

The Conservative *Ayurvedic* Management of Allergic Nasal Pathologies With Special Reference to *Apeenasa*-A Case Report

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ABSTRACT

Background: Nasal mucosa is highly sensitive to irritants or allergens. It deals with the polluted smoke, fog, fumes, pollen grains through inspiration. Nasal discharge, Nasal blockage and sneezing are the cardinal signs of Nasal allergy. Nasal obstruction, Nasal Discharge and loss of smell perception in *Ayurved* can be correlated to *Apeenasa*. *Tikshna* or *Avapida Nashya*, *Snehapana*, *Dhoomapana*, *Abhyanga* etc. are included in the treatment of *Apeenasa*. **Patient information:** Here we have presented a female case with complain of frequent nasal blockage with recurrent nasal discharge in the past two years. She had also felt loss of smell sensation since then. **Materials and Methods:** Considering the case as *Vata* and *Kapha* predominant disease, we managed the case with *Shamana Aushadhi* (~Conservative treatment), *Nashya* and *Pratimarsha Nashya* as Nasal instillation of Ksheerabala Tail 101. Along with the treatment, the patient was advised to maintain a proper diet regimen and diet time. **Results:** The patient was treated with *Tikshna Taila Nashya*, *Deepaka*, *Pachaka*, *Tridoshahara Aushadhi* to balance the Predominant *Dosha*. After the 45th day of treatment there was improvement in smell perception, Nasal blockage and Nasal discharge reduced significantly. The nasal mucosa became regular and achieved its normal color. There was significant reduction in the size of Inferior hypertrophic turbinates. **Conclusion:** These allergic nasal pathologies can be controlled and cured by the usage of *Nashya* and *Pratimarsha-Nashya* along with the *Deepaka*, *Pachaka* and *Shamana Aushadhi*. The Daily usage of *Pratimarsha Nashya* can improve the hygiene and health of nasal mucosa

Keywords: *Ayurvedic* management of allergic nasal pathologies, *Ayurvedic* management of *Apeenasa*, *Ayurvedic* management of Nasal Allergy

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INTRODUCTION

Nasal discharge, Nasal blockage and sneezing are the cardinal signs of Nasal allergy.[1] There are many causes of nasal obstruction. Nasal mucosa is one of the most exposed parts of our body as it deals with the polluted smoke, fog, fumes and pollen grains through inspiration. The nasal mucosa is highly vascularized, it contains erectile tissue, and it has abundant sinusoid.[2] So any exciting response to nasal mucosa may lead to edema and Nasal Discharge. The exciting agent may be in the form of allergens or infection and even a breeze of air may also lead to this condition. There are turbinates on the lateral wall of each nasal cavity. Though the Nasal polyp, tumor, Nasal allergy are the cause of nasal obstruction still the deviated nasal septum (DNS) and inferior hypertrophic turbinate contributes in the largest part in nasal obstruction among the Indian population. Nasal obstruction, Nasal Discharge and loss of smell perception in *Ayurveda* can be correlated to *Apeenasa*. [3] While describing the treatment; *Tikshna* or *Avapida Nashya*, *Snehapana*, *Dhoomapana*, *Abhyanga* etc. are included by our *Ayurvedic* laureate. [4] Around 22% of patients with nasal obstruction to the olfactory cleft is found to cause the loss smell perception, which may worsen the quality of life. [5, 6, 7]. Approximately 50% of the population are having Hypertrophic

turbinate [8]. In this article we have tried on a female case of Nasal obstruction with DNS and Hypertrophic inferior turbinate. In this article we have tried to treat a thirty-year female case of allergic nasal pathologies with *Tikshna Taila Nashya*, *Deepaka*, *Pachaka*, *Tridosahara Aushadhi* to balance the predominant *Dosha*. The result of the treatment was encouraging.

Patient information

A 30-year-old female (housewife) came to our *Shalakya Tantra- Karna-Nasa-Mukha* (K-N-M) -OPD with the complaints of frequent nasal blockage with recurrent nasal discharge in the past two years. She had also felt loss of smell sensation since then. For this she was taking the antiallergic drugs. She did not get relieved; so, she came to our OPD. She was a mother to two babies. She had the habit of taking curd every day. The vitals were within normal limits. Her last menstrual cycle lasted 3 days and ended 6 days ago.

