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## AYURVEDIC MANAGEMENT OF ALLERGIC RHINITIS W.S.R. TO VATAJ PRATISHYAY – A CASE STUDY

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### ABSTRACT

Today's era of polluted weather can cause many respiratory issues like Allergic Rhinitis, Astham etc. Allergic rhinitis is a common disorder which is usually characterized by spasmodic attacks of severe sneezing and Rhinorrhoea. It is a reaction to certain Allegiance. Sushrut has described 31 Nasagat rog, one them is Pratishyay. According to Ayurveda, it is of 5 types, Vataj, Pittaj, Kaphaj, Sannipatik and Raktaj. Here we are discussing a case of Vataj Pratishyay<sup>3</sup>, characterized by Nasavarodh, Tanustrav, Kshavathu and Shirashool. A 28 yr old male patient came to OPD with complaints of Tanunasastrav, Kshavathu, Shirashool, Nasavarodh, He was suffering from these symptoms since last 1 year. He was treated with allopathic medicines previously and diagnosed with allergic rhinitis. Line of treatment we have opted was with oral medication and Pratimarsh Nasya Vidhi for 1 month. Patient was treated with ShunthyadiKashay as oral medication along with Anutail Pratimarsh Nasya for one month. Shunthyadi Kashaya is combination of Shunthi, Bibhitaki and Pippali as ingredients. The outcome was very remarkable with patient improved subjectively as well as objectively.

**Key words** – Allergic Rhinitis, Vataj Pratishyay, ShunthyadiKashay, Anutail, Nasyavidhi

**INTRODUCTION:**

Studies have shown that prevalence of Allergic Rhinitis has been increasing in India over past few years, 3 about 20%-30% of Indian population suffers from allergic rhinitis. Allergic Rhinitis usually affects young adults from the age of 15 years onwards, it may affect young children also. It is also common in both sexes.

Main precipitating factors are Allergens which may be exogenous or endogenous. Exogenous commonly includes dust, pollens, animal odor, feathers, molds, house dust and mites, irritant like fumes and smoke, food like eggs, fish, milk etc.

When an allergen such as pollen or dust is inhaled by an individual, antibodies are formed in the body. Allergen and Antibodies react with each other. Antibodies get attached to Tissue Mast Cells and Histamine or Histamine like substances are released and allergic reaction develops. Modern system of medicines includes treatment like Antihistamines, Decongestants and Corticosteroids which can be addictive in nature and can cause side effects lowering the quality of life when used prolonged period.

In Ayurveda Allergic Rhinitis can be correlated with Vataj Pratishyay as it shows similar symptoms. Vataj Pratishyay is characterized by tanunasastrav, kshavathu, shirashool, nasavarodh. Shunthyadi Kashay contains ingredients which are Vataghna and Kaphaghna in nature and having Antiallergic property. Nasya Vidhi acts as Shodhana and Rasayan karma in these situations.

**CASE REPORT –**

A 28 yr old male patient

came to opd with complaints of –

- 1) Tanunasastrav,
- 2) Kshavathu,
- 3) Shirashool,
- 4) Nasavarodh

Patient was complaining all above symptoms from 1 yr.

**PAST HISTORY –**

Patient did not have any history of Hypertension / Diabetes mellitus / Asthma / Epilepsy/ Ischemic heart disease / Tuberculosis

No history of any major surgical illness.

No history of any addiction like alcohol / smoking / tobacco

N/H/O – Typhoid / chickenguniya / dengue / jaundice

Patient took treatment previously at Allopathy Hospital for same complaint, but he got temporary relief.

**GENERAL EXAMINATION –**

The general condition of patient was fair and afebrile.

