

DISEASES OF THE NOSE AND THROAT, THEIR MODERN AND AYURVEDIC MANAGEMENT

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ABSTRACT

Shalaky Tantra is a part of Ashtanga Ayurveda works around the pathological conditions of Shiras, Karna, Nasa and Mukha. It provides preservation and restoration of the functioning of Indriyas. In modern medicine ENT department or otolaryngology work similarly and helps to treat ear, nose and throat conditions. This field addresses nasal and upper respiratory tract diseases which may occurs due to the factors such as a lifestyle, poor diet, stress, air pollution and occupational hazards, etc. Ayurveda advocates preventive measures as well therapeutic approaches to manage nasal and throat diseases characterizes by nasal stuffiness, fever and cough, etc. Ayurvedic drugs like Thirikadugu chooranam, Sivanaramirtham, Elavampisin chooranam, Piper longum, turmeric and Ajwain, etc. can effectively relieve these symptoms associated with nasal and throat conditions. Nasya therapy is specifically advices for such conditions along with preventive measures such as Gandusha and Kavala. Rasayana therapy meant for immunity boosting purpose helps to prevent sinus infections. This article presented Ayurveda and modern aspects on the diseases of nose and throat.

KEYWORDS: Ayurveda, Shalaky Tantra, Nasa, Mukha, Sinusitis.

INTRODUCTION

Ayurveda put appreciable emphasis on nasal and throat diseases where allergens, pollens and seasonal factors play significant role towards the prevalence of disease. Many people around the globe suffer problems associated with sinus, nasal and respiratory system.

Symptoms include pain, headache, fever, discharge, sore throat and nasal stuffiness, etc. The pathogenesis of these diseases is depicted in Figure 1. The general therapeutic approaches of Ayurveda towards the nasal and throat disorders are depicted in Table 1.^[1-6]

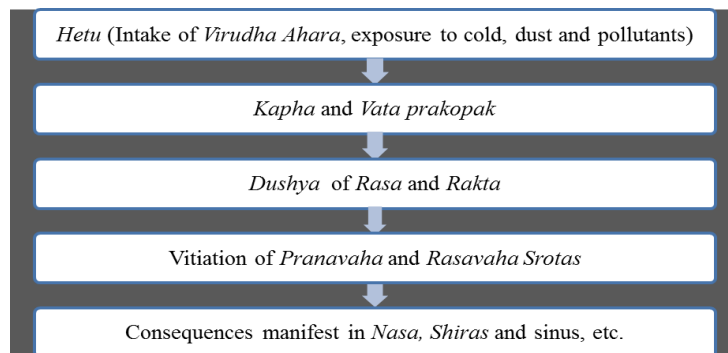


Figure 1: Pathogenesis of diseases associated with Nose and Respiratory tracts.

Table 1: Approaches of ayurveda for the management of Nasal and Throat disorders.

Category	Treatment	Purpose
Samanya Chikitsa	Ama Peenasa Chikitsa, Deepana and Pachana drugs	General management of sinusitis
Shaman Aushadha	Sarpiguda, Panchamula Siddha Ghrita, Chitraka Hareetaki, Shadanga Yusha, Nasya of Pathadi and	Palliative treatments

	Shadbindu Taila, Vyoshadi Churna	
Siddha Oral Medicines	Vasanthakusumakaram mathirai, Kasturi karuppu, Chandamarutha chendooram, Sivanaramirtham, Thirikadugu chooranam, Mandoora chendooram	Cure sinus and nasal infections
Detoxification Measures	Dhoompana, Shirovirechana, Vamana, Asthapana, Virechana, Snepana	Remove accumulated Ama, balance Tridoshas
Nasya Therapy	Anu taila, Shadbindu Taila	Acute relief of nasal and sinus symptoms
Ayurveda Purification	Clears channels, removes nasal obstruction, cures heaviness, suppresses headache (via Shirovirechana)	Purification and symptomatic relief
Ayurveda Formulations	Mahalaxmi Vilas Rasa, Narada Lakshmi Vilas Rasa, Tribhuvan Kirti Rasa, Anand Bhairava Rasa, Shringarabharaka Rasa, Sitopaladi Choorna	Traditional Ayurvedic medicines for various ailments, including sinusitis

Management of nasal disorders

The nose is vulnerable organ since it performs several vital functions and may get hampered easily by various factors. The symptoms of nasal diseases are *Nasashrava*, *Shirashoola*, *Shiroguravam*, *Ghranauparodha*, *Jwara*, *Kaphotklesh*, *Swarbheda*, *Kasa* and *Aruchi*, etc. Diagnostic examinations involve rhinoscopy, Cottle tests, examination of the mouth and patency tests, etc.

