



# AYURVEDIC MANAGEMENT OF SURYAVARTA (FRONTAL SINUSITIS): A CASE STUDY

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## ABSTARCT

*Shiras* is one of the three principal vital organs of the body where *prana* resides. The diseases affecting *Shiras* reduce productivity and negatively affect the quality of life. Among the different types of *Shirorog*<sup>i</sup> mentioned in *Samhitas*, *Suryavarta* is the most prevalent disease in present era. The symptoms of *Suryavarta*<sup>ii</sup> are almost resemble to Frontal Sinusitis. Sinusitis is a major health care issue that affects a large proportion of population. This is a common condition, affecting approximately 30 % of the population. More than 120 million Indians suffer from at least one episode of Sinusitis each year. Treatment available for this condition in present day practice includes, use of analgesics and antibiotics which show minimal desired effect and in addition these may cause reoccur. To overcome such problems in management, it is imperative to explore newer, efficacious drugs and procedures. Ayurvedic classics have advocated various therapies in the management of *Suryavarta*<sup>iii</sup>. In this case study a 43 year old male patient with the complaint of headache which starts mildly in the morning and increases gradually as the day goes on, reaches the peak at around 12 PM and subsides in the evening. Based on the symptoms, the diagnosis was made as *Suryavarta*. The patient is treated with 3 days *pradhmana nasya* with *trikatu churna* followed by 7 days *marsh nasya* with *anutail*.

**KEYWORDS** – Headache, *Ayurveda*, *Sinusitis*, *Pradhamananasya*, *marsha nasya*

## INTRODUCTION: -

*Suryavarta* is one among the 11 types of *shirorogas* explained in the classics. It is one of the common clinical conditions found in day to day practice. The condition characterised by gradual rise and fall in intensity of pain depending upon the orbital movement of sun i.e 'avarta' from morning till evening, called *suryavarta*. Dull and throbbing pain commences in eyes, eyebrows, forehead, and temples at the time of sunrise. The pain gradually intensifies by noon and finally gradually subsides by evening. Pain is sometime relieved either by hot or cold therapies and hence termed as "*avyavasthitasuka*" by A.H. i.e. there is uncertainty. Such a condition is called '*Suryavarta*' which is extremely troublesome. *Suryavarta* correlate with frontal sinusitis is a condition characterized by inflammation or infection of the frontal sinuses, which are air-filled cavities located behind the forehead and above the eyes. It often occurs as a result of a bacterial, viral, or fungal infection, or due to allergies or structural issues in the nasal passages. Common symptoms of frontal sinusitis include. Persistent headache, often localized to the forehead region, Facial pain or pressure, especially around the forehead and eyes, Nasal

congestion or stuffiness, Thick nasal discharge, which may be yellow or green in color, Fever, Fatigue or malaise, Reduced sense of smell<sup>iv</sup>

### Material & method:-

- Patient was selected from OPD no 3. (Shalakyatantra department GAAC)
- Patient was diagnosed on the basis of sign and symptoms of suryavarta (frontal sinusitis).
- Detail History & Examination were carried out.
- Given treatment was based on classical text.
- Subjective criteria were assessed by VAS (visual analogue Scale).

### A Case Report

A 43 year old male patient visited OPD no. 3 of (PG department of *Shalakyatantra*) at Govt. Akhandanand Ayurved College Bhadra, Ahmedabad, with following complaints since last ten days.

- *Shirashool* (*visheshata Dakshin Kapala, lalata, bhruva*)
- *Akshikuta sotha* (*swelling in periorbital region*)
- *Shirogauravata*, (*Heaviness Head*)
- *Akshishool*. (*Pain in eye*)
- *Nasanaha* (*nasal congestion*)
- *Kshavathu* (*sneezing*)

### History of present illness: -

A Patient was asymptomatic before ten days then he develop *shirogauravata* and *shirahshool* after gradually started symptoms of *shirogauravata* and *shirshool* at *Dakshin kapala, lalat* and *bhruva pradeshe* then *akshikuta sotha* was develop with associated symptoms of *nasanah* and *kshavathu*. patient got temporary and symptomatic relief with contemporary medication. Then patient approached for *Ayurvedic* treatment at *Shalakyatantra* OPD Govt. Akhandanand *Ayurveda* Hospital, Ahmedabad.