Clinical findings:

General Physical and Systemic Examination: On the general examination, patient found to be conscious, oriented and stable. Systemic examination of the patient revealed no abnormality in Cardiovascular, Respiratory and Central Nervous system.

Table 1 : Clinical Examination -General and Local Examination

- Weight- 42 Kg.
- BP- 124/76 mmHg
- Pulse- 78/min
- SpO₂ -98%
- Respiratory rate- 20/min
- Ear- Otoscopy-No abnormality Detected in both ears.
- Nose-
 - Anterior Rhinoscopy - DNS- S' Shaped, pale and rough mucosa, both nostril Inferior turbinate hypertrophy.
 - Posterior Rhinoscopy- No Abnormal growth detected
- PNS- Non-tender.
- Throat- No abnormality detected.
- No Gynecological abnormality detected.

Local Examination:

On Nasal examination the patient had mild S' shaped DNS, with bilateral hypertrophic inferior turbinate with edematous, pale and rough nasal mucosa on Anterior rhinoscopy and the posterior structures are found to be within normal limits under Posterior rhinoscopy. There was discharge seen in the nasal mucosa. On palpation of the Para Nasal Sinuses, there was no tenderness.

Timeline

Before coming to our OPD the patient consulted multiple ENT surgeons and diagnosed her with DNS, with allergic

rhinitis, having Hypertrophic Inferior turbinate. She was advised to take ant allergic treatment and advised to go for Turbinectomy.

She was not convinced about the effect of the treatment, and she was scared about the surgery. So, she visited our hospital and consulted in our K.N.M. OPD.

- There was recurrent nasal discharge with frequent nasal blockage. Right is more than left nostril.
- She visited our OPD after two years of onset of symptoms and after consulting two or three ENT Surgeons.
- The treatment protocol was followed according to

Table 2 : The treatment protocol

Sl. No.	Procedure/ Protocol adopted	Medicines	Dose	Duration
1.	<i>Nashya at morning</i>	<i>Ksheerabala Taila 101</i>	14 drops each nostril at morning.	First 7 days at morning only
2.	<i>Nasal instillation (Like Pratimarsha Nashya)</i>	<i>Ksheerabala Taila 101</i>	4 drops each nostril	52 Days (first 7 days evening then morning and evening for 45 days)
3.	Steam	Cap. Halin	Steam with one capsule.	52 Days twice daily
4.	<i>Vati</i>	Tab <i>Bridhibadhika</i>	1-tab bd	First 30 Days
5.		Tab <i>Laxmivilasa Rasa</i>	1-tab bd	First 30 Days
6.	<i>Kashaya</i>	<i>Dasamoola Katutraya Kashaya</i>	15 ml BD with 30 ml of water for 30 Days	First 30 Days
7.	<i>Choorna</i>	<i>Haridrakhanda</i>	5 gm twice daily	First 30 Days

Diagnostic assessment**Therapeutic Intervention**

The patient was directed to take *Nashya* fourteen drops each nostril with *Ksheerabala Taila 101* for the first seven days, morning and evening with four drops in each nostril. After seven days she was advised to instill four drops in each nostril twice daily for the next 45 days. After five minutes of instillation of *Ksheerabala Taila 101*, she was directed to take steam with Cap Halin. She was also advised to take Tab *Bridhibadhika*, Tab *Laxmivilasa Rasa* 1 tab each twice daily, *Haridrakhanda* 5 gm twice daily. She was advised to take *Dasamoola Katutraya Kashaya* 15 ml with 30ml of water for 30 days according to Table 2.

Along with the above treatment protocol patients were advised to follow the below instructions or *Pathya* and *Apathya* such as-

Patient was asked to

- Maintain time of Diet and proper diet regimen.
- Avoid Banana, Curd, Cold items (Foods and Drinks),
- Avoid intake of spicy foods, *Abhishyandhi Kara* Foods (Curd etc.),
- Avoid staying in air conditioning room, regular Head bathe.
- Avoid stress and strain.

