

A Clinical Study on the Effect of Ksheerbala Avartita Nasya Karma in Carpal Tunnel Syndrome

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Abstract

Carpal tunnel syndrome is a neuropathy of upper extremity and results from entrapment of median nerve within carpal tunnel. Signs and symptoms of Carpal tunnel syndrome can be correlated with Vataprakopa lakshanas like Ruk, Swapa, Shosha etc. In classics Nasya is considered as common line of treatment for all types of Vatavikara. Hence here an attempt was made to assess the efficacy of Ksheerbala Avartita Nasyakarma in these lakshanas. A single blind clinical study with Pre test and Post test design where ten patients were randomly selected. In this study Ksheerbala Avartita Nasya was administered for period of seven days. Severity of Pain, Tingling sensation and Numbness was decreased and the results were statistically highly significant. The administered Nasya karma has proved to be capable of providing alleviation of all the symptoms of Carpal tunnel syndrome.

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