

The efficacy of *Nasya Chikitchai (Nirgundi thailam)* on *Peenisarogam*

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Abstract

Peenisarogam is one of the chronic diseases which affect nose and nasal passages. Mucous membrane of the air sinuses in the facial bone are repeatedly affected by internal and external causes. Chronic collection of fluid or phlegm or inflammation in the air sinuses is known as *Peenisarogam*. Symptoms of *Peenisarogam* are Nasal irritation, Nasal block, Sneezing, Head ache, Nasal discharge, Itching Eyes, Ears, Pharynx, etc. *Nasya therapy* acts as a preventive measure and also cures the diseases above the chest, such as nose, eyes, ears, mouth, and brain. The medicine is applied through the nostrils it is called *Nasyam*. In *Nasya therapy* the medical oil / milk / herbal juice / herbal powder is applied through the nostrils. *Nirgundi* is a medicinal herb known as *Nochchi (Vitex nigundo)*. It is used for the nasal passage diseases. *Vitex nigundo* plant is growing well in the Jaffna district and since no research was undertaken to date, by administering *Nasya therapy* for *Peenisarogam*. Therefor the researcher has planned to study the efficacy of the *Nasya therapy* by administering *Nirgundi thailam* for *Peenisarogam*. 100 *Peenisa* subjects were selected incidentally. Selected subjects were divided into two groups alternatively named as “A” & “B”. The patients of Group A were subjected to *Sneha, Swetha* and *Nasya therapy* with *Nirgundithailam*. The subjects of Group B were subjected to *Sneha* and *Swetha therapy*. This is an open clinical trial. To assess the efficacy of *Nasya therapy*, the symptoms of *Peenisarogam* such as Nasal irritation, Nasal block, Sneezing, Head ache, itching on eyes were noted carefully before commencement and after completion of the treatment. Data were analyzed by simple statistical methods. In group A subjects, before commencement of treatment had Nasal irritation 29 (58%), Nasal block 40(80%), Sneezing 41(82%), Head ache 42 (84%), and Itching on eyes 26 (52%). In group B subjects, before commencement of treatment had Nasal irritation 33(66%), Nasal block 41(82%), Sneezing 44 (88%), Head ache 42 (84%), and Itching on eyes 35 (70%). End of the treatment marked improvement of symptoms of *Peenisa* disease were observed in group A subjects, Nasal irritation 23(79.3%), Nasal block 23(57.5%), Sneezing 33(80.48%), Head ache 33(83.3%), and Itching on eyes 20(76.9%). In group B subjects, had improvement in Nasal irritation 20(60.6%), Nasal block 17(41.46%), Sneezing 23(52%), Head ache 24(57.6%), and Itching on eyes 18(51.2%). In comparison to group B subjects, group A subjects showed percentage wise better results in most of the symptoms.

Keywords: *Peenisa* disease, *Peenisaroga*, *Nasya* treatment, *Nirgundi* oil, *Nirgundithaila*

1. Introduction

Peenisarogam is one of the chronic diseases which affects nose and nasal passages [1, 2]. The function of the Nose are respiration, smelling and also acts as a passage to supply medicaments to the head [3, 21]. Nasal opening which act as the entrance to the head [4]. Mucous membrane of the air sinuses in the facial bone are repeatedly affected by internal and external causes. Collection of fluid or phlegm or inflammation in the air sinuses is known as *Peenisarogam* [5]. Several Siddha and Ayurvedic experts have stated that *Peenisarogam* is a recurrent chronic disease. *Nirgundi* is a medicinal herb known as *Nochchi (Vitexnigundo)*. It is good for the nasal passage diseases such as *Peenisa*, *Neerettam*, *Mahavatham*, *Suram*, *Iraippu*, *Thanthavalay & Irumal* [6, 7, 8]. *Nirgundithailam* is best for the *Iya (kapha)* and *vali (vata)* diseases [6]. *Peenisarogam* is one of the *Iya (Kapha)* diseases [9]. *Nasyachikitchai* is one of the method of *panchakarma therapy* [10, 11]. It is called *Nasyam* as the medicine is applied through the nostrils [12]. In *nasya therapy* the medical oil / milk / herbal juice / herbal powder is applied through the nostrils [10, 11]. The Ayurvedic text stated that *nasya therapy* is the best for *peenisarogam* and it could be specially administered in cases of diseases affecting the organs above the chest such as nose, eyes, ears, neck and brain etc. Piorior to *nasya therapy* *Poorvakarma* such as *sneha* and *swetha* treatment should be given to the patients [13].

Srikantha in his research on “*Pharmacodynamics of nasyakarma*” had found out *nasya* or *nasya* materials reaches and excite the Central Nervous System and Endocrine glands [14]. Sangeeta, in her research of “*A critical Evaluation of the concept of Nasuhi Shiraso Dwaram*”(Nasal Route Entry for the Cranial Cavity) had found out that medicinal materials inserted through nasal holes reach the central Nervous system [15]. Wiswanathan, in his research, a review on *Vitex negundo* is medicinally important plant had confirmed that *Nochchi* is a “*Sarvaroga Nivarani*” capable of curing several diseases [16]. Tejesveni in her research found out that leaves and flowers of *Nirkundi* has the germicidal effect [17]. Vishal in his thesis “*Medicinal uses and biological activities of Vitex negundo*” had indicated that, the herb known locally as “*Nochchi*” has Analgesic, Anti- inflammatory, pesticides and insecticidal properties [18]. Merlin, in his research paper, “*Preliminary phytochemical screening and anti-bacterial activity*” had stated that *Nochchi* reduces the growth of bacteria and its activities [19].

