

## KAPHAJA SHIROROGA WITH SPECIAL REFERENCE TO SINUS

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### ABSTRACT

The term Sinusitis, refers to a disorder characterized by inflammation of the mucosa of the Para nasal sinus. These are air containing spaces in certain bones of skull and they are in direct communication with the nasal cavity through their openings called Ostia. They are 4 on each side Maxillary Sinus, Frontal Sinus, Ethmoidal Sinus and Sphenoid Sinus. In present article we are discussing regarding the kapha shiroga in reference to sinus.

**Keywords: Shirroga, Sinus, Ayurveda.**



## INTRODUCTION

Various types of Shirorogas are mentioned in Ayurveda classic and Kaphaja Shiroroga is one among them. Similarly in modern science during headache classification, the IHS classified headache from sinus origin which is associated with coexisting symptoms like nasal obstruction, nasal discharge, post nasal drip etc. Sinusitis is an extremely prevalent disorder that has a significant impact on the quality of life of affected individuals. The reason behind this may be the changing lifestyle, urbanization, increasing pollution and increasing resistance to the antibiotics. Being a developing country the incidence of the disease is high among Indian population. The treatment of sinusitis includes antibiotics, decongestants, antihistamines, analgesics and surgical procedures. Although these treatments offer good contributions towards the healing process, but sinusitis is not successfully combated due to its recurrence and well known side effects of the medicines.

The term, sinusitis, refers to a group of disorders characterized by inflammation of the mucosa of the paranasal sinuses. The newer definition is: Rhinosinusitis is a group of disorders characterized by inflammation of the mucosa of the nose and paranasal sinuses. The paranasal sinuses are air containing spaces in certain bones of skull and they are in direct communication with the nasal cavity through their openings called ostia. They are four on each side- Maxillary sinus, Frontal sinus, Ethmoidal sinus and Sphenoid sinus [10]. The sinus most commonly involved is the maxillary sinus followed in turn by ethmoid, frontal and sphenoid. Very often, more than one sinus is involved (multisinusitis). Sometimes all the sinuses are involved, resulting in pansinusitis.

Sinusitis is an extremely prevalent disorder that has a significant impact on the quality of life of affected individuals. According to the National Ambulatory Medical Care Survey (NAMCS), approximately 14% of adults report having an episode of rhinosinusitis each year, and it is the fifth most common diagnosis for which antibiotics are prescribed, accounting for 0.4% of ambulatory diagnoses [12]. In India chronic sinusitis affects nearly 134 million people, making it the country with the second largest number of sufferers in the world. 1 in 8 Indians suffer from chronic sinusitis.

Sinusitis is a medical condition that affects your sinuses. Sinuses are connected hollow cavities around the nasal passages. The cheekbones hold the maxillary sinuses, frontal sinuses are on the forehead, ethmoid sinuses are in between your ears and sphenoid sinuses are behind the nose. When there is inflammation, these sinuses get swollen and blocked with fluid, which can lead to infection.

An inflammatory response is an expected sequel of an infectious process. Inflammation in the nose and sinuses from a variety of causes can result in sinus ostia obstruction and predispose to the development of an infection. Acute rhinosinusitis develops in conjunction with an acute viral upper respiratory tract infection. Antigen-antibody reactions result in the release of inflammatory mediators which cause changes in vascular permeability, destabilization of lysosomal membranes and other reactions that produce inflammation, mucosal swelling and ostia obstruction. A reduction in oxygen tension occurs which can reduce mucociliary transport and transudation of fluid into the sinuses. The inflammation also results in change in the mucous that becomes more viscous and alterations in cilia beat frequency often

occurs. These changes in the nasal–sinus environment lead to mucostasis.

In chronic infections, process of destruction and attempts at healing proceed simultaneously. Sinus mucosa becomes thick and polypoidal (hypertrophic sinusitis) or undergoes atrophy (atrophic sinusitis). Surface epithelium may show desquamation, regeneration or metaplasia.

Headache is a term commonly used for pain felt anywhere in the head and is described under the heading of Shirorogas in classics. Sinus headache or headache due to sinusitis is caused by mucus build-up as a result of inflammation and pressure within the sinuses during a sinus infection. The pain from sinus headaches is usually more of a dull pain. In Ayurveda also, Mandruka is mentioned in Kaphaja Shiroroga due to accumulation of vitiated Kapha in shirah pradesh.

Nidanas mentioned for Kaphaja Shiroroga like Aasya Sukha, Swapana Sukha, Guru, Snigdha and Ati bhojana points toward the changing life style which is a significant cause in etiology of sinusitis. Internally Khavaigunya in Shiras occurs due to vitiated Kapha as a result of above mentioned Nidana sevana while externally due to Raja (pollen grains, dust particles, feather, animal dander etc.), Dhoom, Sheet Vayu and Pragvata sevana.

Aacharya Sushruta described that the vitiated Doshas travel all around the body and lodge at sites where Khavaigunya exist producing Vyadhi [17]. Khavaigunya in Shiras occurs due to vitiated Kapha. Therefore while Ama circulating in the whole body with the help of Vata, the chief presentation of the disease occurs in the Kapha Sthana i.e. in Shiras as Khavaigunya found at that place. Khavaigunya may be compared to

nasociliary destruction or swollen and thickened mucosal lining of the sinuses as a result of inflammatory response. According to modern science, pathology that mainly contributes to the evolution of sinusitis is

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