

ROLE OF PRADHAMANA NASYA IN THE MANAGEMENT OF CHRONIC RHINOSINUSITIS

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Nasya is the nasal administration of different forms of drug as Nasya is considered as the gateway to shiras. It is considered effective in curing diseases of head and upper part of the body. Three types of nasya are told in classics- Virechana, Brhmana and Shamana. Shirovirechana nasya is indicated in the treatment of Kaphaja Pratisyaya by Vridha Vagbhata. In our classics theekshna dravya nasya is told in Kaphaja Pratisyaya. So in Kaphaja Pratisyaya theekshna shirovirechana nasya is necessary. Avapeeda and Pradhamana are the 2 types of theekshna nasyas.

Pradhamana nasya is a theekshna nasya in which powdered drug is instilled into nose by blowing, the powder is held in a tube of 6 angula length, having opening at its both ends, it removes the greatly aggravated and accumulated doshas because it is in powder form.

Chronic rhinosinusitis is the 5th commonest disease with highest use of antibiotics in the world. It is a condition in which the lining of sinus gets infected, this creates accumulation of mucous and interferes with the natural drainage of mucous. This has close resemblance to Kaphaja Pratisyaya. Symptoms are nasal congestion, mucous drainage, post nasal dripping, facial pain, reduced smell etc.

People with rhinosinusitis require lifelong treatment to keep the symptoms in check. Chronic cases have to be treated fast before causing grave complications. Many of the modern medicine even though effective can only provide symptomatic relief and may cause complications. Ayurveda can bring permanent and effective cure in such conditions by procedures like Pradhamana nasya. By choosing appropriate drugs for Pradhamana, Ayurveda can offer a brighter alternative for the management of chronic rhinosinusitis.

Keywords: Pradhamana nasya, Kaphaja Pratisyaya, Chronic rhinosinusitis

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