

EVALUATION OF THE EFFECT AND EFFICACY OF AN HERBAL FORMULA SELECTED FROM SRILANKAN OLA LEAVES MANUSCRIPT IN THE MANAGEMENT OF CHRONIC SINUSITIS

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ABSTRACT

Sinusitis is a common disease in the present era, due to increase in environmental pollution and the busy lifestyles of today. Improper management of this stage leads to sinusitis, which may later lead to chronic sinusitis. This chronic sinusitis is too difficult to drain out completely. It remains as a focus of infection, leading to inflammation in all associated structures, e.g., the tonsils, ear, pharynx, larynx etc. Considering all these facts, carried out this clinical trial to find out the evaluation of the effect and efficacy of an herbal formula selected from Srilankan ola leaves manuscript in the management of chronic sinusitis.

Total 30 patients were randomly selected for the present clinical study on the criteria for the diagnosis of the disease Chronic sinusitis. Patients were selected from the OPD Aparakka Ayurveda hospital in Matara. And they were examined on the basis of special Performa prepared for the study. *Lawangadinasya* and *prathyaksadathree* decoction were given to group A and only *prathyaksha dathree* decoction was given to group B

Each of the two groups showed better results relative in different symptoms. In comparison to Group B, Group A showed percentage wise better results in most of the sign and symptoms. Difference in the sign and symptoms of headache, left eye lower pain, right eye upper pain, back of the head, running nose, nausea, vomiting and loss of vision were significantly difference in Group A and Group B. With respect to the group B, group A had more successful treatment effect.

Neutrophil count was not change significantly and with respect to the results lymphocyte counts increased significantly after the treatment. Eosinophil count also decrease significantly after the treatment of *nasya*. For good and long-lasting results Shamana therapy was not adequated. A Shodhana therapy will yield better and longer lasting effects.

Key words - chronic sinusitis, *Lawangadi oil*, *Prathyaksha dathree* decoction