



TO STUDY THE EFFICACY OF BHALLATAKA TAIL PRATISARANA IN NASARSHA
WSR ANTROCHOANAL NASAL POLYP – A CASE STUDY

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ABSTRACT:

Nasa is the most important organ of *Pranvaha Strotasa*. It is important organ of respiratory system as well as gateway of cranial cavity. *Nasarsha* is one of the *Nasagata Roga* among thirty-one *Nasagat Rogas* mentioned in Ayurveda. *Nasarsha* can be correlated to nasal polyps. Nasal polyps are non-neoplastic prolapsed, pedunculated part of the oedematous mucosa of nose or paranasal sinuses. Prolonged use of antihistamines, decongestants, antibiotics and steroids lead to drug resistance and decrease immunity. Tendency of rebound congestion of nasal decongestants fails to treat nasal polyp. Fear of surgery, its complications, cost and recurrence have restricted many patients from undergoing surgery. Hence present case study was taken to evaluate the efficacy of *Bhallataka Tail Pratisarana* in management of *Nasarsha* wsr to nasal polyp for reducing its recurrence and improve the immunity. *Bhallataka* is the best medicine for all type of *Arshas*. As *Bhallataka Tail* has *Chedana*, *Bhedana*, *Tikshna*, *Ushna*, *Vatakaphahara* properties, *Bhallataka Tail*, with the help of cotton tip probe, applied to *Nasarsha* has shrunken the *Arsha* and relieved the breathlessness, rhinitis, recurrent sneezing and post nasal drip caused by polyp. There was complete relief in symptoms of nasal polyp as there was significant improvement in the condition.

Keywords: *Nasarsha*, Antrochoanal nasal polyp, *Bhallataka Tail*, *Pratisarana*

INTRODUCTION:

Shalakyatantra is one of the branches of *Ashtang Ayurveda* specially designed for diagnosis and treatment of *Urdhwajatrugata Vyadhi* i.e. *Nasa, Karna, Shiro, Mukha* and *Netra Roga*. Acharya *Sushruta* has mentioned anatomy, physiology, oetiopathology, clinical features and management of diseases of *Nasa* in *Sushrut Samhita*. *Nasa* is the most important organ of *Pranvaha Strotasa*. It is important organ of respiratory system as well as gateway of cranial cavity^[1]. *Uttaratantra* of *Sushrut Samhita* gave us *Nidana* of *Nasaroga* in *Nasagtrogvidnyaniya Adhyaya*, and *Chikitsa* in *Nasarogpratishedhadhyaya*. *Nasarsha* is one of the *Nasagata Roga* among thirty-one *Nasagat Rogas* mentioned in *Ayurveda*^[2]. *Nasarsha* can be correlated to nasal polyps. Nasal polyps are non-neoplastic prolapsed, pedunculated part of the oedematous mucosa of nose or paranasal sinuses^[3]. Signs of *Nasarsha* are similar to that of the *Gudagat Arsha*^[4]. Symptoms shown are difficulty in breathing, rhinitis, heavy sneezing post- nasal discharge, whistling sound, phantasmia, headache etc. Treatment of *Nasarsha* is like *Gudagata Arsha* i.e. *Audhadha, Shastra, Kshara* and *Agnikarma*^[5]. Nasal polyps are non-neoplastic masses of edematous nasal or sinus mucosa. There is increase in incidence of

nasal polyp among the population because of lifestyle and industrialization. It is inevitably associated with occupational hazards and modern standard of living as polyps are end result of chronic allergy and infection. *Bhallataka* is the best medicine for all type of *Arshas*^[6]. *Bhallataka tail* is best *vatakaphashamak*^[7]. As *Bhallataka Tail* has *Chedana, Bhedana, Tikshna, Ushna, Vatakaphahara* properties^[8], *Bhallataka Tail*, with the help of cotton tip probe, applied to *Nasarsha* has shrunken the *Arsha* and relieved the breathlessness, rhinitis, recurrent recurrent sneezing and post nasal drip caused by polyp. There was complete relief in symptoms of nasal polyp as there was significant improvement in the condition. *Pratisarana* of this tail is a handy, convenient and low cost procedure due to its wide range of applicability. Application of *Bhallataka Tail* cures the disease from its roots hence in present study, the *Bhallataka Tail* is applied over the *Nasarsha* and results are given.

Aims : 1. To treat nasal polyp from root with least cost. 2. To stop the recurrence of nasal polyp. 3. To avoid the surgical management.

