

# Ayurvedic Management of Vataja Pratishyaya W.S.R to Allergic Rhinitis (Ar): A Single Case Study

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## Abstract

**Introduction-** In *Ayurveda* it is said that *Nasa* is the gate way of *Shirah*. There are 31 and 18 *Nasa roga* described by *Acharya Sushruta* and *Acharya Vagbhatta* respectively. There are 5 types of *Pratishyaya* described by *Acharya Sushruta* and *Acharya Vagbhatta* i.e *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja* and *Sannipataja*. The *Vataja Pratishyaya* can be correlated with Allergic Rhinitis (AR). The management of *Vataja Pratishyaya* can be done by various treatment methods like *Gritapana*, *Nasya*, *Dhumapana*, *Swedana*, Internal medication.

**Aim-**To evaluate the effect of *Vaspa Swedana* (Steam inhalation), *Anutaila Marsha Nasya* (Nasal instillation), *Chitraka Haritaki Avaleha* (Orally) in the management of *Vataja Pratishyaya* (Allergic Rhinitis).

**Materials and Methods:** The subject approached to *Shalaky Tantra ENT* OPD of Institute of Teaching and Research in Ayurveda (I.T.R.A), Jamnagar, with the symptoms of Running nose, Excessive Sneezing, Nasal obstruction, Itching of the nasal cavity since 15 days was systemically reviewed and *Vaspa Swedana* (Steam Inhalation), *Anutaila Marsha Nasya* (Nasal Instillation), *Chitraka Haritaki Avaleha* (Orally) were prescribed.

**Results:** The adopted *Ayurvedic* treatment showed complete remission in the disease *Vataja Pratishyaya* (Allergic Rhinitis) within 28 days.

**Discussion:** Allergic Rhinitis is an allergic inflammation of the nasal membrane. It occurs when an allergen like pollen, dust or animal dander is inhaled by a private with a sensitized system. The symptoms of *Vata- Kaphaj Pratishyaya* resembles most of Rhinitis. In *Ayurveda* the concept of allergy is widely elaborated under the concept of *Ama*, concept of *Asatmya* & concept of *Viruddha Aahara*.

**Conclusion:** Here the treatment methods which are opted has *Vata -Kapha Samana* properties and has given a satisfactory result within 28 days.

**Keywords:** Anutaila, Chitraka Haritaki Avaleha, Vaspa Swedana, Vataja Pratishyaya,

## 1.INTRODUCTION:

The prevalence of Allergic Rhinitis in India is 22%<sup>1</sup>. Allergic Rhinitis is an allergic inflammation of the nasal membrane. It occurs when an allergen like pollen, dust or animal dander is inhaled by a person. The characteristic symptoms of Allergic rhinitis are rhinorrhoea, sneezing, itching, nasal congestion and

obstruction<sup>ii</sup>. Everyday each individual gets exposed to a number of chemical and biological agents present within the environment. Some of these agents like food and drug are useful to the body, some others like micro-organisms are generally harmful to the body. Rhinitis is an inflammation of the moist-lining (mucous membrane) of the nose, caused by reaction to an irritant, this leads to attacks of sneezing, nasal discharge or a blocked nose. Excess mucus can also drip into the throat and cause soreness. Allergic Rhinitis if not treated leads to otitis media, Eustachian tube dysfunction, sinusitis, nasal polyps, allergic conjunctivitis, and atopic eczema. In children also, physical, social, psychological wellbeing and academic performance is adversely suffering from the illness. Allergy means an abnormal reaction of body tissues to some foreign substances which are usually protenious in nature and are called allergens. In response to Allergen the body produces specific Antibody. The immunoglobulin which plays a vital role in Allergic Rhinitis is IgE.