All the avoidance is to maintain the *Jatharagni* and to balance *Kapha* and *Vata*

Follow-up and Outcomes

Before treatment the patient had frequent nasal blockage and watery Nasal Discharge, she could not perceive smell, the inferior turbinate covers around 80% of nasal Cavity in right and left nostril. She had edematous, rough and pale nasal Mucosa.

After seven days of treatment, nasal blockage was reduced by 60%, discharge was absent, smell perception improved, the inferior turbinate size reduced, and it covers 50% of nasal cavity in right and in left nose. The swelling of nasal mucosa reduced, and its paleness also decreased.

After 45th days of treatment there was nasal blockage and discharge seen only once between 7th day and 45th day of treatment and it was completely absent for the next 15 days. There was significant improvement in the smell sensation, and it persists for the next 15 days. The size of right and left inferior turbinate is reduced and covers 40% of nasal cavity and remains same for the next 15th day. The nasal mucosa was regular and pinkish. And it remains the same for the next 15th day.

Table 3: The Detailed Timeline in the sign and Symptom of Nasal Pathology

Characters	Before Treatment (BT)	After 7 of treatment	After 45 days (follow up)	After 60 days
Nasal blockage	Very frequent	Reduced by 60 %	Once for a day which is after 7 days of <i>Nashya</i> and Persists for a single day only	No nasal blockage
Nasal Discharge	Very frequent/ recurrent. Watery discharge	No discharge/ Absent	Once after 7 days of <i>Nashya</i> and persist for a day only.	No nasal Discharge.
Decreased Smell perception	Frequent lack of smell sensation	Smell sensation improved.	Proper smell sensation Present	Complete presence of Smell sensation as before.
Size of Inferior turbinate	Covers more than 80 % in right and on left nostril.	Both Reduced and covers half of nasal cavity.	Right Reduced and covers 40% of nasal cavity. Left-Reduced.	Right and Left- remain same as 45 th day.
Nasal Mucosal Edema	Edematous, roughness Mucosa looks Pale in color.	Reduced in size and roughness also reduced. Mucosa looks Pale in color.	Mucosa became regular and looks pinkish	Mucosal edema absent, it looks regular and pinkish in color.



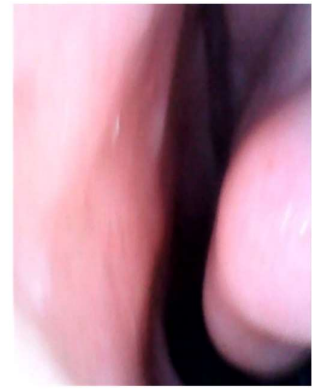
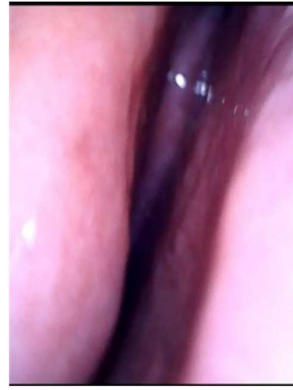


Figure 1- Right -BT

Figure 2-Right – After Nashya

Figure 3- Left- BT

Figure 4-Left After Nashya

FIGURES- Showing right (RT) and Left (LT) Nasal cavity, it's Mucosal Color, Size of Inferior turbinates, Before Treatment (BT), and After Nashya karma

DISCUSSION

Apeenasa is a disease of nose having Nasal blockage, Nasal Discharge, loss of smell and Taste sensation due to *Vata-Kapha* vitiation.[3]. This condition of nasal obstruction, Nasal discharge and loss of smell sensation are due to edema of nasal Mucosa, as a consequence of nasal allergy, Infective Rhinitis and Hypertrophic Inferior Turbinate according to contemporary medical science. In the treatment protocol of *Apeenasa* and *Samanya chikitsa* of *Nasa Roga* it is told to go for, *Snehana*, *Swedana*, *Vamana*, *Virechana*, *Nashya*, *Dhoomapana*. [9].

Due to the aggravating factors, the nasal mucosa gets inflamed because of the presence of highly sensitive nasal mucosa, numerous sinusoids and high vascularization.

