti-asthmatic, anti-allergic, analgesic, antispasmodic, stimulant and antioxidant properties. All these properties help to remove the pathology and promote local immunity. Hence *Anu Taila* was selected for *Nasya* therapy.
- Above mentioned medicines for oral treatment that patient got significant improvement, because of its content dries the excessive secretions in sinuses and nasal cavity, improves digestive power and immunity of patient.

CONCLUSION

- In patients of Chronic Maxillary Sinusitis there was a marked reduction of symptoms.
- No unwanted effect of therapy was observed during treatment and during follow up period.
- So, it can be concluded that *Nasya* procedure along with oral medicines are very effective in

management of Chronic Maxillary Sinusitis but to establish this effect further study of longer duration and larger sample is required.

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