ABSTRACT
Chronic Simple Rhinitis implies long standing inflammation of nasal mucosa, often producing excessive mucous secretion. It may develop from acute rhinitis. It can be treated with antihistaminics, decongestants etc. But this treatment has some limitations. In present article attempt has been made to emphasis an Ayurvedic treatment of chronic simple rhinitis with” Shweta Sarshap Lepa”

KEY WORD-
Chronic Simple Rhinitis, Shewta Sarshap Lepa

INTRODUCTION:
Chronic Simple Rhinitis is extension of acute Rhinitis. In this inflammation is long standing, lasting for more than 4 weeks. In this disease, goblet cell population of nasal mucosa dose not revert to normal between attacks and there is increase in mucous secretions which further leads to post nasal drip and chronic vascular enlargement of inferior turbinate causes nasal blockage.

ETIOLOGY-PREDISPOSING FACTOR

Sign and Symptoms:

Symptoms
1. Nasal congestion
2. Post nasal drip
3. Runny nose
4. Sneezing
5. Cough
6. Headache

**Sign**
- Post nasal drip
- Inferior turbinate hypertrophy
- Nasal blockage.

**AIM**
To review management of chronic simple rhinitis with Shweta Sarshap Lepa

**MATERIAL AND METHOD**
Review regarding Chronic Simple Rhinitis and Shweta Sarshap Lepa was done from Ayurvedic modern text book, Journal, Internet.

**PROPERTIES OF DRUG**

<table>
<thead>
<tr>
<th>Latin Name</th>
<th>Local Name</th>
<th>Family</th>
<th>Guna</th>
<th>Rasa</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Prayojanga</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brassica Compestris</td>
<td>Shirasi, Sarso</td>
<td>Craciferae</td>
<td>Tikshana, Ruksha Snighdha</td>
<td>Katu, Tikta</td>
<td>Ushana</td>
<td>Katu</td>
<td>Beeja, Tail</td>
<td>Lekhana, Vednastapan Kushtaghna</td>
</tr>
</tbody>
</table>

**DISCUSSION:** The drug shweta sarshapa lepa is available in the management of chronic simple rhinitis

**CONCLUSION:** Chronic simple rhinitis is long standing health problem and headache, sneezing, post nasal drip are main symptoms. This disturbs daily routine of patient, modern treatment can not completely give relief without side effect. So sarshap lepa is available for treatment in Ayurvedic text and Tikshna, Ruksha, Katu, Ushna properties of ‘Shewta Sarshapa Lepa’ reduces sing and symptoms of chronics simple rhinitis. So review conclude that by using Ayurvedic drug we can treat ‘chronic simple rhinitis’

**REFERENCES:**
1. Logan Turners, Disease of Nose, Throat and Ear 10th ed. Jaypee brother medical publishers; Chronic Rhinitis, pg no 38
2. Bhavmishra, Bhavprakash nighantu, Dhanya varga, Commentary by Pro. Krushnachandra Chunekar, Edited by Dr Gandasdas Pandey, Chaukhamba Bharti Academy, Varanasi, 2013, p. 654-655

3. Sarth vaghbhata, Edited by Dr. Ganesh Krishna Garde,


Conflict of Interest: Non

Source of funding: Nil

Cite this article:

To review management of kaphaj pratishyay with shweta sarshap lepa

Jyoti Dilip Nirbhawane, Shraddha Ingle