This edematous condition of the nasal mucosa led to nasal blockage, Difficulty in breathing, Nasal discharge etc. The edematous nasal mucosa blocks the olfactory cleft which ultimately results as anosmia or loss of smell sensation. [10].

The clinical features of *Apeenasa* are due to the *Srotodushti* of *Rasa Dhatu* and *Mamsa Dhatu* and Vitiation of *Vata* and *Kapha Dosha*. The *Atipravritti* of *Rasa Dhatu* causes Hyper secretion from nasal cavity or from nasal mucosa. This can be compared to allergic or infective rhinitis. *Sanga* and *Sroto-avorodha* are caused due to the edema in nasal mucosa also due to the hypertrophy of the turbinates. This condition is due to the infiltration of inflammatory cells like eosinophil, mast cells, lymphocytes to the nasal mucosa in response to any irritation, allergy or infection in the nasal cavity. The chronic inflammation of nasal mucosa leads to fibrosis, hypertrophy and glandular hyperplasia of the nasal submucosa. This

phenomenon lands up in nasal obstruction. These pathologies of the nasal mucosa may also be correlated to the *Granthi* or

accumulation, swelling or enlargement of the nasal mucosa.

Table 4: Interpretation and consequences of *Rasa and Mamsa dhatu Dushti*

Srotodushti	Interpretation	Consequences
<i>Atipravrutti</i> of Rasa Dhatu	Hyperactivity	Nasal discharge
<i>Sanga or Srota Avorodha-Mamsadhatu Dushti</i>	Nasal passage obstruction	Difficulty in breathing through nostril. And Lack of smell sensation
<i>Vimaarga Gamana</i>	Watery Nasal Discharge	Nasal discharge
<i>Granthi</i>	Accumulation, swelling or enlargement	Nasal Mucosal Edema

Nashya (Nasal instillation of medicated fluid, fume or powder): Nose is the gateway of *Siro* [11] and the procedure like *Nashya* eliminates the accumulate fluid (*Kapha*) and nourishes the *Indriya*, the sense organ and balances the *Dosha* [12]. We have used the *Ksheerabala Tila 101 Avarti*, which is *Tikshna, Indriya Prasadaka, Rasayana, Marga Sodhaka and Rakta Prasadaka* [13]. The *Ksheerabala Tila 101* is instilled as four drops in each nostril in the evening daily for 52 Days (first 7 days evening then morning and evening for 45 days). The *Pratimarsha Nashya* can be used regularly.[14] The use of *Nashya* as fourteen drops in each nostril for act as *Vairachanika Nashya* and it clears the nasal blockage or reduces the inflammation by means of clearing the *Srota-Avorodha*. The medicated oil creates a barrier over the nasal mucosa by means of a thin layer over it

and it probably prevents further exposure of any allergen on it. Thus, act as a protective barrier. It also removes the accumulated morbid *Dosha* from the nose.

While considering the ingredient of ***Dasamoola Katutraya Kashaya***; it improves the digestion by means of *Agni Deepana karma* and balances the vitiated *Dosha*. It has the prime function as a *Soth-hara*. (Table-5) [15]. 15 ml twice daily with 30 ml of water for 30 Days is advised.

Table 5: Ingredients of *Dasamoola Katutraya Kashaya*

<i>Dasamoola Katutraya Kashaya</i>		
Sl.No	Sanskrit Name	Botanical Name
1	<i>Bilva</i>	<i>Aegle marmelos</i>
2	<i>Agnimantha</i>	<i>Premna mucronata</i>
3	<i>Shyonaka</i>	<i>Oroxylum indicum</i>

4	<i>Patala</i>	<i>Stereospermum suaveolens</i>
5	<i>Gambhari</i>	<i>Gmelina arborea</i>
6	<i>Brihati</i>	<i>Solanum indicum</i>
7	<i>Kantakari</i>	<i>Solanum xanthocarpum</i>
8	<i>Gokshura</i>	<i>Tribulus terrestris</i>
9	<i>Shalaparni</i>	<i>Desmodium gangeticum</i>
10	<i>Prishnaparni</i>	<i>Uraria picta</i>
11	<i>Sunthi</i>	<i>Zingiber officinale</i>
12	<i>Pippali</i>	<i>Piper Longum</i>
13	<i>Maricha</i>	<i>Piper nigrum</i>
12	<i>Vridha -</i>	<i>Adhatoda Vasica</i>
Function	Anti-inflammatory- sothahara	

