



## Case Report

ISSN: 2454-5023  
J. Ayu. Herb. Med.  
2022; 8(3): 166-168  
Received: 29-07-2022  
Accepted: 12-09-2022  
© 2022, All rights reserved  
www.ayurvedjournal.com  
DOI: 10.31254/jahm.2022.8305

# Efficacy of *Yashtimadhu Taila Nasya* in *Nasanaha* with Special Reference to Inferior Turbinate Hypertrophy- A Case Study

**Shobita S<sup>1</sup>, Naveen B S<sup>2</sup>, Geeta Kumari B<sup>3</sup>, Ajoy Viswam<sup>4</sup>, Krishnan Nambodiri G<sup>5</sup>**

<sup>1</sup> PG Scholar, Department of PG studies in Shalaky Tantra, SSCASR, Bengaluru, India

ORCID ID: <https://orcid.org/0000-0001-8461-7793>

<sup>2</sup> Professor and HOD, Department of PG studies in Shalaky Tantra, SSCASR, Bengaluru, India

ORCID ID: <https://orcid.org/0000-0002-4135-3641>

<sup>3</sup> Geeta Kumari B, Professor, Department of PG studies in Shalaky Tantra, SSCASR, Bengaluru, India

ORCID ID: <https://orcid.org/0000-0002-7221-5807>

<sup>4</sup> Assistant Professor, Department of PG studies in Shalaky Tantra, SSCASR, Bengaluru, India

ORCID ID: <https://orcid.org/0000-0002-1806-1042>

<sup>5</sup> Assistant Professor, Department of PG studies in Shalaky Tantra, SSCASR, Bengaluru, India

ORCID ID: <https://orcid.org/0000-0002-1139-5701>

## ABSTRACT

Acharya Vagbhata has explained about 18 *Nasa rogas* and *Nasanaha* is one among them. It occurs due to vitiation of *Vata* and *Kapha* and the treatments mentioned in the classics for *Nasanaha* include *Snehapana*, *Nasya*, and *Dhoomapana*. This case study is of a female patient who complained of recurrent nasal obstruction, watery nasal discharge and headache. Use of nasal decongestants gives her temporary relief from nasal obstruction and she came to the OPD for further management. In the present study, *Nasya* with *Yashtimadhu taila* is proved to give good results in *Nasanaha*.

**Keywords:** *Nasanaha*, Turbinate Hypertrophy, *Yashtimadhu Taila Nasya*.

## INTRODUCTION

Advances in science and technology have led to several changes in human lifestyle and behavior that made man less immunized. This also has a great impact in natural ecosystems, like environmental pollution and unnatural seasonal variations which are responsible for many diseases. Nose, being in direct contact with external environment is exposed to lot of microorganisms and pollutants present in the atmosphere and is one of the organs that is more prone to get afflicted by such diseases [1].

*Nasanaha* is one among the *Nasarogas* mentioned in the *Ayurveda* classics and it occurs when the vitiated *Kapha dosha* along with *Vata dosha* obstructs the nasal passage. *Acharya Sushruta* and *Charaka* have used the term *Nasa Pratinaha* for explaining the disease. The distinctive feature of *Nasanaha* is nasal obstruction leading to difficulty in breathing. Nasal obstruction is one of the most frequently encountered symptoms in the clinical practice and it can interfere with the social activities, thus considerably compromise quality of life.

*Nasanaha* can be correlated to nasal obstructive diseases like Hypertrophic Turbinates, Deviated Nasal Septum, Cysts, Tumors, Adenoids and Polyps. Among these disorders, the clinical features of Hypertrophic Turbinates can be best analysed with that of *Nasanaha*.

Antihistamines, decongestants, and topical and systemic corticosteroids are widely used for medical treatment and may cause detrimental effects such as drowsiness, bleeding, dryness, and crusting of nose. This can only provide symptomatic relief and is not intended for long-term use. Surgical management is recommended when medical management approaches have failed, although it might result in complications such as hemorrhage and synechiae between the nasal septum and the turbinates, among other concerns [2].

According to *Ayurveda* classics the treatments for *Nasanaha* include *Snehapana*, *Nasya*, and *Dhoomapana*. *Nasya* is one among the *Panchakarma* treatment and is the first line of treatment in all *Urdhwajatu Vikaras*. According to *Ashtanga Sangraha*, it is indicated to use *Madhura Varga Sadhitha Taila Nasya* in the management of *Nasanaha* [3]. *Yashtimadhu* (*Glycyrrhiza glabra*. Linn) is one among the

\*Corresponding author:

**Dr. Shobita S**

Department of PG studies in  
Shalaky Tantra, SSCASR,  
Bengaluru, India  
Email: shobitas94@gmail.com

*Madhura Varga Dravya* which has *Tridoshahara* property. So in this case study, *Nasya* with *Yastimadhu taila* was given.

## CASE REPORT

A 23-year-old female patient came to Shalakyta tantra OPD with complaints of recurrent bilateral nasal obstruction, watery nasal discharge and dull frontal headache since 2 years which gets aggravated on exposure to cold weather and wind. Her sleep was disturbed due to severe nasal obstruction at night. The patient used nasal decongestants but got only temporary relief so the patient came to the hospital for further management.

