

**A COMPARATIVE STUDY OF THE EFFECT AND EFFICACY  
OF NASYAKARMA BASED ON HERBAL FORMULATION  
DERIVED FROM OLA LEAVES MANUSCRIPT IN THE  
MANAGEMENT OF CHRONIC ALLERGIC RHINITIS**

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**ABSTRACT**

Allergic rhinitis is broadly defined as inflammation of the nasal mucosa. It is common disorder that affects up to 40% of the population. The primary objective of this randomized clinical study was to determine the effect and efficacy of new herbal formulation in the management of chronic Allergic rhinitis conditions of patients.

All Patients were selected from respiratory tract disease clinic of Beliatta District Ayurveda hospital. The Selected Patients were randomly assigned two group (Group A and Group B) consisting of 20 patients for each. The Patients of group B were treated with *Daruparpatadee kashaya* and prescribed dietary management; the patients of group A were treated Ola Leaves manuscript formulation and prescribed dietary management during the period of 14 days.

After 14 days treatment, patients of group A, showed 95% decrease in their symptoms (sneezing, Running nose, Nasal blockage) of Allergic rhinitis and group A, showed 88% decrease in their symptom (Itching nose) comparison to the level of same parameter before treatment ( $p < 0.05$ ). The Group A, 76% ( $p < 0.05$ ) reduction was noted in Eosinophil count during the *Nasyakarman* and there was 75% reduction of Eosinophil count during decoction method. ESR count also decreased significantly in Group A after apply the *Nasyakarman* ( $p < 0.05$ ) compare to other group. We can concluded that *Nasyakarman* have anti – inflammatory effect (Ola Leaves manuscript formular).

**Key words:** *Nasyakarman, Allergic Rhinitis, Peenasa, Apeenasa, Magulkarada decoction, Daruparpatadiya decoction*