The **Bridhibadhika** [16] tablet reduces the *Sotha* or swelling. Therefore, it is used to reduce swelling in the nasal mucosa. Table-6. It is also helpful in case of any swelling, inflammation or overgrowth like tumor. So it is very beneficial to treat the inflammation or swelling with the *Bridhibadhika* Tablet. The patient took one tablet twice daily for thirty days

Table-6: Ingredients of Bridhibadhika

Bridhibadhika tablet		
Sl.No	Sanskrit Name	Botanical Name
1	<i>Kajjali</i>	<i>Mixtre of Mercury and Sulfur</i>
2	<i>Sunthi</i>	<i>Zingiber officinale</i>

3	<i>Pippali</i>	<i>Piper Longum</i>
4	<i>Maricha</i>	<i>Piper nigrum</i>
5	<i>Amalaki</i>	<i>Embelica officinalis</i>
6	<i>Haritaki</i>	<i>Terminalia chebula</i>
7	<i>Bibhitaki</i>	<i>Terminalia belerica</i>
8	<i>Panchalavana</i>	Five types of Salt
9	<i>Vidanga</i>	<i>Embelica ribes</i>
10	<i>Kachura</i>	<i>Curcuma Zedoaria</i>
11	<i>Lauha Bhasma</i>	Iron Calx
12	<i>Tamra Bhasma</i>	Copper Calx
13	<i>Kamshya Bhasma</i>	Bell metal Calx
12	<i>Sankha Bhasma</i>	Conch Shell Calx
13	<i>Kapardaka Bhasma</i>	Cowriase
Function	Bridhi roga hara, sothahara, Helps to treat Tumor	

The **Laxmivilasa Rasa** [17] is the best drug to treat imbalanced *Kapha Dosha*. It expels the morbid *Dosha* out from the body and balances the *Tridosha*. Though it is *Tridoshahara* still in most cases it is used as *Kaphahara*. (Table-7). The patient took one tablet twice daily for thirty days.

Table 7: Ingredients of Laxmivilasa rasa

Laxmivilasa rasa		
Sl.No	Sanskrit Name	Botanical Name
1	<i>Abhraka Bhasma</i>	<i>Purified and processed Mica</i>
2	<i>Parada sodhita</i>	<i>Purified Mercury</i>
3	<i>Gandhaka-sodhita</i>	<i>Purified Sulphur</i>
4	<i>Karpura</i>	<i>Cinnamom Camphora</i>
5	<i>Jatiphala</i>	<i>Myristica Fragrans</i>
6	<i>Bridha Daraka</i>	<i>Argyrea speciosa</i>
7	<i>Dhatuira</i>	<i>Dhatuira metel</i>
8	<i>Bhanga</i>	<i>Cannabis sativa</i>
9	<i>Vidari Mula</i>	<i>Pueraria Tuberosa</i>
10	<i>Satavari</i>	<i>Asparagus racemosus</i>
11	<i>Nagabala</i>	<i>Grewia poplifolia</i>
12	<i>Atibala</i>	<i>Abutilon indicum</i>
13	<i>Gokshura</i>	<i>Tribulus terrestris</i>
12	<i>Kochila</i>	<i>Strychnos Nuxvomica</i>
13	<i>Nagavalli</i>	<i>Piper betel</i>
Function	Useful in Karna, Nasa, Mukha Roga. It is Tridosha hara.	

Steam with capsule Halin- This medicine is a combination of many aromatic oil producing drugs. It is recommended for steam after 5 minutes of *Ksheerabala Taila* 101 Nasal Instillation. It helps to reduce the nasal blockage, Reduces the inflammation and act as a bronchodilator. (Table-8).[18]. It is advised as steam twice daily for 52 days.

