



# A Case Report: Management of Allergic Rhinitis with Ayurveda

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## Abstract

**Background:** Allergic rhinitis is the most common type of Chronic Rhinitis. It is the foremost suffering because after birth nose is the first route of contact of internal body environmental with that of external; and is exposed to lot of microorganisms, allergens and environmental pollutants present in the atmosphere. It is characterized by paroxysmal sneezing, nasal blockage, nasal discharge, headache, heaviness in head, itching in eyes, throat, palate etc. In Ayurveda it can be corelated with Vataja Pratishyaya. Symptoms of *Vataja Pratishyaya* (Allergic Rhinitis) described by ancient texts of Ayurveda are *Aandhdha Pihita Nasa, Tanu Srava, Gal Talu Austha Shosh, Nistoda Sankhyo and Svaroupghata*.

**Result:** there was complete relief in symptoms like , *Kshavthu* (Sneezing), *Nasa Srava* (Nasal discharge), *Nasaavrodha* (Nasal obstruction), *Shirah Shoola* and *Shankha Vedana* (Headache/heaviness of head)

**Conclusion:** Significant result was observed with this treatment protocol in Allergic Rhinitis

**Key words:** *Ayurveda*, Allergic Rhinitis, *Vataja Pratishyaya, Shirisha Ashwagandhadi Avaleha, Anu Taila*

**Introduction:** Allergic rhinitis, also known as **hay fever**, is a type of inflammation in the nose which occurs when the immune system over reacts to allergens in the air. Symptoms include Red ,watery, itchy eyes, sneezing , congestion, runny nose, itchy or sore throat, post nasal drip, cough etc. Symptom onset is often within minutes following exposure and they can affect sleep, the ability to work, and the ability to concentrate at school.

Allergic Rhinitis itself is not life-threatening problem (unless accompanied by severe asthma or anaphylaxis), morbidity from the condition can be significant, and it can significantly impair patient's quality of life and productivity. In children also physical, social, psychological well-being and academic performance is adversely affected by the illness. Allergic rhinitis often coexists with other disorders, such as Asthma.

Allergic Rhinitis can also be associated with otitis media, eustachian tube dysfunction, sinusitis, nasal polyps, allergic conjunctivitis, and atopic dermatitis. It may also contribute to learning difficulties, sleep disorders etc.

Symptomatically it can be corelated with *vataja pratishyaya*. Acharya *Sushruta* has described 31 Nasa Roga among them a separate chapter has been devoted to *Pratishyaya* in *Uttartantra*. Clinical features of *Vataja Pratishyaya* (Allergic Rhinitis) described by ancient texts of Ayurveda are *Aandhdha Pihita Nasa, Tanu Srava, Gal Talu Austha Shosh, Nistoda Sankhyo and Svaroupghata*. Combine therapy of Anutaila Nasya and Shirisha AshwagandhadiAvaleha together gives excellent results. So it is better for patients of Allergic rhinitis to diagnose and cure with proper Ayurveda treatment and giving them better way to live their life.

## PATIENT INFORMATION

A 18-years-old patient presented with complaint, *Kshavthu* (Sneezing), *Nasa Srava* (Nasal discharge), *Nasaavrodha* (Nasal obstruction), *Shiraha Shoola* and *Shankha Vedana* (Headache/heaviness of head)etc. since 2 years. Symptoms aggravate with exposure to dust smoke or humid environment. During attack he was not able to perform his normal routine work, came to *Shalaky Tantra* (ENT) OPD of I.T.R.A hospital, Jamnagar on date 3/6/2022.

### History of present illness:

Patient was suffering from symptoms like , *Kshavthu* (Sneezing), *Nasa Srava* (Nasal discharge), *Nasaavrodha* (Nasal obstruction), *Shiraha Shoola* and *Shankha Vedana* (Headache/heaviness of head) etc. from last 2 year, patient approached contemporary medical sciences for the same, patient used to get symptomatic relief temporarily. No other information of past history was given by patient.

