

**The efficacy of *Rakta Apamargadi Dhooma Varti* in the management of *Nasa Arsha* (Nasal polyps)**

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**Abstract**

Nasal Polyps represent a challenging diagnosis for the physician to treat. Management of nasal polyps forms a large part of the workload due to non-availability of successful treatment modalities with reincarnation of removed polypoidal tissues. Among Ayurvedic treatments, fumigation treatment (*Dhoopana Kalpana*) was used in the management of *Nasa Arsha*. This study aimed at introducing a new treatment modality with new formulation *Rakta Apamargadi Dhooma Varti*. It has been practiced clinically in *Shalakyā* clinic at Gampaha Wickramarachchi Ayurveda Hospital, though not statistically evaluated. In the clinical study, 20 patients were selected in age group between 16-60 years irrespective of their sex, religion, occupation and habitat etc. They were randomly divided in to two groups and a detailed research performa was prepared incorporating all the relevant points to study the patient as well as the disease. Group A was treated with *Rakta Apamargadi Dhooma Varti* for fumigation treatment with *Thamalakyadi Phanta* and *Seetarama Vati*. Group B was treated with above internal medicine without fumigation. All of them completed the treatment accurately within two weeks and the follow up study continued up to one month. After the treatment, the size of the *Nasa Arsha* was assessed on the basis of the anterior rhinoscopic examination with pre and post photographs and by assisting special symptom wise questionnaire, Nasal Obstruction Symptom Evaluation (NOSE) instrument/scale with visual analogue scale and tested blood for WBC/DC levels as special investigation. According to the analysis, fumigation treatment had shown significant results for nasal obstruction and reducing the size of the polypoidal sprouts. However, while considering the other symptoms such as headache, running nose, sneezing and itching of eyes Group B too has shown considerable improvement.

**Keywords:** *Nasa Arsha*, *Rakta Apamargadi Dhooma Varti*, *Dhoopana Kalpana*

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