

Nasal Polyp- An Ayurvedic Perspective

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A disease Nasal polyp can be compared with *Nasa Arsha* which is one of the Nasal disorders according to Ayurveda. *Nasa Arsha* is characterized by the *Mamsankura* (muscular growth in nasal cavity) which obstruct the nasal passage and is a troublesome, disagreeable condition giving lots of misery and discomfort and definitely cripples the normal life.

Causative factors of *Nasa Arsha* explained are *Ajeerna* (indigestion), *Atijalapana* (excess intake of water) specifically *Ati Sheeta Ambu Pana* (excess intake of cold water), Intake of water after meal, *Ati Swapna* (excess sleep), *Ratri Jagarana* (awakening at night), *Vega Sandharana* (suppression of natural urges), *Ati Ashru Srava* (excess watering from eye), *Tapa Sevana* (exposure to excess heat), *Anila Sevana* (exposure to excess wind), *Avashyaya Sevana* (exposure to excess dew), *Dhuli, Rajah, Dhumra Sevana* (exposure to excess dust, smoke), *Shitamati pratapa* (exposure to excess cold), *Ritu Vaishamy* (seasonal changes), *Snana in Ajeerna* (taking bath during indigestion), *Snana with Sheeta Jala* (taking bath with cold water), *Ati Jala Krida* (swimming for long time) etc [1-4]. Due to indulgence in causative factors, *Vata Dosha* gets vitiated and goes towards the different *Srotas* (channels) by vitiating *Urdhva Kaphashaya* or *Murdha* (head and neck), vitiating *Kapha Dosha* and thereby causing secretions and other symptoms of *Nasa Arsha*.

Symptoms of polyps are nasal blockage, mouth breathing, excessive sneezing, hyponasal voice, nasal discharge, headaches, copious postnasal drip, anosmia and expansion of nose. While symptoms of *Nasa Arsha* mentioned by *Acharya Sushruta* and *Vagbhata* include difficulty in breathing, constant sneezing, nasal voice, foul smell from nose, headache and *Peenasa* (constant thick, sticky and yellow discharge from nose; anosmia, ageusia; wet/dry feeling in nose; distention of nose and feeling of burning sensation in nose) [5,6] *Shiro-Lalat-Talu Gaurava* (heaviness of Head, forehead, palate), *Dukha Nidrata* (Disturbed Sleep) are the symptoms men-

tioned by *Vangasena*. He added that the shape of *Arsha* resembles cow udder [7].

Treatment of *Nasa Arsha* according to *Acharya Vagbhata* include *Navana Nasya* (one of the *Panchakarma* therapy) with *Tuvarikadi Taila* [8]. Others are use of *Chitraka taila*, *Kareeradhya Taila*, *Shikhari Taila* for *Nasya* mentioned in Ayurvedic texts *Chakradatta* [9] and *Bhaishajya Ratnavali* [10]. *Gruhadhuma Taila* (*Syn.-Shikhari Taila*) for *Nasya* is also mentioned in Ayurvedic texts *Bhavprakash* [11], *Sarngadhara* [12], *Vangasena Samhita* [13].

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