

NASAL POLYP W.S.R NASARSHA –A CASE STUDY

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Abstract:

Nasal polyps are soft, painless, noncancerous growths on the lining of nasal passages or sinuses. They hang down like teardrops or grapes. Small nasal polyps may not cause symptoms. Larger growths or groups of nasal polyps can block nasal passages or lead to breathing problem, a lost sense of smell and frequent infections. Nasal polyps affect an estimated 4 to 40% of general population and they seem to be 2 to 4 times more common in males than females. People who develop them tend to do so as young or middle aged adults. In contemporary science, nasal polyp is not curable but can be clinically stabilized. When conservative measures are exhausted, surgical intervention combining endoscopic sinus surgery and supportive conservative treatment is performed. So here by the Ayurvedic modalities, nasal polyp is treated such as *Kshara karma* with internal medication with a positive change in the clinical picture.

KEY WORD – Nasal Polyp , *Nasa Arsha* , *Kshara Karma*.

Introduction:

Nasal polyps are fleshy non-cancerous transparent growth that occurs inside the nasal cavity and along the sinuses. Nasal polyps are mainly linked to allergies or asthma . Smaller one did not need treatment but larger one can block normal drainage from sinuses, when too much mucus builds up in

sinuses, it can become infected. Study shows male are more prone to develop polyp at middle age. In Ayurveda nasal polyp (*nasarsha*) can be managed by *aushadha*, *kshara karma*, *agni karma*, *sastra karma*.

Regarding *samprapti* of *nasarsha* after intake if such *nidana* like exposure to excessive cold, smoke, dust, ati

nidra(excessive sleep) the doshas get aggravated and get lodge into nasa, which vitiates twak, mamsa and medo leads to production of 4 types(*vataja, pittaja, kaphaja, sannipataja*) of *nasarsha*.

Were as a history of recurrent infection or inflammation is needed to establish nasal polyp which causes collection of extracellular fluid, leads to oedema of nasal mucosa, gradually production of polypoidal mass.

Case report:

A 39 yrs. old female patient came at shalya Tantra OPD of Shree Sidharoodh charitable hospital attached to NKJ Ayurvedic medical college & PG center presenting with pain in right nostril, difficulty in nasal breathing ,stuffy nose, with headache, sneezing since 1yr . with gradual onset, the symptoms increases since last 2 months.

On examination:

one fleshy mass is seen at right nostril with the help of nasal speculum. Mild congestion in nasal mucus membrane. Complete blood count shows mild elevation in eosinophil count.

Procedure of kshara application:

poorva karma:

patient remain nil by mouth 4 hrs prior to procedure.

patient placed in supine position with extention of head by

placeing a pillow under shoulder

. A gauze piece soaked with

normal saline placed in right nostril. Inj. Xylocain (2%) 1 ml

injected at the base of the polyp.

pradhan karma:

Apamarga kshara is applied over the mass by cotton rolled over a probe and kept for 60 sec. Then the kshara remoed by cotton soaked with NS. The colour of mass converted to pakva jambuphalavat (redish brown). Lemon juice applied over the mass, gauze piece removed, yastimadhu oil applied over the burned area.

paschat karma:

patient is advised to avoid cold, dust , air.

Tab. Triphala guggula 2 tab bdpc for 1 month

Tab. Laghu sutashekhar rasa 2 tab bdpc for 1 month

(murchita sarshapa taila 30 ml mixed with saindhava lavana 1 gm) 2 drops of this mixture given to each nostril twice daily for 1 month.

Patient should review after 1 month.

Result:

Burning sensation was observed after the effect of local anaesthesia, and this was managed by local application of yastimadhu oil. The patient was complaining of dark brown colour discharge from nose which was self-controlled within 5 days. Stuffy nose and other associated symptoms like sneezing, headache reduced within 10 days.

Kshara preparation

The panchanga (whole plant) of Apamarga (*Achyranthes aspera*) 10kgs should be collected, dried up and burnt. The whole ash 1kg were collected and mixed with 6times (approximately 6 liters) of water and filtered 21 times. The filtrate is clean and clear like colour of cow's urine and it is kept on mild fire and liquid evaporates to 1/3rd of its original quantity. This is known as *Mridu* or Mild concentrate *kshara*. Then add 100gms of red hot *Shukti* (Limestone) to the filtrate solution and continuously stirred well until it evaporates to 1/3rd of its original quantity. This is known as *Madhyama* or Moderate. This should be further heated up by adding

10gms of *Chitraka Kalka* (*Plumbago gelanica*) with this thick solution is obtained which is known as *Pratisaraneeya Teekshna* or Highly concentrated *Kshara*. It will be collected and stored in air tight container.

Discussion:

Kshara is an excellent *anusastra* in the management of arsha, as it has *lekhana*, *tridoshaghna*, *teekhsna* and *ushna* property. In nasarsha the doshic predominance is *kapha pradhan tridosh*, and *dushya* is *mamsa* and *medo dhatu*, as the *kshara* has *ushna guna* and *lekhana* property it can reduce the vitiated *mamsankura*.

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. And 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.



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