

**Effect of Medicated Oil of *Alpinia galanga* (L) Willd. *Nasya Karma* in Patients with
Kaphaja Shira Shula W.S.R. to Chronic Sinusitis**

Naing Kee Myu Mang¹, Kyi Kyi Oo¹, Win Myint¹, Than Ohn¹, Maung Maung Thet¹,
San San Htay⁴, Kyaw Oo³, Theim Kyaw².

1. University of Traditional Medicine, Mandalay 2. Department of Traditional Medicine, Nay
Pyi Taw 3. Department of Medical Research (Pyin-Oo-Lwin Branch) 4. University of
Medicine, Mandalay

ABSTRACT: *Kaphaja Shira Shula* has been correlated with chronic sinusitis in Ayurvedic medicine.¹ Chronic sinusitis is a common disease worldwide, particularly in places with high levels of atmospheric pollution.² In pathological concept of traditional medicine, *Kaphaja Shira Shula* occurs due to the vitiation of *Kapha* and *Vata Dosha* and *Kapha Dosha* is predominant in it. The present study was conducted the effect of *Nasya Karma* used medicated oil of the rhizome of *A. galanga* (L) Willd. in thirty three patients after obtaining informed consent from OPD and IPD in 100 bedded Traditional Medicine Teaching Hospital by hospital based Quasi-clinical study design from 2013 to 2014. The treatment duration was taken for 24 days and every 8th day was the rest day in each patient. The data were analyzed and compared with the serial effects of the clinical presentation at day 0 with day 8, day 16 and day 24 by *one sample t-test*. This study proved that headache(43.41%), heaviness of head(63.77%), nasal discharge(47.71%), nasal obstruction (49.38%), impaired sense of smell(36.53%) were statistically highly significant relief by $p<0.000$, and facial pain (23.08%) and post nasal discharge (10.43%) were statistically significant relief after treatment by $p<0.001$ and $p<0.04$ respectively. The overall serial effect was moderate improvement and statistically highly significant by $p<0.000$. The findings obtained from this study could be proved that *Nasya Karma* with this medicated oil is effective in the management of the patients with *Kaphaja Shira Shula* W.S.R. to chronic sinusitis.