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Case Study

MANAGEMENT OF DUSHTA PRATHISHYAYA: A SUCCESS STORY

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Abstract

Dushta prathishyaya or chronic sinusitis is very common complaint in clinical practice seen in urban places. This drags patient to doctor because of severe headache, nasal obstruction, heaviness, altered olfaction with lot of GIT disturbance and sleep disturbances. Nasal congestion, mucous production, altered secretion and blockage are chief events in dushta prathishyaya. Elimination of mucous, relieving of obstruction, cleansing the channel is the line of treatment. In other words shodhana with tikshna, ushna, kaphahara dravyas having ugra gandha are to be selected. In the following case study all above issues are considered and thus success was achieved.

Keywords: Dushta prathishyaya, chronic sinusitis, Nasya.

Case Details

A 32 years old female housewife came to physician with complaints: Complain of Sneezing in early morning, Nasal blockage, Headache in frontal region, Heaviness since 3 years. Associated complaints: Feverishness, body ache. Burning chest, abdominal distension, sour belching since 3 years

Aggravating Factors

- Exposure to dust
- Cold climate
- Milk and milk products, freeze foods
- Stress (history of infertility?)
- Gastric upset

Alleviating Factors

Avoiding above factors and warm food and warm climate

History of Presenting Complaints

Patient was apparently healthy 3 years ago. When she was shifted to her new home where the atmosphere was dusty she developed sneezing on exposure which she ignored initially for couple of weeks

- Later sneezing continued even in the absence of dust. She noticed running nose which lasts about 3 hours and then followed with heaviness in eyes, cheeks and head. At the end of the day symptoms used to subside automatically. She started getting repeated attacks of sneezing, thin watery discharge from nose, itching sensation inside head nose and eyes for about 6-7 times a day

- Still she dint take any medical consultation and the attacks continued as sensitivity went on increasing
- After 6 months she noticed absence of running nose but she developed nasal obstruction followed with oral breathing and halitosis
- After one year of suffering she developed additional symptom that is headache. It begins after attack of sneezing and progress as day advances
- Headache was in frontal region along with temporal region which was pulsating associated with photophobia. This was associated with sleeplessness, Irritability to sound, light, and work. All these caused psychological upset in the patient Additional upset of not conceiving further worsened the condition

Poor attention of food quality, time of food intake and sleep caused gastritis features.

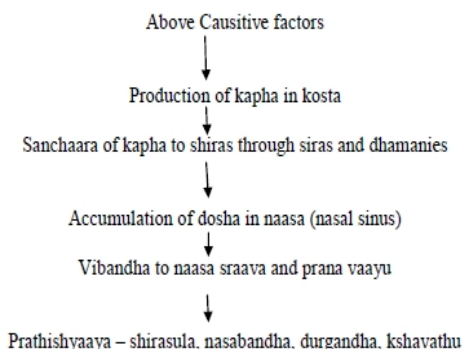
Patient started developing attacks of headache even in the absence of dust or cold where symptoms stayed whole day and hampered patient's routine work. This time she consulted local physician and got diagnosed as Migraine. Took medication but it dint help. The suffering continued or rather worsened. Then she consulted ENT surgeon and diagnoses as DNS which she was asked to undergo surgery. Patient refused to undergo surgery and she approached Ayurvedic consultant seeking herbal medications to avoid surgery seeking safe and conservative management.

- When she approached the physician she overall had Headache and heaviness, nasal blockage, feverishness, burning epigastrium, nausea, sour belching, insomnia, depression, anosmia, occasional cacosmia, halitosis no nasal polyps, no mass and hematoma or foreign body

- Palpation -Third degree Tenderness over all paranasal sinus, Tenderness over temporal lobe

Nidana Panchaka

- Nidana – Raja (dust), dhuma (fumes), tushara (mist), pragvaata (early morning cold wind), sheetala aahara (frozen food), chinta (stress)
- Poorvarupa – Nasal irritation, Sneezing (Kshavathu)
- Rupa – Thick mucoid purulent nasal discharge(Ghana puti sraava), altered blockage and discharge, Shirashula (headache), gastric upset (aruchi), feverishness (jwara)
- Samprapthi¹ –



Dust, pollen, stress, climate has caused aggravation of nasal epithelium. Eosinophils and mast cells produce histamine (ama) the nerve endings beneath the epithelium gets stimulated this produces sneezing reflex and increases secretion of mucus. This thick mucus and spasm causes; she was examined thoroughly with routine general examination and ENT examination. Following were her findings:

Nose and Para Nasal Sinus

Inspection of nose and paranasal sinus.

Mild DNS present, nasal mucosa congested yellowish thick and brown discharge, obstruction of osteum. So drainage of mucus doesn't take place

- Upashaya – Ushna padartha: Anupashaya – Dhuma, Raja, Tushara, sheetambu and sheetahara, Pragvaata; Upadrava² – Durgandha shwasa, anidrata, ajeerna, swara vikruthi, ghrana sanja hani, nvishada; Differential diagnosis – Sooryavartha, Dushta prathishyaya; Final diagnosis- Dushta prathishyaya; Chikitsa sutra – Amapachana, kapha vilayana kapha hara, durgandha harana, nasa marga sodhana, prakruta ghrana samjna sthapana (detoxification, expectorant, mucolytics, stimulant, nasal channel decongestion)³

Chikitsa Krama

- Shodhana – shodhana nasya with Vaca and Drona as chief ingredient along with shunti, maricha pippali, palandu, tulasi, haridra, in base of guda jala.
- Shamana - Vyoshadi vataka, one tablet thrice daily with hot water. Kushmanda rasayana – 2 table spoon with diluted and processed milk.
- Dhumapana – nasal fumigation with haridra dhuma varthi