Haridrakhanda [19]- It is an *Ayurvedic* anti allergic drug. It balances the *Kapha* and reduces allergies [Table-9]. In most of the cases it is used to treat Skin allergy. And it is also a very good drug to treat nasal allergies.

It is advised as five gram twice daily for thirty days.

Table 8: Ingredients of Capsule Halin

Capsule Halin		
Sl.No	Sanskrit Name	Botanical Name
1	<i>Eucalyptus oil</i>	<i>Eucalyptus globulus</i>
2	<i>Mentha Piperita Oil</i>	<i>Mentha Piperita</i>
3	<i>Lavanga</i>	<i>Syzygium aromaticum</i>
4	<i>Karpura</i>	<i>Cinnamomum Camphora</i>
5	<i>Pudina Satwa</i>	<i>Mentha Piperita</i>
6	<i>Ilavaranga Taila</i>	<i>Cinnamomum Zeylanicum</i>
Function	Tridosahara, Kaphahara, Antinflammatory, Bronchodilator	

Table 9: Ingredients of Haridrkhanda

Haridrkhanda		
Sl.No	Sanskrit Name	Botanical Name
1	<i>Haridra</i>	<i>Curcuma longa</i>
	<i>Lauha Bhasma</i>	<i>Iron Calx</i>
2	<i>Sunthi</i>	<i>Zingiber officinale</i>
3	<i>Pippali</i>	<i>Piper Longum</i>
4	<i>Maricha</i>	<i>Piper nigrum</i>
5	<i>Amalaki</i>	<i>Embelica officinalis</i>

6	<i>Haritaki</i>	<i>Terminalia chebula</i>
7	<i>Bibhitaki</i>	<i>Terminalia belerica</i>
8	<i>Vidanga</i>	<i>Embelica ribes</i>
9	<i>Trivrut</i>	<i>Operculina terpehthum</i>
10	<i>Nagakeshara</i>	<i>Mesua ferrea</i>
11	<i>Musta</i>	<i>Cyperus rotundus</i>
12	<i>Patra</i>	<i>Cinamomum tamala</i>
13	Sugar	-
12	Milk	-
13	Cow Ghee	-
Function	<i>Kaphahara</i> , Helpful in Allergic conditions.	

We have advised the patient to avoid cold items including foods and drinks, Banana, Curd, Regular Head bathe, staying in air conditioning room. He is also advised to stay away from stress, strain and advised to maintain a proper Diet regimen and Diet time. All those *Pathya* and *Apathya* are to maintain the Balanced *Jatharagni* and Balance the *Tridosha*. Maintaining the *Agni* will ultimately Balance the *Tridosha* and make us healthy as *Mandagni* is the cause of all the diseases. [20]

The above medicines and lifestyle change balance the *Tridosha*, reduces allergy, swelling and discharge of the Nasal Cavity. The *Ksheerabala Taila* 101 nasal instillation reduced the swelling, nasal discharge, balance the *Kapha* and act as a protective

barrier upon the Nasal mucosa which prevents direct contacts of any allergen to the mucosal surface. In addition, the *Shamana Aushadhi* along with lifestyle change balance the predominant *Vata* and *Kapha Dosha* along with *Pitta Dosha*, because of which the patient became asymptomatic.

CONCLUSION

The clinical feature of *Apeenasa* is closely related to the allergic nasal pathologies such as nasal discharge, Hypertrophic inferior turbinate, sneezing and loss of Smell perception etc. These conditions may be considered as lifestyle disorders. It can be subsided by avoiding a few aggravating causative factors. These disorders can be controlled and cured by the usage of *Nashya* and *Pratimarsha-Nashya* along with *Deepaka*, *Pachaka* and *Shamana Aushadhi*. The Daily usage of *Pratimarsha Nashya* can improve the hygiene and health of nasal mucosa.

Declaration

Informed Consent

Informed consent generated by the sign of the patient attendant.

Credit Author Statement-

- **Main author- Dr. Tarun Kumar Dwivedi:** Clinical Intervention, Planning, Data Collection/curation, Investigation, Writing-Original draft preparation, Reviewing and Editing.
- **Co-author- Dr. Nibedita Panda:** Draft preparation, Reviewing and Editing.
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