CASE REPORT :

A female patient of 13 years old visited to ENT OPD of *Shalakyatantra* department Government Ayurved Hospital, Nanded on

12th Jan 2023 with chief complaint of difficulty in breathing, recurrent rhinitis, Nasal obstruction from last 3 months. She was diagnosed as a case of antrochoanal polyp and given medicine but did not get satisfactory results hence she came to GAC Hospital Nanded.

Past History: Surgical History of Rt antrochoanal polypectomy 9 months ago.

Personal History:

Female 13 years old, non diabetic, non hypertensive patient

Diet - Non vegetarian

Appetite - Normal

Bowel - Regular

Nasal Examination:

Anterior rhinoscopy - It showed prolapsed pedunculated mass arising from middle meatus and obstructing left nasal cavity.

Nasal endoscopy - Pale, soft, displaceable, relatively insensitive and avascular mass in left nasal cavity arising from left middle meatus.

Posterior rhinoscopy - It showed post nasal drip. Polyp not encroaching in nasopharynx.

Photograph Pre-treatment:



Fig.no.1:Pre-Treatment Endoscopy of Nasal Polyp

Investigation- x-ray. Pre-treatment



Fig.no.2:Pre-treatment x-ray Nasal Polyp

Procedure:

Purvakarma-

Position given to the patient - Supine position on examination table.

No Local anaesthesia or nasal anaesthetic spray is used. If anaesthesia is given then there is chances of corrosion of surrounding mucosal tissue.

Bhallataka Tail is extracted from *Shuddha Bhallataka* by piercing with sterile needle.

Pradhankarma -

Nasal cavity exposed with the help of Thudicum nasal speculum.

Cotton tip probe is dipped in to *Bhallataka Tail* and applied gently on *Nasarsha* for 4 to5seconds with taking care of surrounding mucosa. There was no any unwanted effect seen.

Paschatkarma-

No any specific *Paschatkarma* is done.

Follow up findings:

Next day mass appeared shrunken and darkened in colour. On 10th day of procedure polypoidal growth disappeared, breathing is normal, got relief from all symptoms.

Photograph Post-treatment:



Fig.no.3:Post-treatment Endoscopy Nasal Polyp

Investigation: x-ray post- treatment

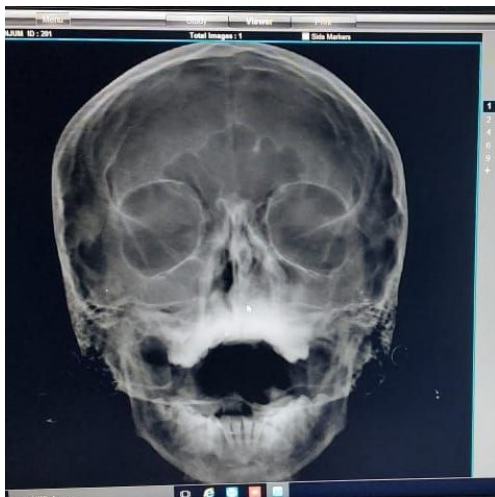


Fig.no.4:Post-treatment x-ray Nasal Polyp

DISCUSSION:

Antrochoanal polyp is nothing but the unilateral non-neoplastic prolapsed pedunculated part of the oedematous mucosa of nose or paranasal sinuses. As the prolonged

use of antihistamines, decongestants and antibiotics lead to drug resistance and decreased immunity. Tendency of rebound congestion of nasal decongestants fails to treat nasal polyp. Fear of surgery, its complications, cost and sometime recurrence have restricted many patients from undergoing surgery, hence *Bhallataka Tail* was applied on *Nasarsha*. *Pratisarna* of *Bhallataka Tail* with its *Chedana*, *Bhedana*, *Ushana*, *Tikshana* and *Vatkaphahar* properties helped to reduce the symptoms caused by nasal polyp and polyp got shrunken. *Bhallataka* has *bhilwanol*, *anacardic acid* and *biflavonoids* as its chemical composition gives anti-inflammatory, anti-pyritic, analgesic and corrosive action. *Bhallatak Tail* application on Antrochoanal polyp can be considered a measure to cure *Nasarsha* and prevent its recurrence.

Conclusion:

It can be concluded that *Bhallataka Tail Pratisarana* is effective in the treatment of *Nasarsha* WSR antrochoanal nasal polyp and significantly effective in reducing breathlessness, rhinitis, recurrent sneezing and post nasal drip. It can also be concluded that *Bhallataka Tail Pratisarana* helps in prevention of recurrence of *Nasarsha* and avoiding surgical management of *Nasarshaas* there is no recurrence of symptoms and polyp

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mass during last six months. Patient did not get any side effect during treatment. Further study will be continued on number of patients.

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