



Ayurvedic Management of *Vataja Pratishyaya* (Allergic Rhinitis): A Single Case Study

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Abstract

Background

Vataja Pratishyaya is a type of nasal disorder and one of the five varieties of *Pratishyaya*. It is a prevalent and troublesome condition that affects people of all age groups. This disease is characterized by symptoms such as nasal discharge, sneezing, and nasal obstruction.

Aim- To assess the impact of *Shunthyadi Taila Marsha Nasya* (nasal instillation), and *Chitraka Haritaki Avaleha* (oral administration) in the treatment of *Vataja Pratishyaya* (Allergic Rhinitis).

Materials and Methods: The patient visited the *Shalakya Tantra* ENT OPD at the Institute of Teaching and Research in Ayurveda (I.T.R.A), Jamnagar, presenting symptoms of a running nose, excessive sneezing, nasal obstruction, and itching in the nasal cavity for the past 15 days. After a thorough systemic review, *Shunthyadi Taila Marsha Nasya* (nasal instillation) and *Chitraka Haritaki Avaleha* (oral administration) were prescribed.

Results: A case of *Vataja Pratishyaya* (Allergic Rhinitis). was managed at the opd level by following *Ayurveda* principles and found to be effective.

Discussion: The symptoms of *Vata-Kaphaj Pratishyaya* are quite similar to the symptoms of Rhinitis. The adopted treatment protocol is a very effective to reducing the sign and symptoms of *vataja pratishyaya* (Allergic Rhinitis). The patient had the option to take medicines from other pathies, but he did not take them and trusted *Ayurvedic* treatment instead.

Conclusion: The treatment protocol was shown to be effective in the patient symptoms and biochemical indicators of Vataja Pratishyaya (Allergic Rhinitis).

Keywords: *Chitraka Haritaki Avaleha, Shunthyadi taila, Vataja Pratishyaya.*

INTRODUCTION: In *Ayurveda*. 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 Management of *Vataja Pratishyaya* can be approached through various methods, including *Gritapana, Nasya, Dhumapana, Swedana*, and internal medications. The prevalence of Allergic Rhinitis in India is 22%. 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 rhinorrhea, sneezing, itching, nasal congestion and obstruction. 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 response to Allergen the body produces specific Antibody. The immunoglobulin which plays a vital role in Allergic Rhinitis is IgE. Among the various Ayurvedic treatment modalities, *Nasya* is the chief procedure to drain *Doshas* from *Shirah*. *Shunthyadi Taila* in the form of *Nasya* has been recommended for the treatment of *Kshavathu*. *Shunthyadi Taila Nasya* was chosen for this study because *Kshavathu* is the *Pradhana Lakshana* of *Vataja Pratishyaya*. And *Chitraka Haritaki Avaleha* is a potent remedy that has shown satisfactory results in the management of *Vataja Pratishyaya* (Allergic Rhinitis).

Dosha Dushya Vikruti and Adhithana

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

Comparative clinical features of Allergic Rhinitis & Vataja Pratishya**Table no.1**

S.No.	Allergic Rhinitis	Vataja Pratishyaya
1.	Nasal obstruction	<i>Nasa Avrodha</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>

Similarities of etiological factors**Table no.2**

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>Rituvashmya</i>
5.	Humidity.	<i>Avashyaya</i> (Exposure to dew) <i>Anil</i> (Exposure to cold breeze)
6.	Pollution	<i>Dhooma Sevana</i>

CASE REPORT

A 23-year-old male patient came with complaint of running nose, excessive sneezing, nasal obstruction, and itching in the nasal cavity for the past 1 year. After a systematic review, he was diagnosed with *Vataja Pratishyaya*. The patient was apparently normal before 15 days, and then he visited a dusty area and also because of the climatic changes he developed the before mentioned symptoms. The patient had been taking cetirizine tablets (5 mg) in the evening for symptom management, but did not experience satisfactory relief. So came to our OPD for proper management.

1. HISTORY OF PAST ILLNESS

The subject has no systemic illness.

2. PERSONAL HISTORY

Aharaja : Vegetarian

Viharaja : Day sleep for approx 2 hour

Habbits: No any addiction

3.FAMILY HISTORY

No any significant history related to the disease was found.

EXAMINATION

Ashta Sthana Pareeksha

1. *Nadi: Vata Kapha Pradhana*, 78/min
2. *Mutra: Prakruta*, 6 to 7 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. *Akruti: Madhyama* (Weight- 73kg)

Diagnosis evaluation and assessment

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

The hematological findings before treatment were as follow:

Hb – 11.7 g/dl., **TLC** – 6700 /cu.mm, **Neutrophils** - 40.3%, **Lymphocytes**- 33.1%, **Eosinophil**- 11.7%,
Monocytes-10.8 %, **Basophil** - 1%, **AEC**- 790 cells/cu.mm and **Serum IgE** – 509.3 IU/ml.

Intervention-

Before initiating the therapy, the patient was thoroughly informed about the procedure, and written consent was obtained. The patient was administered *Shunthyadi Taila Nasya*, a *Snehana Marsha* type of *Nasya*, for 7 days, with 6 drops in each nostril. The patient was instructed to return for the next session of treatment after 7 days. The second course of *Nasya* was completed for 7 days on the 15th day. During this period 10gm *Chitraka Haritaki Avaleha* oral medications were prescribed for 30 days. The patient was followed up every 15 days for 1 month.

