

## Clinical Case Study

### Conceptual and Clinical Correlation of Apeenasa, Pootinasa and Putaka with Atrophic Rhinitis: An Ayurvedic Case Report

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#### ABSTRACT

**Introduction-** Acharya of Ayurveda had mentioned all most all the Nasal pathologies in their Samhita. They mentioned their Lakshana (clinical feature), Chikitsa (Treatment), Upadrava (complication) and the Sadhya-Asadhyata (Prognosis) in their respective Samhita. The clinical feature of Apeenasa, Pootinasa and Putaka are altogether similar to Atrophic Rhinitis. Based on the clinical feature and rational comprehension; Kshara Taila Nashya and Rasayana Aushadhi were prescribed. This treatment modality of Ayurved, effectively restores the general olfactory function and produces symptomatic relief.

**Patient information-** A fifty-year nondiabetic, non-hypertensive female visited our OPD with complaint of loss of smell perception, foul smell from nose and nasal obstruction gradually for eight months. The patient did not have Thyroid, Kidney and liver disorder.

**Material and Methods:** Considering the case as Apeenasa, Pootinasa and Putaka; Apamarga Kshara Taila, Ksheerabala Taila 101, Kapikachhu Ghana Vati and Punarnovadi Kashaya was administered.

**Results:** After Nashya for eleven days and Shamana Aushadhi for twenty-one days, patient had symptomatic relief from Nasal discharge, greenish crusting, nasal blockage and reduction in foul smelling from nose.

**Conclusion:** Apeenasa, Pootinasa and Putaka altogether can best to correlated with Atrophic Rhinitis. Nashya Karma is a best local therapeutic to alleviate the nasal pathologies. Kshara Taila is an Ayurvedic medicine containing Apamarga, which is a medicine for Sirovirechana and the Apamarga Kshara Taila in this case restores the impaired nasal pathologies.

**Key word-** Apeenasa, Putaka, Pootinasa, Atrophic rhinitis ayurvedic management.

## INTRODUCTION

Pioneers of Ayurved mentioned all most all the conditions of Nasal disorder in their *Samhita* such as Sushruta, Ashtanga Sangraha and Ashtanga Hridaya. The terminologies were in Sanskrit, which can be correlated to contemporary medical science with respect to their symptomatology. Atrophic Rhinitis is a disease with lack of smell perception, foul smelling from nose, greenish white crusting in the nasal cavity and roomy nose caused by reabsorption of nasal bones or turbinates[1]. The conditions are more prone to females during their forties. This disease is best collectively correlated with *Apeenasa*, *Pootinasa* and *Putaka*. In these conditions, nasal blockage, lack of smell sensation, foul smelling from nose and nasal crusting are seen [2, 3]. *Nashya*, a local treatment modality, specially recommended and designed for pathologies of Nose and disease above the clavicle is recommended. Therefore, *Kshara Taila Nashya* and *Shamana Aushadhi* are prescribed in the case report. Here *Shamana Aushadhi* the *Rasayana Aushadhi* was advised to restore the lost nasal tissues.

## PATIENT INFORMATION

A female patient fifty years of age with UHID 17551/dt. 09.09.2024 approach to our OPD with a complain of loss of smell sensation, foul smelling from the nose and feeling something stuck inside the nose. This condition was gradual and it started eight months back. Patient visited few ENT specialists but did not get relieved. Patient had menopause two years back.

### Clinical Findings

#### General Physical and Systemic Examination:

The patient had 48kg of weight, the vitals are normal and within the normal limit. There was no history of Hypertension, Diabetes, Kidney, Liver, Thyroid and Heart disease.

#### Local Examination:

Anterior Rhinoscopy of nasal cavity reveals; roomy nose, greenish discharge with greenish grey crusts all over the nasal cavity and turbinate size remarkably reduced. There was foul smell from her nose and lack of smell perception.

#### Timeline

Eight months back the patient gradually developed loss of smell sensation, foul smelling from the nose and nasal blockage. Patient visited our OPD with UHID 17551/dt. 9.9.2024. Based on the clinical feature, the patient diagnosed with *Apeenasa*, *Pootinasa* and *Putaka*. In contemporary science this condition may be compared with Atrophic Rhinitis. Patient was treated accordingly with *Nashya* and other *Shamana Aushadhi*. *Nashya* was started on 11th Sept to 21st September 2024 for eleven days. Along with the *Nashya* and *Pratimarsha Nashya*, she was also advised to take *Rasayana Aushadhi* as *Shamana Chikitsa* for Twenty-one Days. On twenty third day, Dt. 3rd oct 2024, patient visited for follow up and the result was recorded.