Procedure	Medicine used	Approximate duration
<i>Mukhabhyanga</i>	<i>Murchita Tila taila</i>	10 minutes
<i>Sweda</i>	<i>Nadisweda</i>	5 minutes
<i>Nasya</i>	<i>Yashtimadhu taila</i> Dose- 8 drops in each nostril	7 minutes
<i>Dhumapana</i>	<i>Haridra varti</i>	5 minutes
<i>Kavala</i>	<i>Ushnajala</i>	3 minutes

**Table 1:** Showing treatment procedure with duration

### *Nasya Karma Procedure*

After thorough examination, patient was made to lie on bed in supine position. As *Purva karma*, *Mukhabhyanga* was done with *Murchita tila taila* for 10 minutes and *Nadisweda* was given to face for 5 minutes. Then patient is made to lie on bed in supine position with head little lowered and 8 drops of lukewarm *Yashtimadhu taila* is put into each nostril as a continuous stream. After that, mild massage was given to the nose and the forehead in upward direction. After 7 minutes, *Dhumapana* was given with *Haridra varti* followed by *Ushnajala kavala*. The patient was advised to avoid cold air exposure and to refrain from having milk products and cold food items.

## RESULT

After the administration of *Nasya*, patient noticed mild relief from nasal obstruction after the first day and the sleep of the patient improved as there was no severe nasal obstruction at night. After 7 days of *Nasya*, nasal obstruction reduced significantly whereas, watery nasal discharge and headache was completely resolved.



**Figure 1:** 0<sup>th</sup> day – Before treatment



**Figure 2:** 7<sup>th</sup> day – After treatment

### *On examination- After treatment*

B/L nasal mucosa congestion was absent and B/L Inferior turbinate hypertrophy was reduced. In cold spatula test, fogging was seen on both sides though there was not much difference in the nasal septum deviation.

## DISCUSSION

Inferior turbinate hypertrophy is often caused by swelling of the submucosa, and less rarely by expansion of the bone itself. Dilatation of the submucosal venous sinusoids causes this hypertrophy. This can be seen in diseases like allergic rhinitis, acute rhinosinusitis, vasomotor rhinitis, drug induced rhinitis and chronic rhinosinusitis [4]. The symptoms include nasal obstruction, rhinorrhea, anosmia, dull headache, otalgia and sore throat.

Acharyas have explained only nasal obstruction as a symptom of *Nasanaha*. Acharya Vagbhata has mentioned that *Nasa* being the gate way to *Shiras*, the drug instilled through nostrils, reaches *Shringataka Marma*, thereafter spreading to the entire *Murdha*. This whole process disintegrates the morbid *Doshas* in supra clavicular region and extracts them similar to the removal of the central thread of a grass called *Munja* without damaging the surrounding tissues [5].

### **Probable Mode of Action**

Glycyrrhetic acid<sup>6</sup> present in *Yashtimadhu* is anti-inflammatory and it can help in improving the mucociliary function of the nasal cavity and decreasing inflammatory mediators in the nasal microenvironment. During *Nasya karma*, the medicine comes in contact directly with the nasal mucosa and the *Snehana* and *Swedana* karma prior to *Nasya karma* accelerates the local drug absorption. This could have helped in reducing the nasal mucosal swelling, relieving the nasal obstruction and discharge. Also, the reduced nasal mucosal swelling might have caused reduced pressure on the nerve endings which would have helped in relieving headache.

## CONCLUSION

*Nasanaha* is one among the *Nasarogas* and is a *Vatakaphaja vyadhi*. It can be correlated to Turbinate hypertrophy. A case of inferior hypertrophic turbinate was taken up for the study and *Yashtimadhu taila Nasya* was given to the patient continuously for 7 days. Patient

had considerable relief from nasal obstruction and the complaints of watery nasal discharge and headache got resolved completely. Internal medications having *Rasayana* property along with *Nasya* can be given to achieve sustenance of results after treatment. The study may be carried out in large number of subjects with longer duration to evaluate and analyze the results.

#### **Conflict of Interest**

None declared.

#### **Financial support**

None declared.

#### **REFERENCE**

1. Bhargava KB, Bhargava SK, Shah TM. A Short Text Book of ENT Diseases. 9th ed. Mumbai: Usha Publications. 2011. pp.155.
2. Sarmah J, Mahanta H, Sarma DR. A Clinical Study on Ksharakarma in the Management of Naspratinaha with special reference to Hypertrophied Inferior Turbinates. International Journal of Ayurveda and Pharma Research. 2017;5(1):24-27.
3. Vagbhata, Astanga Samgraha with Sasilekha Commentary by Indu, edited by Dr Shivprasad Sharma. Uttarasthana, Ch.24, Ver.29. 1st Edition, Varanasi: Chowkhamba Sanskrit Series Office. 2006.p p.746.
4. Scott Brown. Management of enlarged turbinates. Scott Brown's Otorhinolaryngology Head and Neck Surgery. Edited by John Watkinson and Raymond W Clarke. 8th ed. Boca Raton: CRC Press. 2018. pp.1157.
5. Mitra J. Ashtanga Sangraha of Vriddha Vagbhata, Commentry: Sasilekha by Indu, Shareera sthana, Chapter 29 verses 2, Varanasi: Chowkambha Sanskrit Series; 2013.
6. Finney RS, Somers GF. The anti-inflammatory activity of glycyrrhetic acid and derivatives. Journal of Pharmacy and Pharmacology. 1958;10(1):613-20.

#### **HOW TO CITE THIS ARTICLE**

Shobita S, Naveen BS, Kumari BG, Viswam A, Namboodiri GK. Efficacy of Yashtimadhu Taila Nasya in Nasanaha with Special Reference to Inferior Turbinate Hypertrophy- A Case Study. J Ayu Herb Med 2022;8(3):166-168. DOI: 10.31254/jahm.2022.8305

#### **Creative Commons (CC) License-**

This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY 4.0) license. This license permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited. (<http://creativecommons.org/licenses/by/4.0/>).