

A Review of *Erandadi Nasa Sheka* (Herbal Nasal Spray) in the Management of Nasal Polyps

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Nasal polyps are mucosal lesions of the nasal or paranasal sinuses with a prevalence of 1% - 4% globally. *Erandadi nasa sheka* (herbal nasal spray) (ENS) is a traditional Sri Lankan modified herbal nasal spray used to manage nasal polyps without any reported adverse effects. The aim of the present study was to review the Ayurveda pharmacodynamics, Ayurveda and Modern pharmacological attributes of the ingredients of the ENS to find the effectiveness of the formula. Data were collected from Ayurveda, modern and traditional classics, databases as PubMed, Google scholar and index journals up to 2020 with specific key words. The retrieved data were tabulated and analyzed accordingly. The herbal ingredients of ENS are *Ricinus communis*, *Asparagus racemosus*, *Madhuca longifolia*, *Embelia ribes*, *Cassia tora*, *Glycyrrhiza glabra*, *Zingiber officinale*, *Alpinia calcarata*, *Elephantopus scaber*, *Sahindhava lavana* (rock salt). According to the results *Madhura rasa* (sweet taste) (33.33%), *Katu rasa* (pungent taste) (22.22%) and *Kashaya rasa* (astringent taste) (22.22%) were prominent which pacify the vitiated *Vata* and *Kapha dosha* of the nasal mucosa, relieving redness, oedema and congestion. The most prominent qualities were *Laghu guna* (lightness) and *Snigdha guna* (unctuousness) which reduce the size of nasal polyp which in turn cure dyspnoea. Anti-inflammatory property (16.98%) was prominent among the ingredients, relieving the inflammatory features of nasal polyposis, while analgesics (11.32%), antioxidant (13.21%) properties of the ingredients accelerate the healing process. The antitumor action was 5.66% which is a key factor in decreasing the size of the nasal polyp with curing the difficulty in breathing. Thus Ayurveda pharmacodynamics, Ayurveda and modern pharmacological attributes of the ingredients of the *Erandadi nasa sheka* (herbal nasal spray) hypothetically proved the efficacy in managing nasal polyps successfully.

Keywords: Nasal polyps, Nasal spray, Nasal mucosa, Anti- inflammatory