#### Diagnostic assessment-

Anterior Rhiniscopy and Enxoscopic Nasal examination reveals Loss of turbinate size causing roomy nose, greenish discharge and Green-greyish crusting on the Nasal walls. The patient also had complaint of Nasal obstruction, loss of smell sensation and foul smell from nose. Those are the *Lakshana* of *Apeenasa*, *Pootinasa* and

*Putaka*[2, 3]. And also these are cardinal feature of Atrophic rhinitis[1]. (Table 1)

#### Therapeutic Intervention- (Table-2)

Based on the clinical features, theoretical references and rational comprehension, we adopt the *Nashya* and *Rasayana Aushadhi* as below.

##### A. *Nashya* –

- Kshar *Taila*- Eight drops each nostril for first five days.
- Ksheera Bala *Taila*[10] –

Four drops each nostril at evening for Twenty-one Days.

Twelve drops each nostril morning – Day six to Day eleven- six days.

##### B. *Shamana Aushadhi*

- Cap *Kapikachhu* Ghana Vati 1 cap twice daily for Twenty-one Days.
- Syp *Punarnovadi* Kasaya- 15 ml twice daily with 30 ml of water for Twenty-one Days..

**Table 1-Comparative symptomatology of Case presented**

| Sl. No.                                                                            | Apeenasa                                                                                                                                                    | Pootinasa                                 | Putaka                            |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------------|
| <b>Acharya Sushruta</b> <sup>[2]</sup>                                             | Nasal blockage<br>Smoke coming out of Nose<br>Nasal Discharge<br>Dryness of Nasal cavity.<br>Loss of smell and Taste perception.<br>Vata-Kapha Predominance | Foul smelling from Nose and mouth cavity. | Not included                      |
| <b>Acharya Vagbhatta</b> <sup>[3]</sup>                                            | Nasal blockage<br>Kapha Predominant<br>Yellowish, Slippery, Thick continuous nasal discharge.                                                               | Foul smelling from Nose and mouth cavity. | Crusting like pouch<br>Tridoshaja |
| <b>Contemporary Correlation -Atrophic Rhinitis symptomatology</b> <sup>[1]</sup> - |                                                                                                                                                             |                                           |                                   |
| Nasal blockage                                                                     |                                                                                                                                                             |                                           |                                   |
| Nasal Discharge                                                                    |                                                                                                                                                             |                                           |                                   |
| Loss of smell and Taste perception                                                 |                                                                                                                                                             |                                           |                                   |
| Foul smelling from Nose                                                            |                                                                                                                                                             |                                           |                                   |
| Crusting                                                                           |                                                                                                                                                             |                                           |                                   |
| Roomy nasal cavity                                                                 |                                                                                                                                                             |                                           |                                   |
| Epistaxis on removal of crusts                                                     |                                                                                                                                                             |                                           |                                   |
| Reduction in size of Nasal turbinate                                               |                                                                                                                                                             |                                           |                                   |
| Nasal mucosa Looks Pale                                                            |                                                                                                                                                             |                                           |                                   |

**Table-1- Therapeutic intervention.**

| Sl. No. | Drugs                                | Therapy/<br>Shamana<br>Aushadhi | Dose                     | Duration of<br>treatment | Date                                          |
|---------|--------------------------------------|---------------------------------|--------------------------|--------------------------|-----------------------------------------------|
| 1.      | <i>Kshar taila</i>                   | <i>Nashya</i>                   | 8 drops<br>each nostril  | 1 <sup>st</sup> 5 days   | 11-15 <sup>th</sup> Sept. 2024                |
| 2.      | <i>Ksheerabala<br/>Taila 101</i>     | <i>Pratimarsha<br/>Nashya</i>   | 4 drops<br>each nostril  | 21 Days.                 | From day 1                                    |
| 3.      | <i>Ksheerabala<br/>Taila 101</i>     | <i>Nashya</i>                   | 12 drops<br>each nostril | 6 days (from<br>day six) | 16 <sup>th</sup> -21 <sup>st</sup> Sept. 2024 |
| 4.      | <i>Cap Kapikachhu<br/>Ghana Vati</i> | Orally                          | 1 cap twice<br>daily     | 21 Days.                 | From day 1                                    |
| 5.      | <i>Syp Punarnovadi<br/>Kasaya.</i>   | Orally                          | 15 ml twice<br>daily     | 21 Days.                 | From day 1                                    |

**Follow up and Outcome-**

After eleven days of *Nashya* and twenty-one days of *Shamana Aushadhi* intake, patient came for follow up on 3rd oct 2024. On local examination, it was found that there was complete reduction of greenish discharge, and few crusts were seen at the nasal posterior and roof of the nasal cavity. Nasal foul smell reduced significantly. There was significant olfactory recovery is felt by patient.

