



To review management of *kaphaj pratishyay* with *shweta sarshap lepa*

Jyoti Dilip Nirbhawane^{*1}, Shraddha Ingle²

1. ASSOCIATE PROFESSOR (READER),
2. PG SCHOLAR,

SMBT AYURVED COLLEGE, NASHIK, Maharashtra.

*Corresponding author: ingleshreddha05@gmail.com

ABSTRACT

Chronic Simple Rhinitis implies long standing inflammation of nasal mucosa, often producing excessive mucous secretion. It may develop from acute rhinitis. It can be treated with antihistaminics, decongestants etc. But this treatment has some limitations. In present article attempt has been made to emphasis an Ayurvedic treatment of chronic simple rhinitis with "Shweta Sarshap Lepa"

KEY WORD-

Chronic Simple Rhinitis, Shewta Sarshap Lepa

INTRODUCTION:

Chronic Simple Rhinitis is extension of acute Rhinitis. In this inflammation is long standing, lasting for more than 4 weeks. In this disease, goblet cell population of nasal mucosa does not revert to normal between attacks and there is increase in mucous secretions which further leads to post nasal drip and chronic vascular enlargement of inferior turbinate causes nasal blockage.

ETIOLOGY-PREDISPOSING

FACTOR

Sign and Symptoms:

Symptoms

1. Nasal congestion
2. Post nasal drip
3. Runny nose

4. Sneezing
5. Cough
6. Headache

Sign

- Post nasal drip
- Inferior turbinate hypertrophy
- Nasal blockage.

PROPERTIES OF DRUG

Latin Name	Local Name	Family	Guna	Rasa	Virya	Vipaka	Prayojanga	Karma
Brassica Compestris	Shirasi, Sarso	Craciferae	Tikshana, Ruksha Snighdha	Katu, Tikta	Ushana	Katu	Beeja, Tail	Lekhana, Vednastapan Kushtaghna

DISCUSSION: The drug shweta sarshapa lepa is available in the management of chronic simple rhinitis

CONCLUSION: Chronic simple rhinitis is long standing health problem and headache, sneezing, post nasal drip are main symptoms. This disturbs daily routine of patient ,modern treatment can not completely give relief without side effect. So sarshap lepa is available for treatment in Ayurvedic text.and Tikshna,

AIM

To review management of chronic simple rhinitis with Shweta Sarshap Lepa

MATERIAL AND METHOD

Review regarding Chronic Simple Rhinitis and Shweta Sarshap Lepa was done from Ayurvedic modern text book, Journal, Internet.

Ruksha, Katu, Ushna properties of ‘Shewta Sarshapa Lepa’ reduces sing and symptoms of chronics simple rhinitis. So review conclude that by using Ayurvedic drug we can treat ‘chronic simple rhinitis’

REFERENCES:

1. Logan Turners, Disease of Nose,Throat and Ear 10th ed. Jaypee brother medical publishers; Chronic Rhinitis, pg no 38

- | | |
|--|--|
| <p>2. Bhavmishra, Bhavprakash
nighantu, Dhanya varga,
Commentary by Pro.
Krushnachandra Chunekar, Edited
by Dr Gandasdas
Pandey, Chaukhamba Bharti
Academy, Varanasi, 2013, p.654-655</p> <p>3. Sarth vaghbhata, Edited by Dr.
Ganesh Krushna Garde,</p> | <p>Prophishant Publishing
House, Uttarsthan-20Adhyay, shlok
no13</p> <p>4. Prof. P.V. Sharma, Dravyaguna
vijnana vol. 2, Kandughna Varg
drug no58, Chaukhambha Bharati
Academy, Varanasi, 2006, p.152-15</p> |
|--|--|

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

To review management of kaphaj pratishyay with shweta sarshap lepa

Jyoti Dilip Nirbhawane, Shraddha Ingle

Ayurlog: National Journal of Research in Ayurved Science- 2020; (8) (1): 1 - 3