

“AYURVEDIC MANAGEMENT OF EPISTAXIS W.S.R. TO NASAGATA RAKTAPITTA – A CASE REPORT”

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Abstract: Background: Bleeding from inside the nose is called Epistaxis (Greek-dripping). It is fairly common and is seen in all groups-children, adults and older people. It is rarely life threatening but may cause significant concern due to the loss of blood. Epistaxis may occur as a result of a variety of causes ranging from insignificant trauma to malignancy and blood loss may vary from few drops to a massive loss of many liters. Although Epistaxis can have an anterior or posterior source, it most often originates in the anterior nasal cavity. Little's Area is the commonest site for Epistaxis in children and young adults. In Ayurveda *Nasagata Raktapitta* (*Nasagata*-from nose, *Raktapitta*-Bleeding disorder caused by vitiation of *Pitta Dosha* in *Rakta Dhatu*) can be correlated to Epistaxis. It is a type of *Urdhvaga Raktapitta* (disorders with bleeding from upper orifices), wherein the *Anubandhi Dosha* is *Kapha* and which is said to be *Sukha Sadhya* (easily curable). Various remedies are told in Ayurveda texts for *Nasagata Raktapitta* and among them are *Vasa Ghrita Pana* and *Nasya*. **Materials and Methods:** In the present study a patient of Epistaxis, with symptoms of recurrent nose bleed 2-3 times/week, for one and a half years was administered with *Pana* and *Nasya* of *Vasa Ghrita* for 1 month. **Result:** Patient showed gradual improvement and reduction of the symptoms of Epistaxis in a month. Also the patient was advised to follow the *Pathya Ahara Vihara* and avoid the *Apathya Ahara Vihara*. Results were appreciable with approx 80% relief. **Conclusion:** There are established treatments in the current science for Epistaxis, including both medical and surgical techniques. However, despite of being so well-equipped many a times the current treatments fail to help patients. And so the Ayurvedic management was approached for easy and non side effective treatment.

Key Words: Epistaxis, *Nasagata Raktapitta*, *Vasa Ghrita*, *Nasya*.

1. INTRODUCTION:

Nose bleed or Epistaxis is a symptom of a large number of widely, diverse conditions. Epistaxis is a frequent otolaryngologic emergency. At some point in their lifetime, up to 60% of the population will experience a nose bleed, and 6% of these people will seek medical attention. Epistaxis reportedly occurs more frequently during the dry, cold winter months. It is thought to occur more in males than in females and there is an increasing incidence with age. Epistaxis may be a) Anterior or Posterior, b) Spontaneous or induced. A postnasal bleeding can be quite deceptive, as the patient may swallow plenty of blood without any visible external blood loss. A rising pulse rate helps to diagnose such an occult bleeding¹. The causes of Epistaxis may include **Local** causes like congenital, traumatic, barotraumas, acute or chronic inflammations. **Systemic** causes like hypertension, bleeding disorders, reduced atmospheric pressure and dryness can cause Epistaxis at high altitudes. In many cases, no cause for Epistaxis is detected in spite of thorough investigations such conditions may be included under **idiopathic** causes². The most common site for Epistaxis is Little's area (Kiesselbach's area) in the anterior part of the nose from the nasal septum³, it accounts for almost 90% of cases. Bleeding from the back in the nose is known as a posterior bleed and is usually due to bleeding from Woodruff's plexus. They can be associated with bleeding from both nostrils and with a greater flow of blood into the mouth. Ice or cold pack application on the bridge of the nose may arrest the bleeding by reflex vasoconstriction. Pinching the nose for a minute keeps the pressure on little's area; it may stop the bleeding from that area in many cases. Nasal packing plays an important role to stop nose bleed. The therapeutic management of Epistaxis includes both medical and surgical approaches. However, many a times neither of these modalities seems to give a satisfactory relief to the patients. In Ayurvedic texts, *Brihatrayi's* namely *Charaka Samhita*⁴, *Sushruta Samhita* and *Ashtanga Hridaya*, there is detailed explanation of the disease *Raktapitta* wherein there is bleeding through external orifices. According to *Acharya Sushruta* there is 31 *Nasarogas*, among them one is *Nasagata Raktapitta*⁵. *Urdhwaga Raktapitta* is the condition in which bleeding occurs through the upper orifices. In *Urdhwaga Raktapitta*, *Pitta* is the main *Dosha* & *Kapha* is the

Anubandhi Dosh. There are numerous formulations mentioned in the various Ayurveda texts for treating *Nasagata Raktapitta*, so here some Ayurvedic formulations which are easily available and effective are used.

