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An Ayurvedic Management of Epistaxis: A Case Study

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ABSTRACT: -

Epistaxis or nose bleeds is the commonest complain which can cause of life threatening. Its prevalence cannot be exactly known as most cases are self-limited and patients usually seek medical attention only when the problem is either recurrent or severe in nature, As per *Ayurveda* classics this condition can be correlated with *Nasagat Raktpitta*. Which is caused by vitiation of *Pitta Dosha* in *Rakta Dhatu* (blood). Objective of this case study was to observe the efficacy of *Ayurvedic* treatment in the management of *Nasagat Raktpitta* (epistaxis). Present study was conducted on 21-year-old male patient of epistaxis in the OPD of *Shalaky tantra*, NIA. Patient presented with the complaint of bleeding from the nose for 6 months. History and examinations lead to diagnosis epistaxis (*Nasagat Raktpitta*), so patient was treated with *Durva Svarasa Nasya* and *Sarivadi vati* orally. Remarkable result was observed in the form of improvement in chief completions of the patient.

Key Words - Epistaxis, *Nasagat Raktpitta*, *Durva svarasa nasya*, *Sarivadi vati*.



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INTRODUCTION

The epistaxis is Latin term, derived from the Greek, epistazein (epi- above, over and stazein-to drip).¹ It is defined as the bleeding from the nose. Epistaxis is a symptom of diverse conditions which may present as mild recurrent bleeds or severe life threatening rhinological emergency and may pose a challenge to even a skilled otolaryngologist.² There are two types- anterior (most common) and posterior (less common more require medical attention). Its incidence is difficult to assess but it is expected that approximately 63% of the population will be affected by epistaxis at some point in their lifetime, with 6% requiring medical attention.³ Epistaxis occurs more often in males than in female.⁴ Epistaxis is rare in neonates but very common among children and young adults, and peaks in the sixth decade giving a bi modal age presentation.⁵ The therapeutic management of epistaxis includes both medical and surgical approaches. However, many times neither of these modalities seems to give a satisfactory relief to the patients suffering from epistaxis. As per *Ayurveda* classics the sign and symptoms of epistaxis simulates with *Nasagat Raktpitta*. *Nasagat Raktpitta* is one such disease among 31 *nasagat rogas* mentioned by *Aacharya Sushruta*.⁶ According to *Acharya Charak Urdhwaga raktapitta* is the condition in which bleeding occurs through the upper orifices.⁷ In *Urdhwaga Raktapitta*, *pitta* is the *Pradhan dosha* & *kapha* is the *Anubandha Dosha* (dependent).⁸ *Nasagata raktapitta* is an *Urdhwaga Raktapitta* where there is bleeding from the nose. There are many formulations and procedures mentioned in the various *Ayurvedic* texts for treating *Nasagata Raktapitta*. Among all procedures *Nasaya* (nasal medication) is the most effective one, as nose is said to be the gateway cranial cavity.⁹

CASE REPORT

A 21-year-old male patient of epistaxis visited the OPD of *Shalakyta tantra*, NIA. Patient presented with complain of bleeding from the nose persisting despite undergoing several treatment modalities for 6 months. He had intermittent nasal bleeding 1-2 times a week from the right nostril. He had consulted by many ENT specialists and advised anti histamine nasal spray, the use of which reduces the frequency of bleeding to some extent, but he began developing excessive crusting in her nasal mucosa within a period of 3 months of using the spray, however didn't feel relieved satisfactorily, So patient switched to NIA for *Ayurvedic* treatment.

On Examination -

- External nose - Normal appearance
- Nasal cavity - Normal.
- Anterior rhinoscopy - Mucosal abrasions found at anterior 1/3 of right nasal septum & pinkish nasal mucosa whereas left nose is normal.

Vitals-

- BP- 110/70
- Pulse – 90/min, Regular in rhythm
- RR - 20/min.
- Temperature – A febrile on touch.

All haematological investigations of the patient are found normal when checked.

TREATMENT ADMINISTERED

*Durva swaras nasya*¹⁰ and *Sarivadi vati*¹¹ for 1 month

Nasya therapy

Nasya with *Durva swaras* for 7 days 4-4 drops per nostril.

Three seating's with 3 days gap in each seating.

Shaman chikitsa (Pacification therapy)

Sarivadi vati 2 tablets with *Godugdha Anupana* after meal, twice a day.

Pathya - Apathya (Wholesome-Unwholesome)

- Patient was advised to avoid spicy food and told to use of *Goghrit, Butter, Dadim* and *Amalaki* in diet.
- Avoid forcefully blowing of nose and nails should be cut as a preventive measure.

OBSERVATIONS & RESULTS

There was significant improvement in the complaint of bleeding after first seating of therapy and no side effect observed during the treatment, as the epistaxis is completely cured in third seating. The patient was then followed for two months, once in every 15 days. No any side effect and recurrence of nasal bleeding is seen in follow up.

DISCUSSION

Durva (Cynodon dactylon) is indicated in *Raktapitta* as it has *Kashya- Madhur Ras* (astringent and sweet essence) *Lagu Gun* (light), *Sita Virya* (cool) And *Madur Vipaka*¹² *Durva Swaras* is administered in the form of *Nasya* (nasal medication) because *Nasaya* is the most effective one, as nose is said to be the gateway cranial cavity.¹³ As in epistaxis the site of bleeding is a nose for which local application of *Durva swaras* gives symptomatic relief as well as the *Raspanchak* of its help in *Sampraptivighathan* (breakage of pathogenesis).

In the *Falshruti* of *Sarivadi Vati raktapitta* is mentioned.¹⁴ Therefore, it helps in pacifying *Nasagata Raktatpitta* (epistaxis) symptoms. As we go through the ingredients maximum *Dravyas* (drugs) Are astringent and sweet essence) *Lagu Gun* (light), *Sita Virya* (cool) And *Loha Bhasma* helps to increase the volume of blood according to *Samanya Vridhikarana siddhanta. Anupan* (Adjuvant) of the tablet is *godugdha* (cow milk) which itself is *Madhur Ras, Sita Virya* And *Madhur Vipaka, Rasayana* (rejuvenator), *Jivaniyam* (which

prolongs life) and *Raktapitta Shamak* thus the combination of two together gives wonderful results.

CONCLUSION

The Present case study showed that *Durva swaras Nasya* therapy along with *Sarivadi Vati* oral medications had been found very effective in this case. Even through the limitations of this case study to a single study, this treatment modality may be an eye-opener for further studies as an effective management through *Ayurveda* in *Nasagata raktapitta* (Epistaxis). Further study should be carried out in larger sample group

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