

# Ayurvedic Management of Nasha Arsha – A Case Report

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## Abstract

Nasal polyp is a chronic inflammatory disease affecting about 1–4% of the general population<sup>1</sup>. Nasal polyps are fleshy benign growth that develop in the mucosal lining of the nasal passage and paranasal sinuses. Polyps vary in size and having shining pink colour and shaped like grapes<sup>2,3</sup>. The exact etiology remains unclear but it is known to have associations with allergy, asthma, infection. The common features of the disease are nasal obstruction, anosmia, rhinorrhoea, post nasal drip and less commonly facial pain<sup>4</sup>. In Ayurveda; it is closely related to *nasa arsha*. *Nasa arsha* is a *Kapha vata vyadhi* located in *Urdwanga* which is a *kapha sthaan*<sup>5</sup>. In this study, a single case 60 years old male patient presented with frequent episodes of nasal obstruction, anosmia mouth breathing and sometimes headache since 2 year was taken for study. An approach was made to treat the patient by *sodhana*, *shamana* and *sthanika chikitsa* with a positive clinical response. Local therapy was the application of *Apamarga khara karma* over polyps. This study aimed at introducing a new treatment modality with new formulation.

**Key Words-***nasa arsha, apamarg kshara karma, sodhana, nasal polyp*

## Introduction

Nasal polyps are soft, painless, benign growths arising from the mucosa on the lining of nasal passages or sinuses. They hang down like teardrops or grapes. Nasal polyps are traditionally divided into two types- Antrochoanal polyp and Ethmoidal polyps<sup>6</sup>. Although having an uncertain etiology, they result from chronic manifestation of Rhinosinusitis, Cystic fibrosis, Allergic sinusitis etc. Small nasal polyps may not cause symptoms. Larger growths or groups of nasal polyps can block the nasal passages and lead to breathing problems, a lost sense of smell and taste, facial pain or headache, a sense of pressure over forehead and face, frequent infections and snoring<sup>7</sup>. Nasal polyps can affect anyone, but they are more common in male adults with male-female ratio of 4:1. Polyps can be graded into four stages according to their size<sup>8</sup>:

Management of nasal polyp forms a large part of the workload for the otolaryngologist. Medical management is the choice for ethmoidal polyp. Medications can help to shrink or eliminate nasal polyps, but surgery is sometimes needed to remove them. Even after successful treatment, recurrence rate is high.

In Ayurveda, it is closely related to *Nasa arsha*. This is a condition where patient feels nasal blockage. *Sushruta* had explained 4 types of *nasarsha*: *Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja* as well as 4 types of treatments- *Aushadhi*, *Ksharkarma*, *Agnikarma* and *Shastrakarma*<sup>9</sup>. In this study *aushadha karma* and *Ksharkarma* had been followed to treat *Nasa arsha*.

**Apamarga Kshara-**

consent: Informed consent was taken prior to procedure.

**Case Study**

A 60 year old male patient (OP-154752) visited shalakya OPD no 4 on 10/07/2022 at ITRA Jamnagar with chief complaints of B/L nasal blockage, difficulty in breathing and irritation since 10 years. The symptoms were aggravated during evening time and on exposure to dusts and cold. His personality was average built; body weight was 68 kg and belonging to middle class socioeconomic status. Occupationally, he was a retired after bank job. No significant family history and personal history identified. He consulted many allopathic ENT surgeons where he was diagnosed as bilateral Ethmoidal Polyp Grade IV with chronic sinusitis. He was treated by antibiotics, NSAIDs and steroids nasal spray but got symptomatic relief only. Patient undergone polypectomy 10 years back but after 5 years nasal polyp reoccurred. Further he was advised again for surgical intervention polypectomy. But patient not want to go for surgery again. For above said complaints he came in OPD on the same day for further management. There was no history of diabetes mellitus or hypertension. His vitals were within normal limits. On general examination, there was no pallor, icterus, clubbing of nails, oedema or lymphadenopathy noted. No CNS abnormalities noted on through examination.

**Assessment criteria**

- Endoscopic finding
- Chronic Bilateral Ethmoidal polyp with grade IV behind middle meatus
- Mild DNS to left side

**Diagnosis-**

When patient came to OPD of *Shalakya Tantra*, history taking, nasal examination by thudicum and endoscopic examination was done and patient was diagnosed as nasal polyp (Ethmoidal polyp). After assessing the causes and symptoms, Ayurvedic diagnosis was made "*Nasha Arsha*".

