



ROLE OF VYAGHRI TAIL NASYA IN THE MANAGEMENT OF APINAS W.S.R. TO ATROPIC RHINITIS

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ABSTRACT

Ayurvedic approach for management of *Apinas* and to treat symptoms and to prevent recurrence of disease. *Apinas* is one of the *nasaroga* which is characterized by foul smelling nasal obstruction, insomnia, epistaxis, occasionally ear completes etc. This condition can be correlated to atrophic rhinitis which is a chronic nasal disease

characterised by progressive atrophy of nasal mucosa underline bone of turbinate and presence of viscid secretions which rapidly dries and form crust which emit characteristic foul odour.

In *Ayurveda* treatment comprises of *snehan*, *swedan*, and *nasya*. *Tail* is the best *vatkaphaghan*. *vyaghridanti*, *shigru*, have got excellent properties of *kaphachedan*. *Vacha* and *Marich* got *Pramathi* properties. *Surasa* got *Krimighna* propertis which help to prevent secondary infection. *Pippali* and *Saindhav* got propertis to increas *kleda* to releas adherent *styankapha*

All this drugs when combine they may helpfull to reduce *vataparakopa*, regenerate *nasashosh*, releas adherent *kapha* and control secondary infections as well as work as *dhatuagnidipan* which help to regenerate of good quality of defected *dhatues* and hence selected for present study.

KEYWORDS: *Apinas*, *Vyaghretail*, *Atropic rhinitis*, *Nasya*.

INTRODUCTION

Quality of life and wellbeing have been improved greatly following rapid progress of medicine and also the pharmacological science. Still number of disease prevalent today.

There is a little explanation of pathology of atrophic rhinitis, but can cause number of problems. Moreover the treatment modifies indications for them also proved unsatisfactory.

Symptoms of *Apinasa* mentioned in *ayurvedic* literature can be correlated with Atrophic rhinitis. All this disease have got predominance of *vata* and *kapha* doshas and *dhatu* kshaya. The aim of our study was to achieve *sampraptibhanga* by *vata* and *kapha* and *dhatu* *pushtikar* dravyas

Hence present study *Vyaghri tail* was selected as it is *vata* and *kapha* and being *aampachaka* it help in increasing the *dhatu* *wagin*.

AYURVEDIC VIEW

Acharya Sushruta has mentioned *Apinasa* in *uttartantra* adhyay 22 and he mentioned *Apinasa* as *kruchasadya* vyadhi. According to *sushruta* all the symptoms like *anah* (nasal obstruction) *nasasukshata* (dryness of nasal mucosa) *putirmukhnasikabhyam* (offensive odour from nose) *nasaparishosh* (turbinate atrophy/crusting) have got *vata* and *kapha* predominance and *rasa*, *mansa*, *asthi*, and *majjadushti*.

Acharya Avghbata has described *Apinasa* in *uttartantra* adhyay 19 and mentioned *Apinasa* as *yapya*-vyadhi with symptoms like foul smell, nasal obstruction, dryness of nasal mucosa etc. with *vata* and *kapha* predominance hence line of treatment was kept *snehanswedan* and *nasya* which acts as *shodhan* as well as *balya*, *vata* and *kapha* and *dhatu* *pushtikara*.

TREATMENT / CHIKITSA

Apinasa is *vata* and *kapha* predominance and *rasa* *mansa* *asthi* and *majja* *dhatu* *dushtigat* vyadhi. Hence treated with *shodhana*, *vata* and *kapha*, *balya*, *dhatu* *agnideepan* and *dhatu* *pushtikar*. *Til tail* is best *vata* and *kapha*, *ushna*, *tikshna* *gunantmak*.

- *Vyaghri*, *danti*, *shigru*, have excellent properties of *kapha* *chedan*.
- *Vacha* and *marich* have *pramathi* properties which penetrate finest *srotasa* eliminate the vitiated *doshas*
- *Surasa* *krimighna* properties help to prevent secondary infections .

- *Pippali* and *saindhav* having properties to increases *kleda* and help to release the *adherent styankapha*

Varghri tail

By penetrating deeply it help to remove the *vitiated dosha* through *nasya karma* .it also work as a *dhatu agnideepan* of affected *dhatu*, it increase blood circulation, it may increase the regeneration of ciliated columnar epithelium along with nasal mucosa and good quality of affected *dosha* also regeneration of olfactory nerve ending by improving basal stem cells of olfactory bulb

Snehan:- *Purva karma* essential before *shodhankarma* intended for alleviation of vitiated *dosha*. *Aacharya Charakha* defined *snehan* as a process which implant *sneha*, *vishyanda*, *mardavta* (softness) and produce *kleda* (fluid) in the body.

Swedana:- It liquefies *doshas* clear obstructions of channels of circulation and directs the *doshas* to selective place from where they can be expelled easily.

Nasya:- One of the *panchakarma* it clear and open the channels by improving the process of oxygenation (*prana*). It keep eyes, nose and ears healthy. *vyaghri tail* is used for *nasya karma*

MODERN VIEW

Atrophic rhinitis which is a chronic nasal disease characterised by progressive atrophy of nasal mucosa underline bone of turbinates and presence of viscid secretions which rapidly dries and form crust which emit characteristic foul odour sometimes called ozaena.

CILINICAL FEATURES

- Foul smell
- Nasal obstruction
- Anosmia
- Epistaxis
- Occasionally ear complaints
- Ocular manifestation and gastritis

MANAGEMENT

Conservative treatment

- nasal douche with alkaline solution
- 25% glucose in glycerin

- use of potassium iodide orally
- Autogenous vaccines
- Given human placental extract

Surgical treatment

- Young's operation
- Modified Young's operation
- Implantations of graft under nasal mucosa (ivory, paraffin, acrylic, cartilages)
- Implantation of small pieces of placenta

DRUG REVIEW

Vyaghri tail

Dosha-vatkaphagna

Dushya – rasa, mansa, majja, asthi

It works as *vatkaphahar kaphachedan, dhatuagnideepan, and dhatupushtikar* thus reduce symptoms of disease.

DOSE

Vyaghri tail nasya 6 drops per nostril.

DURATION

Vyaghri tail nasya was given for 5 days and follow up were taken on 7th 15th 22nd days.

CONCLUSION

Symptoms and signs assessed out of which condition of nasal mucosa, *putigandhata* and nasal obstruction were selected for study by *vyaghri tail nasya* which has properties of *shodhana, vatkapghna, and dhatupishtikar*. Hence by using these drug signs and symptoms of *apinasa* are relieved and recurrence can be prevented.

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