**Past History** : No any specific.

**Family History** - No any relevant family history.

### Personal history :

Diet – excess & frequent consumption of substance having, Madhura, snigdha, guru, like sweets

Appetite – reduced

Sleep – disturbed 4hr/night

Bowel habit – 1-2 Time/day (Savibandha)

Micturition – 5-6 time/day

B.P. – 130/80 mm Hg

Pulse – 84/min

Respiration rate – 16/min.

Temperature – 98.4 F

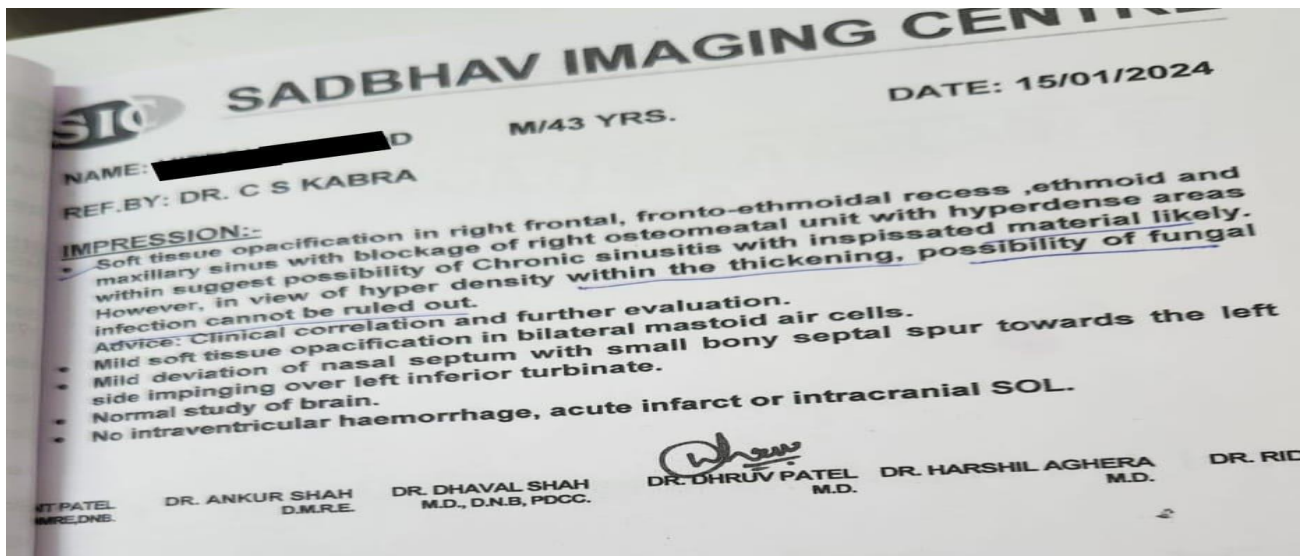
**Examination:-****Nose examination:-**

Nasal mucosa:-pinkish

Hyper trophy- bilateral hypertrophy

**PNS Examination:-**

On during palpation examination seen Frontal sinus tenderness

**INVESTIGATION: -****MSCT SCAN BRAIN &PNS****Nidan Panchak :**

Nidan –Ajirna, vegadharana, pravatasevana snigdha, guru ahara

Purvarupa- shirogauravata

Rupa – shirahshool, Akshishool, akshikutasotha, kahvathu nasanaha, .

Upashaya -sometimes relieved either hot /cold therapies

**SampraptiGhataka:**

Dosha	Kapha Pradhan Tridosha
Dushya	Rasa, Rakta,
Srotas	Rasavaha, Raktavaha,
Sroto dusti	Sanga, Vimarga gamana
Roga marga	Madhyammarga Adhithana-Shirah (Head)
Agni	Mandagni
Samata	Sama
Adhithana	Sharira
Origin	Amasaya
Vyaktisthana	Shirah and its attachments like Lalata, Bhru, Shankha and Akshi.
Swabhava	Chirakari
Sadhyaasadhyata	Yapya

**TREATMENT:-**

- Following treatment was given to the patient.