Drug	Dose	Route of administration	Duration
<i>Talishadi Churna</i>	3 gm BD with Madhu	Orally	2 month
<i>Kanchnar guggul</i>	2-0-2	with <i>sunthi udaka</i>	2 month
<i>Punarnva ashtaka kwatha</i>	40 ml with water	orally	2 month
<i>Vyaghri Taila for Nasya</i>	6-6 drops per nostril at morning	Nasal route	4 sitting with 3 day gap

<i>Virechana dhoompaan</i>	3 snuff	Nasally	Followed by nasya
<i>Apamarg kshara</i> (start after 1 month of nasya)	125 mg	Local application over polyp	1 min (50 matra kala)

All the aseptic precautions were measured throughout the procedure. Patient was advised not to eat or drink anything (nil by mouth) for 4 h preceding the ksharakarma procedure. Ligno × 10% spray was sprayed into the left nostril to anesthetize the turbinate in order to avoid sneezing reflex and sensitivity. Patient was placed in supine position with the head extended by placing a pillow under the shoulders to expose the nasal cavity properly. A gauze piece soaked in lime water was placed into the left side of the nasal cavity away from the turbinate to avoid involvement of other normal structures.

### Pradhana Karma

The left nasal cavity was exposed using Thudicum’s Nasal Speculum and a secretion over the turbinate was wiped out using gauze piece. Apamargakshara was applied over the medial surface of the exposed turbinate, by using the

After 1 month of nasya, 7 sitting of *Kshara Karma* has done with *Apamarg kshara* over nasal polyp (Every 3<sup>rd</sup> day).

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### Procedures administered to the patient

#### Purva karma

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### **Pradhana Karma**

The left nasal cavity was exposed using Thudicum's Nasal Speculum and a secretion over the turbinate was wiped out using gauze piece. *Apamargakshara* was applied over the surface of the nasal polyp, by using the cotton rolled over Jobson probe. Applied kshara was kept for 2min. After sometime, the color changed to reddish brown (Jambuphalavat, i.e. the fruit of *Syzizium cumini* Linn.). The kshara was then removed with cotton rolled with Jobson probe. Lemon juice was applied over the polyp to neutralize the remaining kshara.

### **PaschatKarma**

The patient was advised to avoid exposure to air or breeze, dust, smoke, etc., The patient was advised to take light diet.

### **Follow-up**

The patient was advised to follow-up for twice weekly for 15 days

### **Pathya-Apathya:**

Patient was strictly advised not to take chocolates, cold drinks, ice cream, fast food, fermented food items, spicy food, or any color chemical containing items. Patient was advised to take steam inhalation through mouth two times a day with plain water. Intake of lukewarm water for the whole day as a routine.

After 1 month medication, 7 sittings of *Kshara Karma* has done with *Apamarg kshara* over nasal polyp (Every 3<sup>rd</sup> day)

### **Discussion-**

*Nasha arsha* is kapha predominant *tridoshaj vyadhi* with *rakta* and *masha dushya*, that block the nose which cause symptoms. Drug that shrinken the size of polyp will be helpful.

### ***Talishadi churna*<sup>10</sup>**

*Talishadi churna* is powdered formulation that contain 8 ingredient that is *Talishpatra*, *Adrak*, *black pepper*, *pippli*, *Vanshalochana*, *Ela*, *Dalchini*, *Mishri*. It is used as a bronchodilator, expectorant, anti-inflammatory, mucolytic, and antimicrobial and carminative properties. So *Talishadi churna* reduce the size of *nasha arsha* and also work good in cough.

### ***Kanchanar guggul*<sup>11</sup>**

*Kanchanar guggul* reduces the size of nasal polyps and eases in breathing.

Ingredients-

*Kanchanar*, *Haritaki*, *Bibhitaka*, *Amalaki*, *Marica*, *Shunthi*, *Pippali*, *ElaVaruna*, *Tvak*, *Tejpatta*, *Guggulu*, *shuddha*

*Kanchanar guggul* is best in *mansha dushti* and *lekhaniya* property. The anupaan of *kanchanar* is *sunthiudak* as given in *bhavprakash*, *sunthiudak* increase the efficacy of *kanchanar guggul*.