Pathya – Yavaghu processed with ginger, garlic, pepper and lemon grass, shadanga paaneeya

Chikitsa Karma

- Poorvakarma- Pachana Deepana with Agnitundi vati 2 tablets thrice daily and Chitrakadi vati 2 tablets thrice daily with shadanga paaneeya. The whole procedure was done for three days.
- Fourth day massage was done to face neck and shoulder with asana bilwadi taila followed with swedana by vaspaa.
- After samyak swedana swarasa prepared is taken and instilled to nose two drops to each nostril. After 5 minutes again three drops of swarasa is instilled to both nostrils and patient was asked to strongly inhale so as the juice is taken up. Soon patient spat out thick blackish brown foul smelling mucus which was collected in spittoon. After 5 minutes again four drops of juice is instilled to each nostril. Patient spat brownish mucus in more quantity which was collected in the spittoon. After 5 minutes two drops of juice is made to instill into the patient nostrils. Patient spat lots of thick yellowish mucus with less foul smell. Within interval of 5 minutes without nasal instillation patient spontaneously spat bulk amount of mucus after which she felt easy nasal breathing without blockage. Later there was no mucus coming out and patient explained about lightness. The procedure was stopped after dhumapana with haridra dhuma 3 puffs in each nostril. That night she had severe headache which is said to be vacuum headache. But relived spontaneously within an hour followed with nasal blockage and heaviness. It was assumed that kapha was still left out and next day shodhana nasya was repeated with only four drops of juice in each nostril. Patient spat thick yellowish mucus but quantity was equal to previous day. Procedure ended with dhumapana as previous day. That night there was no headache and patient slept peacefully with sound sleep. Next day also nasya was repeated as first day but with only two drops of juice was instilled to each nostril. There was very less mucus and thus procedure ended with dhumapana.
- Pathyapathya was followed strictly with anutaila nasya one drop to each nostril daily with other shamanoushadhis. Shaman nasya and oushadhi was asked to continue for one week.

RESULT

- Day 1: After shodhana nasya patient had severe headache at night which reduced spontaneously after one hour. Patient felt lightness of head and partial clearance of the nasal blockage. But by morning all her previous complains reappeared.
- Day 2: Easy breathing, lightness in head, nasal block was completely cleared, headache was absolutely absent. Patient has sound sleep after very long time.
- Day 3: Sneezing, headache, irritation, discharge, foul smell was completely cured. Nasal words were properly pronounced. Enhancement in olfaction and improvement in voice are noticed.

Patient was asked to review after seven days. There was complete absence of all her ENT related complains. Along with that the digestion, taste perception was totally normalized. Sleep was sound every night which made the patient cheerful and freshness in her sense organs and she could carry out her routines normally. There were no

hypersensitive symptoms on exposure to dust or wind to which patient was not tolerable.

DISCUSSION

Probable Reason for Drug Selection

Shunti

Mucolytic, Appetizer, Analgesic, Taste enhancer, Olfactory stimulant, Antipyretic⁴; 5 drops of shunti swarasa is taken.

Maricha

Stimulant, Mucolytic and expectorant, Appetizer, Antipyretic, Increases bio availability and cellular absorbability of medicines, Taste enhancer, Disinfectant⁵; 5 drops of maricha kashaya is taken

Pippali

Antipyretic, Disinfectant, Analgesic, Appetizer, Mood elevator, Healer, detoxant, expectorant, mucolytic⁶; 5 drops of pippali kashaya is taken

Tulasi

Antioxidant, Strong aromatic, Mucolytic, Detoxifier, Cleanser, Anti microbial, Blood purifier, Healer⁷; 5 drops of tulasi swarasa is taken

Palandu

Cleanser, Stimulant, Mucolytic, Expectorant, Detoxifier, Blood purifier Improves immunity⁸; 5 drops of palandu swarasa is taken

Drona

Pacifies the disease Prathishyaaya⁹; 20 drops of drona pushpi swarasa is taken

Vacha

Strong aroma, mucolytic, stimulant, expectorant, removes foul smell, emetic¹⁰; 20 drops of vacha patra swarasa

Guda

To compensate over spicy effect of early medicine, Drains fluid, Enhances circulation, Relieves spasm, Coolant, Healer, Strength promoter Quantity sufficient amount is taken

All these are taken in above said quantity and mixed well. This compound is used for nasya for three days in above said dosage.

Gritha

Ignites fire, Emits fumes, Aromatic, Pacifies hypersensitivity, Acts against irritants of nasal epithelium¹¹

Haridra

Germicidal, Anti bacterial, Antiseptic, Healer, Detoxifier, Blood purifier, Anti histamine¹²

Grita and hridra are mixed together and paste is made. The paste is smeared over thin gauze strip. This is rolled over into wick form. This is dipped in ghee and ignited to flame. After burning fire is lit off to get column of fume and this is used for dhumapana. The use of anutaila, vyoshadivataka, kushmanda rasayana is well explained in classics in context of pranavaha sroto vikara and pratishyaya adhyaya.

CONCLUSION

The compound used for dushta pratishyaya is based on yukthi of physician which has seen success. This can be used by all

Ayurvedic physicians for successful treatment of dushta pratishyaya. As preventive remedy nasya with this compound has to be repeated at least once in a year to avoid reoccurrence. During steam inhalation the crushed herbal remnants instead of discarding can be put to boiling water which emits steam. All the procedures as explained above should be done without skipping any. The whole procedure should be carried under strict supervision by expert. Monitoring temperature, aseptic precautions, proper guidance to the patient in every step should be done. Patient response may be different in different cases. Physician assessing roga bala, rogi bala, sensitivity etc can alter the dosage. Educating the patient about avoiding sunlight, cold oily bakery food, working in air conditioner, avoiding head bath should never be forgotten.

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