

Deviated Nasal Septum (DNS): Conceptual Understanding and Conservative Ayurvedic Management – A Review

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Abstract

Background

Deviated Nasal Septum (DNS) is a structural disorder leading to nasal obstruction, mouth breathing, snoring and recurrent sinusitis. Modern management focuses on septoplasty, whereas Ayurveda describes conservative nasal therapies such as *Nasya*, *Dhoomapana* and *Swedana* which help in relieving obstruction and improving mucosal patency [1,2].

Objective

To evaluate DNS through an Ayurvedic conceptual framework and highlight conservative management strategies.

Methods

Classical references from *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Kashyapa Samhita*, Nighantus were reviewed along with modern ENT literature and clinical studies [1–14].

Keywords used: DNS, Nasa Pratinaha, Nasagata Vata, Nasya, Dhoomapana, conservative Ayurvedic ENT management.

Introduction

DNS is the displacement of the nasal septum leading to airway obstruction, altered airflow dynamics, mouth breathing, headaches and sleep disturbances. ENT literature reports DNS as one of the most common nasal anatomical variations [8,9].

Although DNS is not directly named in classical Ayurvedic texts, clinical features correlate strongly with *Nasa Pratinaha* (nasal obstruction), *Nasa Sankocha* (narrowing of cavity), and chronic *Pratishyaya* sequelae [1–4]. *Vata-Kapha* imbalance is considered central to the pathogenesis; trauma, repeated cold exposure and dust inhalation act as *Nidana* [2,3]. The objective of this study is to conceptually relate DNS with classical Ayurvedic conditions and present conservative therapeutic modalities.

Methods

A narrative review approach was followed.

Primary sources included *Sushruta Samhita* [1], *Charaka Samhita* [2], *Ashtanga Hridaya* [3], *Kashyapa Samhita* [4] and *Bhavaprakasha* [5]. Pharmacological references collected from *Dravyaguna Vigyana* [6].

Modern references included *Diseases of Ear Nose and Throat* [8], *Scott-Brown's ENT* [9] and clinical studies evaluating *Nasya* therapy [7,12–14]. Search platforms: Google Scholar, AYUSH Research Portal.

Results / Review Findings

1. Ayurvedic Correlation with DNS

DNS Feature	Ayurvedic Term
Obstruction, airway resistance	<i>Nasa Pratinaha</i> [1,2]
Narrowed nasal channel	<i>Nasa Sankocha</i> [3]
Thickened mucosa & secretions	<i>Dushta Pratishyaya</i> [2,4]
Vata-Kapha-Avarana patency issue	<i>Nasagata Vata</i> [1–3]

2. *Samprapti* Understanding

Vata prakopa → *Kapha avarana* → *Srotoshopa* → *Nasa-marga sankocha* leading to DNS-like obstruction patterns [1,2].

Recurrent cold exposure, dust and trauma are major *Nidanas* [2,5].

3. Conservative Ayurvedic Management

A. *Nasya* Therapy – Primary Modality

Nasya lubricates nasal mucosa, reduces oedema and improves airway function [2,3,7].

Formulations supported in literature:

- *Anu Taila* [2,3,6,14]
- *Shadbindu Taila* [7,14]
- *Vacha Ghrita* [6]

B. *Dhoomapana* (Medicated Fumigation)

Liquefies mucus, clears obstruction and benefits Kapha-dominant DNS [3,5].

Recommended drugs: *Haridra*, *Guggulu*, *Trikatu* [6].

C. *Swedana* / Steam Inhalation

Dashamoola or *Panchakola Kwatha steam* helps reduce mucosal swelling and enhances nasal airflow [5–7].

D. Internal *Shamana Aushadhi*

Reduces inflammation and restores mucociliary clearance:

Medicine	Action
<i>Trikatu + Madhu</i>	<i>Kapha-pachana</i>
<i>Sitopaladi, Yashtimadhu</i>	Soothing, anti-inflammatory
<i>Chitrakadi Vati</i>	<i>Ama-pachana</i>
<i>Guduchi, Amalaki, Pippali</i>	<i>Rasayana</i>

E. *Rasayana* Therapy

Supports mucosal healing, immune modulation [6,7,13,14].

F. *Pathya* / Lifestyle

Avoid cold, curd at night, smoke, dust; encourage pranayama for nasal breathing [3,7].

Discussion

DNS resembles *Nasa Pratinaha* and *Nasa-Sankocha* clinically and pathophysiologically [1–4]. Ayurvedic therapies—especially *Nasya*—deliver drugs directly to *Shiras*, improve mucociliary clearance and reduce airway resistance [2,3,7,12]. *Nasya* has demonstrated measurable improvement in airflow and reduction in symptoms in randomized clinical trials [12–14].

Although septoplasty is needed for severe anatomical deviation, Ayurveda can reduce symptoms significantly in mild to moderate DNS cases and reduce surgical load [8,9].

Conclusion

Conservative Ayurvedic management provides effective symptomatic relief in DNS. *Nasya* combined with *Dhoomapana*, *Swedana*, internal medicines and lifestyle rules helps restore nasal breathing and prevents recurrent sinusitis [3,6,7,12–14].

Future Need: ENT-Ayurveda integrative randomized trials measuring nasal patency, rhinomanometry and symptomatic change.

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