

## Ayurvedic management of Chronic Sinusitis with *Murdhni Taila* - A Case Study.

Dr Praveena P Nair, Associate professor, Dept of Shalakya tantra, MIAER,  
Mandsaur, Madhya Pradesh.

### ABSTRACT

Chronic sinusitis occurs with repeated acute infections or with previous infections that were inadequately treated and lasts longer than 12 weeks. An estimated 134 million Indians (one in every eight Indians) suffer from chronic sinusitis and the antibiotic resistance obtained by the patients due to repeated allopathy treatment is making this disease more widespread than diabetes, asthma or coronary heart disease. As per Ayurveda, *Prathisyaya* is the root cause of all *urdwa jatrugatha rogas* including *kaphaja sirasoola* (almost mimicking sinusitis). It occurs due to various factors including deranged *dinacharya* especially inappropriate *Murdhni taila*. In this present study *Murdhni taila* was given to a female patient aged forty, with a history of Chronic sinusitis for the past 11 years who underwent various treatments and got only symptomatic relief. The treatment was planned with *Ama pachana* in the first stage and *Murdhni taila* in the second stage along with *pathyahara vihara*. Ten drops of *Nirgundyadi kera* was given for applying in the bregma at 4 pm for two weeks and the patient got complete relief along with *nidana parivarjana*. The *vatha kaphahara* and *sophahara* properties of the ingredients along with its *vyavayi* and *usna* guna acts on *indriyatha* of *twak*, thus prevents the onset of *prathisyaya* and its prognosis to chronic sinusitis. Thus *murdhni taila* with *nirgundyadi kera* is a safe and cost effective treatment modality in curing chronic sinusitis.

Key words: Chronic sinusitis, *Prathisyaya*, *Kaphaja sirasoola*, *Murdhni taila*, *Nirgundyadi kera*.