

## Role of Vamana Karma (Emesis) in Jeerna Vatika Pratishyaya (Chronic Rhinosinusitis) - A Case Study

### Case Report

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### Abstract

*Pratishyaya* (rhinosinusitis) is very difficult to treat as it happens with *Sadhya Janak Nidana* (sudden causative factor) also. Many times rapid and sudden onset is seen in *Pratishyaya* after exposure to even a weak causative factor. If this vicious cycle of *Nidana* (causative factor) and *Roga* (disease) continues and if treatment is neglected the *Roga* becomes *Jeerna* (chronic). At this stage it becomes necessary to cure the disease with *Shodhana* (purification) therapy rather *Shaman* (curative) therapy. In this type of chronic cases we can get good results with only *Vamana Karma* (emesis therapy). In modern medicine conservative management is the first choice and if the disease is not managed by it, they prefer surgery to maintain the drainage and ventilation of the sinuses. *Vamana Karma* with or without *Nasya* (nasal instillation) can give complete improvement in such cases. The burden and risks of surgery can be avoided and the quality of the patient's life can be improved with *Ayurvedic* treatment.

**Keywords:** *Jeerna Vatika Pratishyaya*, *Vamana*, Chronic rhinosinusitis *Jeerna Vatika Pratishyaya*, *Vamana*, Chronic rhinosinusitis .

### Introduction

*Pratishyaya* (rhinosinusitis) is one of *Nasa Roga* (nasal disease), which is included in *Urdhwa jatrugata Roga* (diseases of head & neck). (1) Among all *Nasa Roga* (nasal disease), *Acharya Sushruta* has mentioned *Pratishyaya* in separate *Adhyay*. (2) Thus he highlighted its extra importance. Even *Acharya Charakpani* believes that *Pratishyaya* is the origin of all other nasal diseases.(3) There are five types of *Pratishyaya* mentioned by *Acharya Sushruta- Vataja, Pittaja, Kaphaja, Raktaja and Sannipataja*. Negligence of these types can lead to chronic stage i.e. *Dushta/ Jeerna Pratishyaya* (chronic) and other complication like- *Badhriya* (deafness), *Agnisada* (loss of appetite) etc. (4) So it is very important to treat the disease timely in its acute stage. The common line of treatment is based upon the condition of the disease. All *Pratishyaya* except acute one should be treated with *Sarpi Pana* (ghee), *Swedana* (fomentation), *Vamana* (emesis) and *Avapeeda Nasya* (nasal instillation).(5) *Pratishyaya* can be correlated with rhinosinusitis in modern science.

### Case study

A 46 year old male patient, from Baroda, having complaints of *Nasavrata* (watery nasal discharge), *Kshavathu* (sneezing), *Shirashool* (headache), *Galshotha* (sore throat), *Netrashoola* (pain in eyes) since last 15 years came to OPD of P. D. Patel Ayurveda Hospital & J. S. Ayurveda college, Nadiad to take *Ayurvedic* medicine. Before coming to the institute the patient had gone to allopathy hospital and he was hospitalized for 2 days. He was advised CT scan of para nasal sinus (Dt-11/1/2017) which showed very minimal mucosal disease in right and left maxillary sinus; minimal mucosal disease in right ethmoidal sinus; totally opaque sinus filled with significant mucosal disease +/- retained secretions in Rt. sphenoid sinus and very minimal mucosal disease in left sphenoid sinus. He was advised surgery, but patient wanted to take *Ayurvedic* medicine. He came to the OPD on Dt-6/2/17

On examination the findings were as following:

- Nose- Deviated nasal septum towards left
- Right inferior turbinate hypertrophy Congestion
- Ears- Both ear canals were clear, Both tympanic membranes were intact and mild retracted
- Throat- Congestion was seen in posterior pharyngeal wall

On first visit (Dt-6/2/17) the patient was advised *Vamana Karma* but due to some unavoidable reasons, he refused admission and was given medicines as

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follows-

- *Pathyadi Kwath* (decoction) -40ml, twice a day
- *Lakshmi Vilas Ras*- 2 tab twice a day, for 14 days.

On second visit (Dt-18/2/17) the patient had improvement and he was advised the same medicine for 14 days.

The patient came for third time (Dt-24/2/17) for hospitalization and *Vamana Karma*. The patient was admitted and started *Ghrita* (ghee) *Paana*. The treatment given during hospitalization is as follows-