### Dosha Dushya Vikruti and Adhithana

- *Dosha: Tridosha, Mainly Vata & Kapha*
- *Dushya: Rasa, Rakta*
- *Adhishthana: Nasa Pradesha*
- *Srotas: Pranvaha, Rasavaha, Raktavaha*
- *Srotodushti prakara: Attipravritti, Sanga, VimargagAmana*
- *Udhabhava Sthana: Amshaya, Pakvashya*
- *Agni: Mandya*

### Comparative clinical features of Allergic Rhinitis & Vataja Pratishyaya.

S.No.	Allergic Rhinitis	Vataja Pratishyaya
1.	Nasal obstruction	<i>Anaddha Nasa</i> (Nasal obstruction)
2.	Itching in the nose	<i>Pihita Nasa</i>
3.	Watery nasal discharge	<i>Tanu Sravapravartana</i> (Watery discharge)
4.	Paroxysmal sneezing	<i>Kshavathu</i>
5.	Vacuum headache	<i>Shankha Nistoda</i> (Headache)
6.	Hoarseness of voice	<i>Swaropaghata</i>
7.	Dryness of oropharynx	<i>GalaTaluOshtha Shosha</i>

### Showing the similarities of etiological factors

S.N.	Allergic Rhinitis	Vataja Pratishyaya
1.	Inhalation of airborne particles such as dust mites, pollen etc.	<i>Rajah Sevana</i> (Exposure to dust)
2.	Ingestion of certain foods such as chocolates, citrates, strawberry, eggs, mushrooms, prawn	<i>Vishamashana</i> , Excessive intake of <i>Guru, Sheeta, Madhura</i> substance
3.	Bathing with cold water	<i>Ati jala krida</i>
4.	Climate change	<i>Rituvaishamy</i>
5.	Humidity.	<i>Avashyaya</i> (Exposure to dew) <i>Anil</i> (Exposure to cold breeze)
6.	Pollution	<i>Dhooma Sevana</i>

## 2. CASE REPORT

A 30-year-old male patient came to *Shalaky Tantra* ENT OPD I.T.R.A Jamnagar, with the complaints of Running nose, Excessive Sneezing, Nasal obstruction, Itching of the nasal cavity since 15 days and after systematic review he was diagnosed as *Vataja Pratishyaya*. Patient was apparently okay before 15 days, then he has visited a different area which was dusty and it also lead to some climatic changes. After that the patient has manifested the aforesaid symptoms. Patient has same manifestation since 5 years. Patient has taken cetirizine tablets(5mg) in the evening for the management of the disease condition but did not get satisfactory relief. So, Patient has come to *Shalaky Tantra* ENT OPD for the *Ayurvedic* management of the disease condition.

## 3. HISTORY OF PAST ILLNESS

The subject has no systemic illness.

## 4. PERSONAL HISTORY

- Aharaja** : Vegetarian
- Viharaja** : Day sleep for 1 hour
- Habbits**: No any addiction

## 5. FAMILY HISTORY

No any significant history related to the disease was found.

## 6. EXAMINATION

### *Ashtha Sthana Pareeksha*

1. Nadi: Vata Pradhana Kapha Anubandha, 72/min
2. Mutra: Prakruta, 5 to 6 times/day, once at night
3. Mala: Prakruta, regular, once a day
4. Jihwa: Lipta
5. Shabda: Hoarseness of voice
6. Sparsha: Samyaka
7. Druk: Aawila
8. Akrti: Madhyama (Weight- 60kg)

## NOSE AND PNS EXAMINATION

**Anterior Rhinoscopy**-Nasal Mucosa- Pale

ITH (B/L)

**Nasal Endoscopy**-Nasal Mucosa- Pale

ITH (B/L)

**Throat Examination**-Tonsils-WNL

Posterior Pharyngeal Wall- Congestion

**PNS Tenderness**- -ve

**Eye Examination**- WNL

**7.TREATMENT ADOPTED: -**

Time period-3/10/23 to 30/10/23

**Intervention-**

Sr.No	Duration	Medicines
1	1 <sup>st</sup> Week	<ul style="list-style-type: none"> <li>• <i>Vaspa Swedana</i> (Steam Inhalation) BD for 5 min (Morning &amp; Evening)</li> <li>• <i>Anutaila Marsha Nashya</i> (Nasal Instillation)- 6*-6* at Morning BM</li> <li>• <i>Chitraka Haritaki Avaleha</i> – 15gm BD with luke warm water AM</li> </ul>
2	2 <sup>nd</sup> Week	Same
3	3 <sup>rd</sup> Week	Same
4	4 <sup>th</sup> Week	Same

**Pathya**

The patient was advised not to consume cold water, food substances which are hard to digest (*Guru Ahara*) and causing obstruction of body channels (*Abhishyandi*) like curd (*Dadhi*), milk (*Ksheera*), black gram (*Masha*), dry and hard food items (*Ruksha, Katina Anna*) like *Bhakri*, sleeping with head inclining down in prone position (*Adhomukha Shayana*), and sleeping during the day (*Divaswapna*). Patient is advised to wear mask while going outside, consume warm water and food.