### ***Punarnvastak kwatha***<sup>12</sup>

The contents of *Punarnvastak kwatha* are as follows: 1) *Punarnava*: Boerhavia diffusa Linn. 2) *Haritaki*: Terminalia chebula Retz. 3) *Nimb*: Azadirachta indica A.Juss. 4) *Daruharidra*: Berberis aristata DC. 5) *Katuki*: Picrorhiza kurroa Royal ex Benth. 6) *Patol*: Trichosanthes dioica Roxb. 7) *Guduchi*: Tinospora cordifolia (wild) Miers ex Hook f. Thoms. 8) *Shunthi*: Zingiber officinale Rosc

The mean attributes of all these 8 herbs are: *Rasa*: Tikta, *Kashaya Guna*: Laghu, *Ruksha Virya*: Ushna *Vipaka*: Katu, *Madhur*. Due to *Laghu* (lightness) & *Ruksha* (dry) guna, this decoction possesses the *Lekhan* (scrapping) property that brings lightness and clears obstruction by removing vitiated *kapha*. *Tikta rasa* does *Pittashaman*, *Kashaya rasa* absorbs the *kapha*, *Katu rasa* clears the obstruction of *kapha*, and *Madhur Vipaka* of *Shunthi* soothes *Pitta*. *Ushna virya* does *Abhyantar Sweden karma* (Internal sudation), as a result stickled *Dosha* (leer *Dosha*) of *Shakha* gets liquefied & travels towards *koshtha*. The herbs like *Haritaki* and *katuka* expels them through anus. *Ushna virya* brings lightness to body by *Aampachan*.

### ***Vyaghri taila***<sup>13</sup>

The *Vyaghri Taila* possesses anti-inflammatory, antioxidant, immune modulatory and antiasthmatic properties and also stabilizes mast cells and reduces mucous secretion

Then *Vyaghri Taila* was used as medicine for *Nasya* purpose. *Vyaghri Taila* ingredients have same predominant properties as *Katu Rasa*, *LaghuGuna*, *UshnaVirya*, *KatuVipaka* and *KapkaVataShamaka* properties. So these have same action on *Vata Kapha* predominant *Vata KaphaPratishyaya*. Because of *Tikshana* and *Sukshma Guna* the medicine will penetrate into minute channels does *Srotoshodhana*. Most of ingredients possess anti-inflammatory activities which also prevent inflammatory

Administration of medicated oil will help in reduction of post nasal drip due to high viscosity, reduction in anterior nasal drip, reduction of irritation by soothing recipients and target drug delivery to mucosa for better absorption. Due to high viscosity, there is increase in residual time of oily substance in nasal cavity and enhance bioavailability. Oil instilled in nose prevents its irritation of mucous membrane by pollen, dust, bacteria etc. so it can check the allergy or infection.

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It remove all the unwanted things like allergens from nasal cavity and help to drain nasal cavity, saline warm water help to reduce inflammation and increases blood supply there which help in regaining healthy mucousmembrane. It also improve sensitivity of olfactory nerves, flushes tear duct, cleanses the cilia (present in nasal cavity).

### ***Virechana dhoompana*** –

It is made by *virechnika drvaya* that will expel *kapha* from nose and give relief in obstruction of nose. The *Dhoompaan Varti* helps in the removal of residual *Kapha* after *nasyakarma*.

### **Apamarga kshara –**

Burning sensation was observed during and after the application of *kshara*, which was managed with local application of lemon juice for 15 min. The patient was complained of dark brown colored watery discharge on the next day which was self-controlled, in 4 days. The same procedure is followed by alternate days for 7 sitting. The mild reduction of size of polyp was observed on. Along with nasal obstruction the other associated complaints, like B/L nasal blockage, difficulty in breathing, irritation in nose was completely reduced.

### **Conclusion:**

Nasal polyp i.e. 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 sodhana, shamana and sthanika chikitsa. These treatment approaches create a balanced physiology which regress the size of nasal polyps and thus making the patient symptom free by non invasive method. Ayurveda creates a new hope for treatment of nasal polyps (Nasa arsha) for this era.

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