

**STUDY THE EFFECT OF JALNETI WITH PRADHAMANA NASYA ON SINUSITIS DUE TO AIR POLLUTION**Vd. Suhas Uttamrao Sakhare\*<sup>1</sup> and Dr. Yeshwant Rajpal Patil<sup>2</sup><sup>1</sup>(PG Scholar) Dept. of Swasthavritta & Yoga, Govt. Ayurved College, Nanded, Maharashtra.<sup>2</sup>Guide and HOD Dept. of Swasthavritta & Yoga, Govt. Ayurved College, Nanded, Maharashtra.**\*Corresponding Author: Dr. Suhas Uttamrao Sakhare**

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**ABSTRACT**

Sinusitis is a common problem of modern era due to increased exposure to environmental pollution and unhealthy lifestyle. Sinusitis patients experience emotional burdens, like feeling tired and miserable and are less productive when their nasal congestion are at their worst, limiting them from doing well at work. Jalneti & pradhmana nasya of marich and haridra churna are the ideal solution for the prevention of sinusitis. Jalneti & pradhmana nasya are the special methods mentioned in ayurveda and yoga science and were practiced during its glorious period. Today this is an only solution without any modern medicine.

**KEYWORDS:** Sinusitis, Jalneti, Pradhmana nasya, Marich, Haridra.**INTRODUCTION**

The modern age of machines and materialism causes imbalance in nature, which results in air pollution, global warming etc. and invite lifestyle disorders and many more illness. Sinusitis due to air pollution is common problem people facing in metro-cities. There is no specific management in modern medicine for sinusitis cause by air pollution without any side effects. Jalneti & pradhmana nasya of marich and haridra churna are the ideal solution for the prevention of sinusitis.

The yogic text Hatha Yoga Pradeepika gives a simple method to keep your sinuses clean. The text gives six practices for cleansing the body and to prepare the body and mind for higher practices of yoga.

These are called Shatkarmas. One of them deals with nasal hygiene and is called Jalneti. Nasal hygiene is extremely important as it is linked to many conditions like sinusitis, migraine, headaches, allergies and asthma.

Jalneti is a very simple practice that can be done along with your teeth in the morning. It takes just a few minutes and helps to relieve many of the problems related to the nasal and sinus cavities.

Pradhmana nasya by Marich and Haridra churna reduces inflammation and nasal congestion. As Marich and Haridra are tikshna and having anti-allergic property it is help in sinusitis due to air pollution.

**Inclusive criteria**

Patients of Chronic sinusitis due to air pollution of 20-60 years of either sex willing for trial.

**Exclusive criteria**

Patients having sinusitis due to viral infection or secondary to chronic disease.

Pregnant and lactating women.

**MATERIAL AND METHODS****Material**

Jalneti pot, warm water, Marich churna, Haridra churna.

**Selection of patients and duration of study**

In this study 30 patients were randomly included after screening by inclusion and exclusion criteria from swasthavritta OPD of govt. ayurved college nanded. The study duration is 7 days with follow up of first and seventh day.

**Plan for jalneti & pradhmana nasya**

Jalneti will be done with 100 ml of warm water at a time for each nostril. Three round of jalneti (right & left nostril) will be done followed by bhasrika to remove water in nostril once in a day early in morning at about 7 am for 7 days.

Pradhmana nasya of marich & haridra will be done half hour after jalneti completed.

**Assessment criteria**

Sr. No.	Symptoms	Grade-1	Grade-2	Grade-3
1	Headache	Mild	Moderate	Severe
2	Inflammation	Mild	Moderate	Severe
3	(x-ray sinus) nasal congestion	Mild	Moderate	Severe

**OBSERVATION AND RESULTS****Table. no. 1 showing the effects of therapy on headache.**

	Mean	S.D.	S.E.	Wilcoxon's signed rank W	P value	Decision based on P value
BT	1.68	0.690	0.138	36	0.006	P<0.05
AT	1.36	0.757	0.151			

P < 0.05 = Significant.

**Table. no. 2 showing the effects of therapy on nasal congestion.**

	Mean	S.D.	S.E.	Wilcoxon's signed rank W	P value	Decision based on P value
BT	1.72	0.678	0.135	15	0.036	P<0.05
AT	1.52	0.585	0.117			

P < 0.05 = Significant.

**Table no. 3 showing the effects of therapy on inflammation.**

	Mean	S.D.	S.E.	Wilcoxon's signed rank W	P value	Decision based on P value
BT	1.68	0.627	0.125	21	0.019	P<0.05
AT	1.44	0.583	0.116			

P < 0.05 = Significant.

**DISCUSSION**

**Headache:** In this study the P value for the symptom headache is 0.006 which is less than 0.05. It means the jalneti and pradhmana nasya is effective for symptom headache due to sinusitis caused by air pollution.

**Nasal congestion:** In this study the P value for the symptom nasal congestion is 0.036 which is less than 0.05. It means the jalneti and pradhmana nasya relieves nasal congestion and keep air way clear.

**Inflammation:** In this study the P value for the symptom inflammation is 0.019 which is less than 0.05. It means the jalneti and pradhmana nasya reduces inflammation in sinusitis.

**CONCLUSION**

Increasing burden of sinusitis due to air pollution is somewhat released by using pradhmana nasya of marich and haridra churna followed by jalneti without any side effects. The measures of sinusitis such as headache, nasal congestion and inflammation have got relief due to jalneti and pradhmana nasya of marich and haridra churna.

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