Table no.3

Sr.No	Duration	Medicines
1	1 st Week	<ul style="list-style-type: none"> •<i>Shunthyadi Marsha Nashya</i> (Nasal Instillation)- 6*-6* at Morning BM •<i>Chitraka Haritaki Avaleha</i> – 10gm BD with luke warm water AM
2	2 nd Week	Stop <i>Nasya</i> and continue <i>Chitraka Haritaki Avaleha</i>
3	3 rd Week	<ul style="list-style-type: none"> •<i>Shunthyadi Marsha Nashya</i> (Nasal Instillation)- 6*-6* at Morning BM •<i>Chitraka Haritaki Avaleha</i> – 10gm BD with luke warm water AM
4	4 th Week	Stop <i>Nasya</i> and continue <i>Chitraka Haritaki Avaleha</i>

Table no. 4 Reports were as follow:

Lakshan	1 st day	7 th day	14 th day	21 st day	28 th day
<i>Kshavathu</i> (Sneezing)	20–30-time per day	15-20 time per day	10-15 time per day	10 times per day	0 time per day
<i>Nasagatatanusra</i> (Rhinorrhea)	Sever watery discharge	Moderate watery discharge	Moderate watery discharge	Mild watery discharge	No nasal discharge
<i>Nasaavarodha</i> (Nasal blockage)	Bilateral	Bilateral	Partial nasal blockage B/L	Occasional partial nasal blockage	No nasal blockage
<i>Shirogaurav</i> (Headache)	Severe	Severe	Moderate	Mild	No headache
<i>Kandu</i> (Itching in nose & eye)	Moderate	Moderate	Mild	Mild	No itching

After completion of treatment the nasal condition was as follows: Nasal mucosa was normal and inferior turbinate hypertrophy was almost reduced. Hematological laboratory reports of patients after completion of treatment were as following:

Hb – 11.9 g/dl, **TLC** – 10800/cu.mm, **Neutrophils**- 61.3%, **Lymphocytes**- 27%,

Eosinophil- 1.1%, **Monocytes**- 8.6%, **Basophil**- 1.1%, **AEC**- 220 cells/ cu.mm and **Serum IgE** – 98 IU/ml.

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.

ASSESSMENT CRITERIA-

Table no.5 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

OBSERVATION-

The overall effect of the therapy was assessed in terms of scoring method

Table no.6

Sr. No	Symptoms	Day 0	1 st Week	2 nd Week	3 rd Week	4 th 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 *Shalakya 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.

DISCUSSION:

The nasal mucous membrane has the ability to absorb medications. Due to the lipid solubility of the medicine, it results in a higher concentration within the nasal mucous membrane when administered via the intra-nasal route, allowing for rapid diffusion. In the current case study, *Shunthyadi Taila Nasya* was administered in each nostril, resulting in significant improvement and complete relief from symptoms. Diagnosis was based on both *Ayurvedic* and modern clinical signs and symptoms, which were further assessed through clinical parameters. The patient was monitored for a month with follow-ups every 15 days. During the first follow-up, the patient reported significant relief from all symptoms, with a 50% reduction in sneezing frequency, as well as a 50% improvement in symptoms such as watery nasal discharge, nasal congestion, nasal obstruction, and itching in the nose and eyes. On the second follow-up, after 30 days of treatment, the patient was pleased to note the complete resolution of sneezing, nasal obstruction, nasal discharge, and nasal itching.

pharmacological properties of contents of Shunthyadi Taila -

Shunthi-It inhibits, antioxidant, anti-inflammatory, antiemetic, expectorant, antifatulent, hypocholesterolaemia, antispasmodic, diaphoretic, circulatory stimulant, increase bioavailability of drugs.

Pippali - It used for disease of respiratory tract (cough, asthma, bronchitis), as emmenagogue and is digestive, appetizer and carminative.

Kustha – It is antispasmodic, expectorant, carminative, astringent and antiseptic. The root is used in cough, bronchitis, dyspnoea, asthma. Saussurine which is the active ingredient of Kustha depresses parasympathetic nervous system.

Bilva - It has properties like Stomachic, antimicrobial, digestive, astringent, spasmolytic, hypoglycaemic. The alkaloid aegeline, which is present in the leaves is useful in asthma. An alcoholic extract of seeds exhibit antiallergic properties.

Draksha - It is prescribed for cough, catarrh of the respiratory tract. Draksha has nourishing properties and is invigorating. Anthocyanin, ingredient in Draksha reduces capillary permeability.

Tila - It has antioxidant property due to presence of Sesamol. It is nourishing, lactagogue, diuretic and laxative.

Chitraka Haritaki Avaleha 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.

CONCLUSION:- In present study *Shunthyadi Taila Marsha Nasya* (nasal instillation), and *Chitraka Haritaki Avaleha* (oral administration) has given a satisfactory result within 30 days. This can be accomplished by properly assessing the individual effects of the therapies applied here and then replicating the same approach with a significantly larger group.

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