2. Case Report:

A 44 yrs old male patient approached the OPD with complaints of bleeding from nose persisting despite of undergoing several treatment modalities. The patient developed complaint of bleeding from nose one and a half years ago. He would have nasal bleeding 2-3 times a week. On consulting an ENT specialist he was prescribed a nasal spray, the use of which did reduce the frequency of his complaint but he began developing excessive crusting in his nasal mucosa within a period of 6 months of using the spray. He however continued the treatment for about a year. For first aid, compression on bleeding area was done following the cleaning of blood and crusts of anterior nasal cavity. After that Ayurvedic management was continued.

History of present illness:-

Patient was well before 2 years. Gradually he started suffering from nose bleed, especially in summer and winter seasons. He has been taken some allopathic medications but felt no relief, so he came for Ayurvedic management for the same.

Personal History:-

Diet: Vegetarian

Appetite: Moderate

Bowel: Regular

Maturation: Normal

Sleep: Disturbed

Addiction: No any addiction

All vital signs and general physical examination were found to be within normal limit.

Occupational History:- Patient was a teacher

On Examination:-

Ear Examination: Normal

Nose Examination: Anterior nasal bleeding (few drops), Congested nasal mucosa with blood stained crusting,

Throat Examination: - Normal

Diagnosis

Diagnosis was made with the clinical symptom of bleeding through nose.

Medicine used

Vasa Ghrita

Dose

A: 8 drops of *Vasa Ghrita* in each nostril.

It was administered in the form of *Nasya* to the patient for a period of 7 days for 1 month.

B: 10-15 ml of *Vasa Ghrita* orally with honey after meal twice a day for 1 month

Follow up- After the treatment of 1 month, the patient was then followed up for 1 month, once in the interval of 15 days.

Treatment Protocol:

Sr. No.	Procedure	Drug	Dose	Route	Duration
1	<i>Nasya</i>	<i>Vasa Ghrita</i>	8 drops/nostril	Nose	In morning
2	<i>Pana</i>	<i>Vasa Ghrita</i>	10-15 ml with honey	Oral	Twice a day after meal

Pathya

Tarpana Ahara Dravyas, Yavagu, light and easily digestible food, Madhura Rasa Dravyas, leafy vegetables, Mamsa Rasa, Shali-Shashtika rice, Kordusha rice, Yusha of mung, masoor or Adhkiphala, Sheetala Ahara-Vihara.

Apathya

Patient is advised not to take loud, (*Lavana*) salty, (*Amla*) sour, (*Katu*) spicy, *Vidahi Padartha* (food), *Kulattha, Guda, Tila, Masha, Sarshapa, Vyayama, Adhwagamana, Atapa Sevana, Vegadharana, Krodha.*

3. Result:

Sr.no.	Treatment sittings	symptoms	Rhinoscopic findings
1	After 1 week	Nasal bleeding	Blood stained crusting present with moderately congested nasal mucosa
2	After 2 weeks	Frequency of nasal bleeding decreased	Reduced crusting with mild congestion
3	After 3 weeks	No C/o nasal bleeding	crusting absent with mild congestion
4	After 4 weeks	No C/o nasal bleeding	crusting absent with no congestion

4. Discussion:

In 21% cases the cause of Epistaxis is said to be idiopathic. In the present study the initial cause for Epistaxis was not known, therefore was idiopathic. In this case the treatment modalities initially taken up by the patient didn't help him out effectively as much did the treatment of *Vasa Ghrita Nasya* in the present study.

Ayurvedic management of Epistaxis is based on the principle of *Pitta Kapha Shamaka* and *Sroto Shodhaka*. In Epistaxis there is pathology in anterior or posterior aspects of nose. *Nasa* is *Adhithana* of *Ghranendriya*. Due to *Tikta, Kashaya Rasa, and Sheeta Veerya, Vasa is Pittahara*. It is also *Kaphahara* due to its *Laghu Ruksha Guna* and *Katu Vipaka*. This explains the mode of action of *Vasa Ghrita* in treating *Nasagata Raktapitta*. *Vasa Ghrita Pana* is mentioned by *Acharya Charaka* in *Raktapitta Chikitsa adhyaya*. For *Nasa Sroto Shodhana Nasya* should be used, so *Vasa Ghrita Nasya* is given here for *Sroto Shodana* of *Nasa*. Also *Nasya* is said to be the best line of treatment for *Urdhvajatrugata Vikaras* (disorders of organs in head and neck). It's also a mode of treatment explained for the *Nasagata Raktapitta*. This explains its efficacy in the management of Epistaxis.

5. CONCLUSION:

Epistaxis is a condition causing concern due to the blood loss involved in it. Many times it is just the panic of patients which calls for medical attention. There was significant improvement in the episodes of Epistaxis (0-1time / week) after 1 month of treatment. After 2 months of treatment, no Epistaxis persist with no further complications. This case report concludes that Ayurvedic management with *Nasya* and *Pana* of *Vasa Ghrita* offers good result in the treatment of Epistaxis.

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