Date	Treatment
24/2/17	<i>Snehapana</i> - Plain <i>Goghrita</i> -40 ml*2
25/2/17	<i>Snehapana</i> - Plain <i>Goghrita</i> -60 ml*2
26/2/17	<i>Snehapana</i> - Plain <i>Goghrita</i> -80 ml*2
27/2/17	<i>Sarvang Abhyang</i> (massage) with <i>Mahantarayana Taila</i> <i>Sarvang Bashp swedana</i> (fomentation) with <i>Nirgundi Patra</i>
28/2/17	<i>Sarvang Abhyang</i> with <i>Mahantarayana Taila</i> <i>Sarvang Bashp swedana</i> with <i>Nirgundi Patra</i> <i>Vamana Karma</i> - <i>Madan Phala Majja Churna</i> -3.5 gm with <i>Madhu</i> Q.s. <i>Vairchanika Dhumapana</i> after <i>Vamana</i>
1/3/17	<i>Samsarjana Krama</i> (diet control) - <i>Peya</i> - in evening
2/3/17	<i>Samsarjana Krama</i> <i>Peya</i> – in morning <i>Peya</i> - in evening Discharged (Advised to follow <i>Samsarjana Krama</i> )

#### Details of *Vamana Karma*:

8 *Vega* were observed and *Pittanta* (with *Aushadha*) *Vamana* was observed.

#### After treatment:

At the time of discharge complete relief was observed in all the symptoms. He was advised

- *Pathyadi Kwath*- 40ml, twice a day
- *Lakshmi Vilas Ras*- 2 tab twice a day, for 1 month and 10 days

With *Pathya Palana* (Do and don'ts) of *Pratishyaya*.

The CT scan was advised to rule out the sinusitis. On Dt.13/4/17 repeat CT scan was done which suggested normal sphenoid and frontal sinuses, minimal mucosal thickening at the base of both maxillary sinus.

#### Observation:

Symptoms	Before treatment	After treatment
<i>Nasavrava</i> (Watery nasal discharge)	+++	-
<i>Kshvathu</i> (Sneezing)	++	-
<i>Shirahshool</i> (Headache)	+	-
<i>Galshotha</i> (Sore throat)	+	-
<i>Netrashoola</i> (Pain in eyes)	+	-

CT scan PNS	Before	After
Right and Left Maxillary	Very minimal mucosal thickening	Very minimal mucosal thickening at base
Right and Left Ethmoid	Rt. side minimal mucosal disease Lt side –normal	Rt. side minimal mucosal disease Lt side –normal
Right and Left Frontal	Normal	Normal
Right and Left Sphenoid	Rt side totally opaque sinus, filled with significant mucosal disease +/- retained secretions Lt side –normal	Normal

#### Discussion

*Acharya Sushruta* has mentioned that each *Pratishyaya* should be treated with *Vamana Karma* except acute stage; followed by *Shirovirechaka Nasya*. (6) In the *Samprapti* (pathogenesis) of the disease it is mentioned that the *Dosha* get accumulated in *Shira pradasha* (head) and when aggravated by various *Nidana Sevana* (causative factors); it cause *Pratishyaya*. (7) It is known as '*Chaya Purvak Prakopa*'. In such conditions when the quantity of vitiated *Dosha* is more (*Bahu Dosha Avastha*), *Shodhana Karma* (purification) is required. (8) The selection process of *Shodhana Karma* depends upon the main site of the accumulated *Doshas* and their nearer route. In this case, *Vamana* was selected as no

any other Karma works on vitiated *Kapha Dosha* as *Vamana* does. (9) *Pratishyaya* is an *Urdhvajatrugata Roga* (diseases of head and neck) and *Shira* (head) is the site of *Kapha Dosha*. (10) In addition to that while describing the benefits of *Vamana Karma Acharya Charak* has mentioned that *Murdha* (head) and *indriya* (sense organs) get purified with the help of *Vamana Karma*. (11) Hence *Vamana Karma* is indicated in *Pratishyaya*. Once *Urdhva Kaya* (upper body) *Shodhana* is achieved by *Vamana* then *Shiro Virechana* (purification of head) is done to remove the *dosha* from the *Shir Pradesha* with the help of *Nasya* to get complete relief. But in this patient he got complete symptomatic relief after *Vamana Karma* with Oral medicine and follow up CT scan report showed that totally opaque right sphenoid sinus was completely normal. In this case much difference was not observed in mucosal thickening of maxillary and ethmoid sinus, it may be as patient had not taken *Nasya* (nasal instillation) after *Vamana* (emesis). This mucosal thickening may resolve with *Shirovirechaka Nasya*.

In modern medicine the line of treatment of Rhinosinusitis is antibiotics, decongestant, antihistaminics (12) and if not relieved with medicines FESS (Functional Endoscopic Sinus Surgery) is suggested. With the *Ayurvedic* management patient can get relief from the disease and can skip the burden and risks of surgeries.

### Conclusion:

In this case the patient was suffering from *Jeerna Vatika Pratishyaya*. With *Vamana Karma* (emesis therapy) only patient got complete relief from all the symptoms. After *Vamana karma*, for removal of residual *dosha* and for further prevention of recurrence *Nasya* (nasal instillation) and *dhumapana* (medicated smoke inhalation) should be given in such patients (13). In chronic stage of *Pratishyaya*; *Nasya* should not be performed prior to *shodhana karma* (purification therapy). *Nasya karma* followed by *vamana karma*, provides much better and faster relief.

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