Sr No.	Name of Drug	Dose of Drug	Kala	Frequency and Anupana
1	<i>Talisadi churna- 2gm</i> <i>Trikatu churna-1gm</i> <i>Dhatrinisha churna-2gm</i>	2 BD	After Food	With Honey
2	<i>Tribhuva kirti rasa</i>	2 BD	After Food	With Lukewarm water
3	<i>Bharangyadi kwath-5gm</i>	2 BD	Empty stomach	-
4	<i>Shashmni vati</i>	3 TDS	After Food	With Lukewarm milk
5.	<i>Pradhamana nasya</i>	With <i>Trikatu churna</i> for 3 days		
6.	<i>Nasya karma (marsh)</i>	With <i>Anutail</i> for 7 days		

**Pathya – Apathya :**

- Following *pathya* *apathya* was given to the patient.

	<b>Pathya</b>	<b>Apathya</b>
<b>Ahara</b>	<i>Ghrita, Shali</i> (rice), <i>Shashtik shali, Yusha</i> (soup),milk, <i>Amlaki</i> (Indian gooseberry), <i>Dadima</i> (pomegranate), <i>Matulunga</i> (citrus medica), lemon, grapes, coconut.	curd, lassi, cold drinks, , <i>Kapha</i> producing diet
<b>Vihara</b>		<i>Vegadharanan</i> (Holding of the urges) i.e. sneezing, yawning, micturition, sleep, lacrimation, stool excretion. <i>Apathya Vihara</i> (unwholesome recreation) i.e. <i>Dantadhavanam</i> (teeth brushing), <i>Divaswapa</i> (day sleeping) should avoid.

**Result :-**

- Effect of treatment on symptoms assessed by Visual Analogue Scale (VAS)

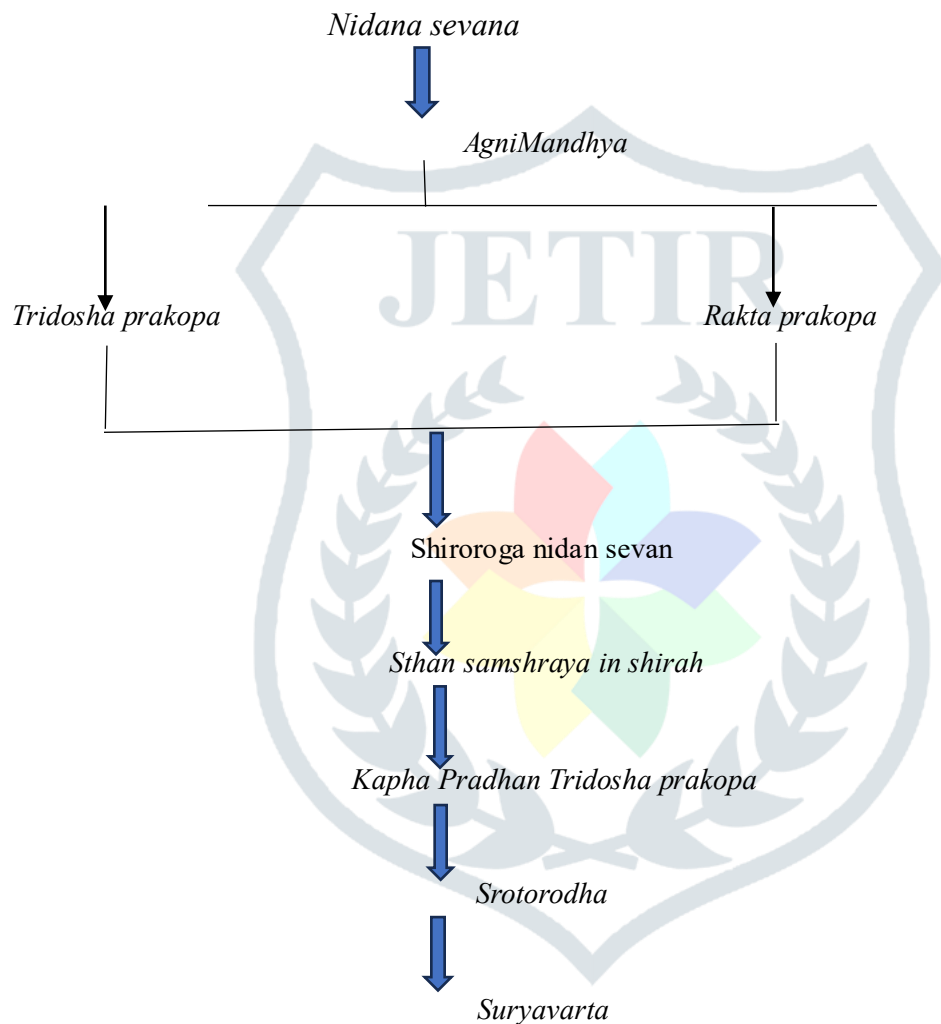
Sr no.	Symptoms	Before treatment	After treatment
1.	<i>Akshikuta sotha</i>	+++	++
2.	<i>Shirogauravata,</i>	+++	+
3.	<i>Shirashool (visheshata Dakshin Kapala lalata, bhruva)</i>	++++	++
4.	<i>Akshishool</i>	+++	++