**DISCUSSION**

Atrophic Rhinitis is a nasal disorder causing, greenish grey crusts, nasal blockage, foul smell from the nostril, anosmia, roomy nose, pale nasal mucosa and nasal deformities. The metaplasia of ciliated columnar epithelium to non-keratinized squamous epithelium occurred in this case along with the atrophy of nasal mucosa, Seromucinous gland, sinusoids, nerve elements occurred.

Obliterative endarteritis of mucosa, periosteum, and bones occur. Because of the endarteritis there will be reabsorption of nasal bones, leading to roomy nose [1]. In this case report the patient had roomy nose, greenish crusting all over the nasal cavity and foul smell from her nasal cavity and lack of smell perception. These factors clearly directed towards the disease Atrophic Rhinitis. While considering the sign, symptoms of the patient and clinical features of atrophic rhinitis; this is correlated to *Apeenasa*, *Pootinasa*, and *Putaka*. Because of deranged *Vata* and *Kapha*, there will be Nasal blockage, burning sensation, intermittent nasal dryness and discharge, loss of smell and taste sensation [2]. Acharya Vagbhatta added the thick yellowish nasal discharge with wheezing breath and mentioned that *Apeenasa* is due to deranged *Kapha* [3]. In *Pootinasa* the

cardinal clinical feature of the disease is foul smell from nose and oral cavity [2, 3]. In *Putaka*, *Pitta* and obstructed *Vata* dries the *Kapha* and form crust inside the nasal cavity [3]. (Table 2)

Removal of the blockage, crusting, foul smelling and to induce the smell perception are our main aim. *Sotha Shamana* in endarteritis, *Shrota Sodhana* in nasal blockage and crusting, *Rasayana Karma* for destroyed nasal bone is the concept adopted for this disease.

In the treatment protocol we have used *Kshara Taila* for *Nashya* morning for five days, *Ksheerabala Taila* 101 as *Pratimarsha Nashya* at night for twenty-one days and *Nashya* for six days from day six. The *Kapikachhu Ghanavati* and *Punarnova Kashaya* are added to the treatment orally. (Table 1) *Apamarga* is Tikshna, Ushna and has *Ksharana* property [4]. In processed oil of *Apamarga Kshara Taila*, it will help to remove the dead tissue, and crusts present in the nasal cavity without bleeding. It also used in case of *Nasa Arsha* (Nasal polyp) and *Arvuda* (Nasal tumor) [5]. The *Ksheerabala Taila* 101 N/D used in this case as *Nashya* and *Pratimarsha Nashya*. Being *Indriya Prasadaka*, *Rasayana*, *Marga Sodhaka* and *Rakta Prasadaka* property, it clears the *Srotosh*, balances the aggravated *Pitta* and *Rakta* and helps to restore the olfactory function of the patient [6].

The *Kapikachhu* in the form of capsule *Kapikachhu Ghanavati*, is the concentrated herbal extract of *Mucuna pruriens*. It has property of *Vata Shamana* or excellent in managing the imbalanced

*Vata*, also alleviate the *Pitta* and *Kapha* provides Neuroprotective, Rejuvenation, Nourishment, action for the nervous system [7, 8]. So it helps to modulate the action of olfactory cranial nerve in terms of smell perception.

*Punarnovadi Kashaya* has the property of *Sothahara*, *Lekhana* and *Pachana* [9, 10]. Those properties of *Punarnovadi Kashaya* helps to improve the Nasal pathologies in *Apeenasa*, *Pootinasa* and *Putaka*. Based on these properties, we have prescribed this in the treatment protocol.

The protocol of Ayurvedic treatment modality like *Nashya*, *Pratimarshanashya* and *Shamana Aushadhi* altogether alleviates the impaired *Dosha*, improved nasal health, hygiene, removes the obstructions and helped to perceive the smell sensation or we can say restores the normal function of nose.

## CONCLUSION

Based on the clinical feature of *Apeenasa*, *Pootinasa* and *Putaka* altogether can be compared with Atrophic Rhinitis. *Nashya Karma* is a prime local therapeutic to alleviate the nasal pathologies. *Kshara Taila* is an Ayurvedic medicine containing *Apamarga*, which is a medicine for *Sirovirechana* and the *Apamarga Kshara* in this case removes the dead tissue, and crusts present in the nasal cavity. So in the contemporary science, this treatment protocol can be followed for Atrophic Rhinitis effectively.

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