

## The Study on Efficacy of *Patha Oil Nasya* and *Nagaradi* Decoction in the Management of *Dushtapratishyaya*

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*Dushtapratishyaya* is a type of *Pratishyaya* mentioned in *Vridhatraya*. *Pratishyaya* is mainly *Kapha* dominant disease. When *pratishyaya* become chronic, it is termed as *dushtapratishyaya*. Based on symptomatology, *Dushtapratishyaya* could be correlated with Sinusitis which is an inflammatory condition of the sinuses. This study is a randomized comparative clinical research on *Dushtapratishyaya* to evaluate the effect of *Patha oil nasya* and *Nagaradi* decoction in its treatment. The selected patients were randomly divided into two equal groups Group A and Group B. Group A was treated with *Patha oil nasya (pratimarsha)* (PON) daily in the morning time for seven days and group B was treated with *Nagaradi* decoction (ND) orally twice a day at the dose of 60 ml at 6.00 a.m. and 6.00 p.m. before meal for seven days. All the clinical symptoms were graded and evaluated before and after treatment. Data were analyzed by using SPSS statistical software system. *Patha oil nasya* improved pain tenderness, nasal block and anosmia in statistically highly significant manner ( $p < 0.001$ ) whereas *Nagaradi* decoction improved pain, tenderness, nasal block, and anosmia which is statistically highly significant ( $p < 0.001$ ). The ingredients of *patha oil* consist of *Kasaya*, *Tikta* and *Katu rasa*; *Usnavirya*; *Katuvipaka*; and *Laguguna*. Total effect of *Patha oil nasya* is of *kaphashamaka* effect. Ingredients of *Nagaradi* decoction consists of *Katurasa*, *Ushnavirya*, *Katuvipaka*; and *Ruksa* and *Laguguna*. Totally, *Nagaradi* decoction has *kaphashamaka* effect. When comparing the *Kaphas hamaka* effect, ND is more potent in *Kaphas hamaka* effect over PON. The both drugs have anti-inflammatory, antiseptic, astringent, analgesic and anti-histamine effects which may relieve the symptoms of *Dushtapratishyaya*. Finally, it may be concluded that *Nagaradi* Decoction is more effective on *Dushtapratishyaya* over *Patha Oil Nasya*.

**Keywords:** *Dushtapratishyaya*, Sinusitis, *Nasya*, *Patha Oil*, *Nagaradi* Decoction