5.	<i>Nasanah</i>	++++	++
6.	<i>Kshavathu</i>	++++	+
7.	Nasal congestion	+++	++
8.	Frontal sinus tenderness	+++	++

## DISCUSSION:-

*Suryavarta* is explained one among *Shiroroga* on the basis of sign and symptoms of this disease which in modern resembles the of Frontal sinusitis. It has been claimed to cause by *vata Pradhan tridoshja*. In this study *kapha Pradhan tridosh* found in *suryavarta*.

### *Samprapti* :



On taking *shamana oushadhi* like the combined effect of *Talisadi churna*, *Trikatu churna*, and *Dhatrinisha churna* manifests as an *agnideepan*, *kaphashamak*, *anulomana*, and *shirovirechaniya* drug, exhibiting anti-inflammatory properties in *shiroroga*. *Tribhuvan Kirti Rasa* specifies that it primarily pacifies *Vata* and *Kapha*, making it a tridoshic remedy. *Bharangyadi Kwath* helps in balancing *Kapha* and expelling it from the body. *Shamshmani Vati* is an *Ama Pachak* and *Pita Rakta Shamak* so effect will correct *agni* and reduce *kapha vata anulomana* along with *shirovirechana* effect eliminate *kapha*. The *shodhana* process of *Pradhama Nasya* with *Trikatu Churna* has a profound effect in pacifying *Kapha*, clearing *kapha avaruta srotorodha*, and effectively opening the pathways of *Vata*, promoting proper bodily function. *Marsh Nasya* with *Anu Tail* exhibits a profound effect on *snehana* (oleation) and *kapha shodhan* (cleansing of *kapha*) processes in *Ayurveda*. This therapeutic procedure not only pacifies the provocation of *Vata dosha* but also demonstrates *Shirovirechana* properties, facilitating the expulsion of toxins from the head region. *Anu Tail* known for its calming and lubricating properties, enhances the efficacy of the procedure. Moreover, it contributes to reducing the jell layer

within the sinus cavities, thereby improving mucolytic action and facilitating the movement of cilia. This, in turn, aids in the drainage of accumulated mucus from the sinuses, providing relief from congestion and related discomforts. Overall, *Marsh Nasya* with *Anu Tail* serves as a comprehensive approach to addressing sinus issues by harmonizing doshas, promoting cleansing, and enhancing physiological functions within the sinus passages.

## CONCLUSION :

In *Kapha Pradhan Tridosha, Suryavarta*, a condition correlated with frontal sinusitis, is treated with *shirovirechaniya drugs*, which are helpful in both internal and external application for proper management.

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