

## 2. DUṢṬA PRATIŚYĀYA (SINUSITIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Vibhītakī (Terminalia belerica)	Cūrṇa	3 gm BD	Water	C.S.Su 27
2.	Marica (Piper nigrum)	Cūrṇa	2 gm BD	Guḍa (Jaggery)	B. R. Nāsāroga Cikitsā

### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Citraka harītakī	Avaleha	12 gm BD	Water/ Milk	B.R. Nāsāroga Cikitsā

2.	Śr̥ṅgyādi Cūrṇa	Cūrṇa	3 gm BD	Honey	B.R. Hikkā Śwāsa Cikitsā
3.	Vyoṣādi Vaṭī	Vaṭī	1 gm BD	-	S.S.Ma. K. 7/22- 23
4.	Kaphaketu Rasa	Vaṭī	250 mg BD	Ārdraka swarasa	B.R. Jwara Cikitsā
5.	Lakṣmīvilāsa Rasa	Vaṭī	250 mg BD	Honey	B.R. Rājaya- kṣmā Cikitsā
6.	Aṇu Taila	Taila (Nasyā rtha)	2 drops BD	-	S.Y.Pa. P./5

### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śālī rice	
Pulses	Kulattha, green gram	

	(mudga)	
Fruits & vegetables	Paravala, drum stick (śigru), radish, garlic	
Others	Citraka harītakī, jaggery, curd, black pepper	Intake of alcohol, dry food
Life style	Intake of warm water, therapeutic emesis (vamana), ṣaḍabindu taila, intake of luke warm water through nasal passage, smoking	Use of cold water for drinking and bathing, excessive thinking, suppression of natural urges, smoke, dust, day sleeping, sleeping on the ground.

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.