2. Methodology

This is an open clinical trial. Ethical clearance of this research was obtained from the Ethical committee, University of Colombo, Sri Lanka. Before the commencement of data collection, a full explanation of the scope of the research was

given to the patients and their written consent was obtained. If a subject refused to participate in the research or he / she was found with any allergic condition, they were allowed to leave from the research program. If signs and symptoms were not cured the *Peenisaroga* subjects referred to the suitable hospital. The data of subjects had been kept confidential and will be destroyed at the completion of the research.

Both genders were included above the age of 18 years. *Nirgundi thailam* was obtained from Ayurveda Drug Cooperation (20), Navinna, Sri Lanka. Questionnaire was prepared by the researcher based on specific objectives. Researcher completed the questionnaire, through direct interrogation and examining the subjects. Pilot study was undertaken among 10 *Peenisaroga* subjects. The subjects who were included for the pilot study were not included in the main research. Before commencing the data collection the approval were obtained from the Head of the Institutions to collect the data. 100 *Peenisaroga* subjects were selected from District Ayurvedic Hospital, Jaffna, Government Ayurvedic Hospital Kaithady, 2 Rural Ayurvedic Hospitals, Karaveddy and Kodikamam. Selected subjects were divided into two groups alternatively named as “A” & “B”. The subjects of Group A were treated by *Sneha*, *Swetha* and *Nasya* therapy with 4

drops of *Nirgundi* oil in each nostril for 7 days. The subjects of Group B were treated by *Sneha* and *Swetha* therapy for 7 days. The subjects should sit or lie down in a comfortable posture. *Sneha* was applied on Nasal area, Forehead, around the Eyes, external Ears, Neck, Shoulder with *Nirgundi Thailum* and then Massaged. In the *Swetha chikitchai*, chopped *Nirgundi* leaves were tied in the form of *pottany* and steamed it and fomented the above mentioned region with tolerable heat. In *Nasya* therapy, 4 drops of slightly warm *Nirgundi thailum* was instilled drop by drop by a dropper in left side nostril while closing the Right nostril, and then into right nostril while closing the left nostril for 7 days. Following the *Nasya* administration, the patient should continue to stay in supine position for at least two minutes. If medicine comes into the mouth, it should be spitted out, without being swallowed, to clear the throat warm water could be filled in the mouth, kept there for some time and then gargled out. To assess the efficacy of *Nasya* treatment, the symptoms of *Peenisa* disease such as Nasal irritation, Nasal block, Sneezing, Head ache, itching on eyes, were noted carefully before commencement and after completion of the treatment. All data was analyzed by simple statistical method.

3. Results & Discussion

Serial No	Signs & Symptoms	Group A 50 patients (50%)						Group B 50 patients (50%)					
		1 st Day	No Improvement	Mild Improvement	Good Improvement	Drop out	% relief	1 st day	No Improvement	Mild Improvement	Good Improvement	Drop out	% relief
1	Itching of the Nose	29 58%	03 10.3%	07 24.1%	16 55.2%	03 10.3%	79.3%	33 66%	07 21.2%	14 42.4%	06 18.2%	06 18.2%	60.6%
2	Nasal blockage	40 80%	10 25%	11 27.5%	12 30%	07 17.5%	57.5%	41 52%	10 24.4%	11 26.8%	06 14.6%	14 34.1%	41.5%
3	Sneezing	41 82%	03 7.3%	18 43.9%	15 36.6%	05 12.2%	80.4%	44 88%	08 18.2%	19 43.1%	04 9.09%	13 29.5%	52%
4	Headache	42 84%	03 7.1%	13 30.9%	22 52.4%	04 9.5%	83.3%	42 84%	04 9.5%	17 40.4%	07 16.7%	14 33.3%	57.6%
5	Itching of the Eyes	26 52%	03 11.5%	11 42.3%	09 34.6%	03 11.5%	76.9%	35 70%	10 28.6%	14 40%	04 11.4%	07 20%	51.4%

Itching of the nose in group A, the decrease of itching of the nose was found 79.3%, in group B decrease was 60.6%. Nasal blockage in group A, the decrease of nasal blockage was found 57.5, in group B decrease was 41.46%. Sneezing in group A, the decrease of sneezing was found 80.48%, in group B decrease was 52%. Head ache in group A, the decrease of Head ache was found 83.3%, in group B decrease was 57.6%. Itching on eyes in group A, the decrease of itching on eyes was found 76.9%, in group B decrease 51.42%.

Regarding the response of the treatment of symptoms in the patients of Group A, treated with *Sneha*, *Swetha* and *Nasya* therapy, it was found that there were remarked response in the symptoms of Nasal irritation, Sneezing and Head ache, and the response in symptoms of Nasal block and Itching on eyes In Group-B patients, treated with *Sneha* and *Swetha* therapy only.

4. Conclusion

It is concluded that *Sneha*, *Swetha* and *Nasya* therapy was more effective in alleviating symptoms of *Peenisaroga* than *Sneha* and *Swetha* therapy (without *Nasya* therapy). No adverse effect of the trial treatment was observed during the study.

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