**8.ASSESSMENT CRITERIA-**

Assessment scale based on severity of symptoms and total nasal symptom score (TNSS).

Total nasal symptom score (TNSS)		
Symptom	Domain	Scale
Rhinorrhoea	no symptom	0
	mild – awareness but not troubled	1
	moderate – troublesome but not interfering with normal daily activities or sleep	2
	severe – interfering with normal daily activities or sleep	3
Nasal itching	no symptom	0
	mild – awareness but not troubled	1
	moderate – troublesome but not interfering with normal daily activities or sleep	2
	severe – interfering with normal daily activities or sleep	3
Nasal obstruction	no symptom	0
	mild – awareness but not troubled	1
	moderate – troublesome but not interfering with normal daily activities or sleep	2
	severe – interfering with normal daily activities or sleep	3
Sneezing	no symptom	0
	mild – awareness but not troubled	1
	moderate – troublesome but not interfering with normal daily activities or sleep	2
	severe – interfering with normal daily activities or sleep	3

	severe – interfering with normal daily activities or sleep	3
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**9.OBSERVATION-**

Sr. No	Symptoms	Day 0	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week
1	Rhinorrhoea	3	2	1	0	0
2	Nasal Itching	2	1	1	0	0
3	Nasal Obstruction	3	2	2	1	0
4	Sneezing	3	2	1	1	0

When the patient visited the *Shalaky Tantra* ENT OPD, Rhinorrhoea, Nasal Obstruction, Sneezing were in severe grade whereas Nasal Itching was in moderate grade. There was congestion in posterior pharyngeal wall & in bilateral side the inferior turbinate hypertrophy was observed. By the treatment method, each week there was relief in sign and symptoms. At the end of 4 week of treatment there was complete relief in the sign and symptoms.

**10. DISCUSSION:**

According to *Ayurvedic* Classical text, Swedana can pacify *Sthambha*, *Gourava*, *Sita*<sup>iii</sup>. It has *Vata-Kapha samana* properties. It cleanses the *srotas* and helps in easy drainage of secretions. *Anutaila*<sup>iv</sup> has *Vataghna*, *Bruhana*, *Snehana* properties. It can penetrate *Sukshma srotas*. It also helps in easy drainage of accumulated *doshas*. *Acharya Charak* has mention that it should be use regularly for the *prasadana* of *Indriyas*. *Chitraka Haritaki Avaleha*<sup>v</sup> is a potent medicine which has a satisfactory result in the management of *Vataja Pratishyaya* (Allergic Rhinitis). *Chitraka* and *Haritaki* are the most important drug of this medicine formulation. *Chitraka* has the properties of *Deepana* and *Pachana*. Thus, helps in *Ama pachana*. It also has *usna virya* due to which it can pacify both *Vata & Kapha Dosha*. *Haritaki* is a well-known drug for *Vatanulomana*. The overall effect of *Haritaki* is *Tridosha samana*. The rest drugs are *Amalaki*, *Guduchi*, *Dashamula*, *Trikatu*, *Trijata*, *Guda*, *Madhu*. Thus, the overall effect of the formulation is *Vata-Kapha samana*, immunomodulator.

**11. CONCLUSION:**

In the present study *Vaspa swedana* (Steam inhalation), *Anutaila Marsha Nasya* (Nasal instillation), *Chitraka Haritaki Avaleha* (Orally) has given a satisfactory result within 28 days.

**12.ADR:** There is no ADR seen in the present study.

**13.FINANCIAL SUPPORT AND SPONSORSHIP:** NIL

**14.CONFLICTS OF INTEREST:** There are no conflicts of interest.

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