

Role of Durva swaras avapid nasya in epistaxis

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Abstract

Epistaxis bleeding from nose is a Common complaint which is rarely life threatening but may cause significant concern due to the loss of blood. Its prevalence cannot be exactly known as most cases are self-limited & patients usually seek medical attention-only when the problem is recurrent and severe in nature, As per Ayurveda classics this Condition can be correlated with nasagat Raktpita .present study was conducted on 19 year-old male patient of epistaxis in the OPD of shalakyatantra so patient was treated with Durva swaras avpid Nasya & result was observed. Durva is the most sacred plant since vedas used in medicine as well as a Holy Yogas. The whole plant of durva is used for medicinal purpose, externally as well As internally. It Is sthambhaka, Kashaya madhur Ras, laghu gun, sheeta virya, Madhur vipak & Raktapittaghna.Durva swaras avpid nasya gives symptomatic relief as well as the raspanchak of its helps in sampraptivighathan.

Keyword – Nasya, Durva swaras, Epistaxis,sthambhak.

Introduction

Epistaxis is defined as acute hemorrhage from the nostril.

About 60% of people have a Nosebleed at some point in their life & 10% of Nosebleeds are serious. Usual onset Less than 10years and over 50years old

Anterior Nosebleeds generally occur from kiesselbach's plexus while posterior bleeds generally occur from the sphenopalatine artery.

As per Ayurveda classics this condition can be Correlated with Nasagat Raktpitta. which is Caused by vitiation of pitto Dosha in Rakta Dhatu.

Durva is indicated in Raktpitta as it has Kashay-madhur Ras, sita virya. Madhur vipak Nasaya is most effective one, as nose is said to be the gateway cranial cavity.

Case report

Name-XYZ Age-19yr. Gender-male.

Occupation -student Adress-Ashta

Complaints

- bleeding from nose

-he had intermittent nasal bleeding 1-2 times week from left Nostril since 4 months

On Examination

External nose- Normal appearance

Anterior Rhinoscopy- mucosal abrasion found at anterior 1/3 of left nasal septum & pinkish nasal mucosa

Vitals

BP- 110/70

Pulse- 83/min

RR- 20/min

Temperature- Afebrile

All haematological investigations of patient are found normal when checked

Diagnosis

With his presenting signs & symptoms, he was Clinically diagnosed with Epistaxis

Treatment

Durva swaras nasya for 7 days, 8-8 drops per nostril.

Nasya

औषधं औषध सिद्धोवा स्नेहो नासिकाभ्यां दीयत इति नस्य (सु.चि 40/21)

नावनं चावपीडचध्मापनं धूम एव च।

प्रतिमर्शश्च विदनेय नस्तः कर्म तु पञ्चधा ॥च.सि 9/89

Durva

Latin name – Cynodon dactylon

Family – Poaceae

Ras – Kashay Madhur

Virya – Shita

Vipuk – Madhur

Gun – Lagu

Properties – Raktpittaghna

Purvakarma

Patient counselling

Freshly prepared durvaswaras

All aseptic measures

Pradhankarma

Position of patient-supine position with head tilted 30°

Room setting

Quality of durva swaras-liquid form, freshly prepared with aseptic precaution are taken.

Site of pouring- both nostrils

Procedure time-(2-3)min

Paschatkarma

After administration of nasya patient lie supine for 1min

Result

Follow up taken on 10th & 14th day.

There was Significant improvement in the complaint of bleeding after first seating of therapy & no side effect observed during treatment

The patient was then followed for 2 months , once in every 15 days

No any recurrence of nasal bleeding is seen in follow up

Discussion

Durva is indicated in raktpitta as it has kashay -Madhur ras , laghu gun,shita virya and madhur vipak

Durva swaras is administered in the form of nasya because nasya is most effective one

Durva swaras gives symptomatic relief as well as the Raspanchak of its helps in sampraptivighathan

Conclusion

The present case study showed that Durva swaras Nasya therapy had been found very effective

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