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

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Article Received on 02/01/2017 Article Revised on 23/01/2017 Article Accepted on 13/02/2017

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 incre kleda to reles 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, Vyaghritail, Atropic rhinitis, Nasya.
INTRODUCTION
Quality of life and wellbeing have been improve 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 atopic rhinitis, but can causes number of problems. Moreover the treatment modifies indications for them also proved unsatisfactory.

Symptoms of Apinas mentions in ayurvedic literature can be correlated with Atrophic rhinitis. All this disease have got predominance of vatakaphadoshas and dhatukshaya. The aim of our study was to achieve sampraptibhanga by vatakaphahar and dhatupushtikardravyas

Hence present study Vyaghri tail was selected as it is vatakaphahar and being aampachaka it help in increasing the dhatwagin.

AYURVEDIC VIEW
Acharya Sushruta has mentioned Apinasarog 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 odoure from nose) nasaparishosh (turbinate atropy/crusting) have got vatakaphadosha predominance and rasa, mansa, asthi, and majjadushti.

Aachryavgbhata 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 vatakaphadosha predominance hence line of treatment was kept snehanswedan and nasya which acts as shodhan as well as balya, vatakaphahara and dhatupushtikara.

TRETMENT / CHIKITSA
Apinas is vatakapha predominace and rasamansa asthi and majja dhatu dushtigat vyadhi. Hence treated with shodhana, vatakaphahar, balya, dhatu agnideepan and dhatupushtikar. Til tail is best vatakaphahar, ushna, tikshna gunantmak.
- Vyaghri, danti, shigru, have excellent properties of kaphachedan.
- 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 increase **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 iodied orally
- Autogenous vaccines
- Given human placential 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–vatkaphaghna_

_Dushya – rasa, mansa, majja, asthi_

It work 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 assesed out of which condition of nasal mucosa, *putigandhata* and nasal obstruction were select for study by *vyagrhi tail nasya* which has properties of *shodhana, vatkaphagna*, and *dhatupishtikar*. hence by using these drug signs and symptoms of *apinasa* are relived and recurrence can be prevented.

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