

A study on efficacy of *Patha* oil *Nasya* in the management of *Dushta Pratishyaya*

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Abstract

Dushta Pratishyaya (DP) is a type of *Pratishyaya* which is mainly a *Kapha* dominant disease. When *Pratishyaya* becomes chronic, it is termed *Dushta Pratishyaya*. Based on symptomatology, DP could be correlated with sinusitis which is an inflammatory condition of the sinuses. This study was a randomized comparative clinical study on DP to evaluate the effect of *Patha* Oil *Nasya* (PON) in its treatment. The selected patients were randomly divided into two equal groups; Group A and Group B. Group A was treated with PON (*pratimarsha*) daily in the morning for seven days. All the symptoms were graded and evaluated before and after treatment. Data were analyzed by using SPSS statistical software system. *Patha* oil *Nasya* improved pain tenderness over frontal region, nasal block and anosmia in statistically highly significant manner ($p < 0.001$). The ingredients of *Patha* oil consist of *Kashaya*, *Tikta* and *Katu rasa*, *Ushnavirya*, *Katuvipaka* and *Laghuguna*. Total effect of PON is of *kaphashamaka*. The PON has anti-inflammatory, antiseptic, astringent, analgesic and anti-histamine effects which may relieve the symptoms of *Dushta Pratishyaya*. Finally, it can be concluded that PON is effective on *Dushta Pratishyaya*.

Keywords: *Dushta Prtishyaya*, sinusitis, *Nasya*, *Patha* oil

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