Ayurveda categorizes nasal diseases based on predominant symptoms like; *Srava*, *Nasanaha* and *Paka*. Treatment approaches involves *Nasya* therapy, *Rasayana*

therapy, *Ghritapana*, *Shiro virechana* *Dhoopana*, *Swedan* and *Basti*, etc. These therapies mainly intended to enhance immunity and reduce inflammation, etc. Steam inhalation, *Dhoomapana* and *Deepanapachana* drugs are considered beneficial for such types of condition. *Shodhana* therapies, *Grithapana* and *Rasayana* therapy mainly recommended during chronic progression of disease. The *Nasya* therapy play vital role in such conditions as depicted in **Table 2**. *Nasya* therapy is considered effective for nasal congestion, sinusitis, allergies, migraines and headaches, etc.^[6-8]

Table 2: Types of Nasya and their Benefits.

Type of nasya	Benefits
<i>Brumhana Nasya</i>	Nourishes and strengthens the respiratory system.
<i>Shamana Nasya</i>	Calms and pacifies nasal imbalances.
<i>Marshya Nasya</i>	Moisturizes and hydrates dry nasal passages.
<i>Navana Nasya</i>	Cleanses and purifies the nasal passages.

Disorders of throat

Pharyngitis and tonsillitis are common clinical condition characterized by inflammation and fever, etc. These conditions are characterizes by swollen glands, congestion, fever and pain, etc. Treatment straggles involves gargling of *Vasakadyasava*, *Tribhuvanakeerthi* and *Kwatha*, etc. The therapeutic strategy helps to soothe throat and reduces symptomatic manifestations. Herbal drugs like *Trikatu*, *Sitopaladi Churna* and *Yashti*, etc. are considered beneficial for such types of diseases. In acute cases *Swasanandam*, *Swasahara Mishrana*, *Shwasakutara* and *Haritaki Kwatha*, etc. are used.

Chronic tonsillitis required uses of *Kanchana guggulu*, *Triphala guggulu*, *Gandhana rasayana* and *Nimbadi guggulu*, etc. which helps to eliminate infections. *Rasayana* therapy (*Kasthurayadi rasayana* and *Vyaghree rasayana*, etc.) is employed for immunity boosting purpose; provide resistance against infections. This treatment alleviates symptoms, helps in pharyngitis and tonsillitis, strengthening immunity and clears phlegm, etc.

Gandusha and *Kavala* are practices used for oral hygienic purpose; *Tilataila gandusha* and *Triphala*

gandusha strengthen teeth, prevents dental infections and imparts anti-inflammatory properties. Decoction of *Haritaki*, *Triphala Kwatha*, *Khadira Arishta* and *Yashti*, etc. are recommended for gargling purpose. The therapeutic approaches for diseases related to throat aims to enhancing local blood circulation and promoting healing process.^[8-9]

Ayurvedic drugs used for Nasal and Throat infections^[9-12]

- ✓ *Trikatu*
Reduces inflammation, clears respiratory passages and promotes digestion, etc.
- ✓ *Tulsi*
Antiviral, effective against infections and prevent common cough & cold
- ✓ *Guduchi*
Reduces inflammation, fights infections and relieves throat ailments.
- ✓ *Haridra*
Impart anti-inflammatory, antioxidant and antimicrobial properties.
- ✓ *Yashtimadhu*
It acts as an expectorant, good for cough and throat infections, etc.

✓ *Pippali*

Acts as respiratory stimulant improves breathing and clears congestion, etc.

✓ *Vasa:*

Used as expectorant, bronchodilator and clears congestion.

✓ *Dashamoola*

Provide anti-inflammatory and analgesic effects, cure respiratory and throat problems.

✓ *Guggulu*

Offers anti-inflammatory and antimicrobial properties and treats infections.

✓ *Eladi Choornam*

This formulation reduces inflammation and soothes throat irritation, etc.

✓ *Sitopaladi Churna*

Relieve cough, fever and sore throat, etc.

✓ *Amalaki*

It fights against infections by boosting immunity.

Pathya and Apathya for Sinusitis and Nasal Infections***Pathya***

- Cover the head with a heavy cloth during the winter season.
- Consume *Yava* and *Haritaki*.

Apathya

- Consuming cold food and cold water.
- Exposure to diverse climatic conditions.
- Suppression natural urges.

CONCLUSION

Diseases affecting ears, nose and throat region mainly handled by principles of *Shalakya Tantra*. These diseases arise by factors such as pollution, dietary habits and lifestyle, etc. Conditions like nasal infections; sinusitis and throat disorders, etc. can be treated effectively with the help of Ayurvedic formulations, *Nasya* therapy, *Gandusha* and *Kavala*, etc. These Ayurvedic approaches boost immunity, clear respiratory passages; reduce inflammation and combat microbial infections associated with nasal and throat conditions.

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