



The efficacy of *Raktha Apāmārgādi Dhooma Varthi* in the Management of *Nāsā Arśas* (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 because the available treatment modalities having unsuccessful results with reincarnation of removed polypoidal tissues. Among the Ayurvedic treatments, fumigation treatment (*Doopana Kalpana*) was used for the management of Nasal polyposis. This study aimed to introduce a new treatment modality with new formulation, which named as *Rakta Apamargadi dhooma varti*. It had been practiced clinically but not scientifically evaluated.

In the clinical study 20 patients were selected between the age of 16-60 years irrespective of their sex, religion, occupation & habitat etc. They were divided randomly by lottery method into two groups. Group A was treated with *Rakta Apamargadi dhooma varti* as local treatment with internal medicine and Group B was treated only with internal medicine. All the patients were completed the treatment and follow up study.

According to analysis, fumigation treatment has been shown better result for nasal obstruction and reducing the size of the polypoidal sprouts. However, while considering the other symptoms, headache, running nose, sneezing and Itching of eyes, both groups have been shown significant results.

Keywords: rakta apamargadi dhooma varti, doopana kalpana, nasal polyposis

Introduction

Nāsa is one of the most important organ of *Urdhvajathru* and is the gateway to the *śiras* (head) and respiratory tract. *Nāsāarśas* is one among the thirty one *Nāsāgatharōgā* mentioned in ancient Ayurvedic classics specially found in *Suśruta samhita*. The *dośa* named *Vāta*, *Pitta* and *Kapha*, vitiating the *twak*, *māmsā* and *mēda* produce *Māmsaankura* (sprouts of muscles) of different shapes and they are called "*Arśas*"^[1].

When aggravated *dośa* localized in nose, produce *Nāsāarśas* can be correlated with the nasal polyps in allopathic medicine. Nasal polyps can affect people of any age but they are most common in adults over the age of 40 years and rare twice as likely to affect men as women, but it rarely affects the children under the age of 10 years^[2]

Usually *Nāsāarśas* patients present with the signs and symptoms such as nasal obstruction, nasal congestion, sneezing (*kśawathu*), post nasal drip, running nose, facial pain, reduced ability to smell (hyposmia) or loss of smell (anosmia), loss of taste, itching around the eyes, mass protruding from the nostril, bad smell from the nose and headache (*śiraśūla*).

In general population the prevalence of nasal polyps is considered to be around 4%^[3]. It's also a considerable amount and currently higher because of increasing the effect of allergic conditions due to environmental pollutions. According to allopathic system of medicine, the standard treatment for nasal polyps is intranasal steroids which in troublesome cases, may follow a short course of oral steroids. Surgery is reserved for extremely large polyps and those who failed with medical treatment.

While all treatments offer some benefit, there is no gold standard^[4]. Ayurvedic classics reveal that the therapeutic

measures adopted in the management of *Nāsāarśas*, number of treatments such as internal medicaments, caustic alkali, cautery and sharp instruments^[5]. This is a localized condition and it is most suitable for treating with the preparations which have local effects.

The fumigation treatment could be used for the management of the local diseases. The fumigation carried out by using the fine powder of selected dry herbs with the intention of disinfection is called *dhoošana* (*Dhoošana kalpana* - preparation process of fumigation). It can be performed on the diseases of wounds, *karna*, *nasa*, *guda*, *yoni*, *gathra* (on whole body) arsa. Among those fumigation therapies on nasal diseases include, *nāsāsōpha*, *pīnasa* (allergic rhinitis) and *nasaarsa*. Fumigation treatment can be apply in nasal diseases, through *dhoomavarti*. *Rakta Apamargadi dhooma varti* was consisted with roots of *Rakta Apāmārga* (*Cyathula prostrata*), *Vacha* (*Acorus calamus*), roots of *Punarnava* (*Boerhavia diffusa*) and *Dēvadāra* (*Cedrus deodar*).

After studying the classical references and the available treatment modalities, this study was designed to evaluate the effect and efficacy of *Rakta apamargadi dhoomavarti* as successful local treatment modality in the management of *Nasaarsha*.

Materials and Methods

Method of preparation of *Dhoomavarti*

Equal quantities of fine powders of dried roots of *Rakta Apāmārga* (*Cyathula prostrata*), *Vacha* (*Acorus calamus*), roots of *Punarnava* (*Boerhavia diffusa*) and *Dēvadāra* (*Cedrus deodar*) were taken and grounded with the suitable amount of *Nirgundi Taila* and made in to a paste. This paste was applied on a cleaned piece of cotton cloth and made by