

Management of obstructive sleep apnea through Nasya – A case study.

Obstructive sleep apnea also called as hypopnea syndrome (OSAHS) is one of the most important medical conditions identified in the last 50 years. It is a major cause of morbidity, a significant cause of mortality and the most common medical cause of daytime sleepiness. OSAHS is defined as the coexistence of unexplained excessive daytime sleepiness with at least five obstructed breathing events per hour of sleep. Apnea is defined in adults as breathing pauses lasting ≥ 10 s and hypopneas as events ≥ 10 s, in which there is continued breathing but ventilation is reduced by at least 50% from the previous baseline during sleep. OSAHS occurs in around 1-4% of middle aged males and is about half as common in women. A 58 year old male patient came to OPD with the complaints of obstructed sleep during night hours since 10 years. For this patient was dependent on using CPAP mask since 10 years. Patient was examined and administered with Prati-marsha Nasya which made him to have sound sleep by withdrawal of CPAP mask. Details of the case will be presented during oral paper presentation.