

A COMPARATIVE STUDY TO EVALUATE THE CLINICAL EFFICACY OF APAMARGA KSHARA AND ARKA KSHARA PRATISARANA KARMA IN NASAPRATINHA W.S.R. TO HYPERTROPHY OF TURBINATES

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ABSTRACT

Background and Objectives:- Nasapratinaha is a condition in which vitiation of kapha dosha along with udhanavayu vaigunya in nasa which is responsible for the manifestation of the disease. The role of Kapha Dosha has a prominent part because nasa is one of the sthana of Kapha along with Vata and other Dosha causes Nasavarodha (Nasal obstruction). Kshara karma is the special line of treatment for Nasapratinaha. Apamarga and Arka Kshara which is prepared with Vata-Kapha Hara and Katu, Teekshna guna drugs are being used in Pratishtyaya. Considering these views the present study was planned.

KEYWORDS:- Nasapratinaha (Hypertrophoid Turbinate),

Apamarga kshara and Arka Kshara, Nimbu swarasa.

INTRODUCTION

Disease of the nose is a challenging approach as they are always interlinked with the ear and throat. The study of these diseases are dealt by otolaryngology. A one such disease is hypertrophy of turbinate and the exact etiology is very complex and not well understood and remains a scope of research. Our classics have explained 31 types of Nasarogas of which