### Personal History

Diet: Vegetarian, Appetite: Moderate, Bowel:Regular (1 time/ day), Micturition: Normal (5-6 time/ day), Sleep: Normal, Addiction: Tea (1 times/day)

## ASSESSMENT CRITERIA

### O/E : Nose

Nasal mucosa: Pale bluish,

Nasal septum: Deviated towards left side.

Nasal turbinates: Hypertrophied (right nostril )

### EAR

External Auditory canal: clear

Tympanic membrane: Intact, retracted and cone of light was absent bilaterally.

### Throat

Mild congestion was observed on anterior pillar and Oro-pharynx.

## Diagnosis

When patient came to OPD of Shalaky Tantra, Nasal and throat examination and x-Ray PNS was done ,patient was diagnosed as Allergic Rhinitis. After assessing the causes and symptoms, Ayurvedic diagnosis was made *and* correlated with *Vataja Pratishyaya*

## INTERVENTION:

No.	Treatment	Medicine	Mode of action	Duration
1.	<i>Nasya</i>	<i>Anu Taila</i>	6 Drops each nostril,3 sittings of 7 days within 3 days interval	2 month
2.	<i>Avaleha</i>	<i>Shirisha Ashwagandhadi Avaleha</i>	10 gm twice a day with Lukewarm water after meal	2 month

### ***Pathya-Apathya:***

Patient was strictly advised not to take any cold items, chocolates, fast food, fermented food items, spicy food, or any color chemical containing items. Patient was advised to cover mouth with mask or clean handkerchief while exposed to dusty areas, also advised to take steam inhalation through mouth thrice a day with plain water. Intake of lukewarm water for the whole day as a routine.

## **Discussion:**

### **1. Anu Taila :**

Taila is the best Sneha Dravya in the sense that it doesn't only assimilate the substance added to it but also it foregoes its own properties. From the therapeutic point of view, another quality of Taila is when treated with other drugs, it also takes the property of that drugs. It easily spread through minute channels and remove obstruction from sinus Ostia and facilitate the discharge.

Anu Taila increases general and local immunity by reducing the inflammatory process in nasal cavity. It has Anti-inflammatory effect on the nasal mucosa by inhibiting the release of inflammatory mediators from the Mast cells and Basophiles, and by blocking the inflammatory effect of Leucocytes in the nose.

### **2. Shirisha Ashwagandhadi Avaleha**

- The original formulation possess Shirishadi Kwatha (Decoction) and Ashwagandhadi compound. Combination of these two drugs was found to be beneficial in cases of Allergic Rhinitis. This Avaleha is the therapeutic form selected for internal use because of its immuno modulatory activity. It is also has the properties like Medhya, Agni deepana, Shothahara, Brihana and Rasayana, which will promote the physical and mental health of the patient. It remove various obstructions in the body (*Shrotorodha*), provide nourishment to Dhatu and its Anti bacterial activity assets secondary infection and prevents recurrence of the disease.

### **3. Nasya**

In Ayurveda, Panchakarma therapy is used for the maintenance of health and eradication of diseases from their root and Nasya Karma is one among them. In this therapy, the medicine is given through nose either in the form of ghee, oil, powder, liquid or smoke. Nasa is the gate way to Shirah, the drug administrated through nostrils reaches Shringataka, a Siramarma by Nasa Srota and spreads in the Murdha (Brain), taking routes of Netra (Eyes), Shrotra (Ears), Kantha (Throat) and stretches the morbid Doshas from Urdhwajatru and expels them from Uttamanga.

## **Conclusion :**

Allergic rhinitis if ignored or not managed properly, can lead to complications such as asthma, sinusitis etc. It will be mandatory to recommend here that if a patient of Allergic rhinitis goes for an Ayurveda treatment then better results in short duration can be expected. Combine therapy of *Anutaila Nasya* and *ShirishaAshwagandhadiAvaleha* together gave excellent results. So it is better for patients of Allergic rhinitis to diagnose and cure with proper Ayurveda treatment and giving them better way to live their life.

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