Pulse - 72/min

Blood pressure - 120/70 mm of hg

Respiratory rate – 20/min

Jivha – Alpa sama

Prakruti – Vatakaphaj

**EXAMINATION OF NOSE-**

- 1) Inspection: Swelling of the Nasal Mucosa  
Thin Secretions
- 2) Anterior Rhinoscopy: Lower and Anterior Part of Septum and Middle Turbinate appears Red  
Floor of the nose becomes Red  
Mucosa Red  
Septum Normal

- 3) Obstruction of nose/nasal patency: No nasal polyps

#### **EXAMINATION OF SINUS-**

Facial Tenderness on Palpation of sinuses

#### **EXAMINATION OF EYE-**

No conjunctival infection, Frequent rubbing of the eyes, irritability and mucosal discharge

#### **EXAMINATION OF EAR-**

- 1) EAC (External Auditory Canal): Normal
- 2) Tympanic Membrane: Normal

#### **SYSTEMIC EXAMINATION –**

In the systemic examination, findings of respiratory and cardiovascular system within normal limits. Abdomen was mildly distended; non tender and bowel sounds were present. Patient was conscious and well oriented and pupillary reaction to light was normal.

#### **INVESTIGATIONS –**

RTPCR Test: Negative

TLC: 6000/cu mm

Neutrophils: 62%

Lymphocytes: 30%

Monocytes: 3%

Eosinophils: 5%

Basophils: 0%

ESR: 32 mm/hr

Absolute Eosinophil Count: 590/ cu mm

#### **MANAGEMENT –**

Patient was treated with Shunthyadi Kashay along with Anutail Pratimarsh Nasya for 1 month.

#### **METHODS OF PREPARATION OF DRUG:**

##### **ORAL DRUG-**

##### **Shunthyadi Kashay**

Contents of Shunthyadi Kashay:

1. **Shunthi** (Gingiber officinalis)
2. **Bibhitak** (Terminalia bellerica)
3. **Pippali** (Piper longam)

Kashay was prepared as per classical methods of Kashaya preparation from Sharangdhar Samhita.

Shunthi – 5 gms

Bibhitak – 3 gms

Pippali – 2 gms

Water: 160 ml

Boil it until 1/8<sup>th</sup>.e 20 ml was given lukewarm twice a day after meal.

##### **PRATIMARSH NASYA DRUG:**

Anutail Pratimarsh Nasya i.e. 2 drops each was administered in the morning. Already standardized medicine has been used in the study.

**PARAMETERS:**

Sr No	Symptoms	Grading
<b>1</b>	<b>Tanunasastrav (Watery Discharge)</b>	
	No Discharge	0
	Negligible Discharge	1
	Intermittent Discharge	2
	Continuous Discharge	3
	Profuse Discharge	4
<b>2</b>	<b>Kshavathu (Sneezing)</b>	
	No	0
	1-5 bouts per day	1
	6-10 bouts per day	2
	11-20 bouts per day	3
	More than 21 bouts per day	4
<b>3</b>	<b>Shirashool (Headache)</b>	
	No	0
	Occasional	1
	Intermittent	2
	Continuous	3
	Intolerable	4
<b>4</b>	<b>Nasavarodh (Nasal Obstruction)</b>	
	No obstruction	0
	Partially occasional and unilateral	1
	Partially occasional and bilateral	2
	Complete frequently and unilateral	3
	Always complete and bilateral	4

**METHODS:**

- 1) Shunthyadi Kashay was administered orally for 1 month twice in a day after lunch and dinner. The Kashay was made lukewarm and administered in a quantity of 20 ml.
- 2) Anutail Pratimarsh Nasya was administered for 1 month along with oral

medication. The Taila was made lukewarm and administered 2 drops in each nostril in the morning.

**OBSERVATION:**

The observation readings were taken as before treatment, after 15 days and after 30 days of administration of treatment.

**SUBJECTIVE PARAMETER:**

Symptoms	Before Treatment	After 15 days of treatment	After 30 days of treatment
Tanunasastrav (Watery Discharge)	3	1	0
Kshavathu (Sneezing)	3	1	0
Shirashool (Headache)	2	1	0
Nasavarodh (Nasal Obstruction)	2	1	0

**OBJECTIVE PARAMETER:**

Hematological Investigations	Before treatment	After treatment
ESR	32 mm/hr	17 mm/hr
AEC	590/cu mm	380/ cu mm

**DISCUSSION-**

Allergic Rhinitis characterised by infiltration with Eosinophils and Plasma Cells. Oedema develops due to transudation of tissue fluids as the capillary endothelium is damaged and the inter cellular cement loosens. There is increase in mucosal secretions which may contains Eosinophils, this leads to congestion due to the dilatation of blood vessels occurs with Venostasis and Purplish discoloration. Paranasal sinuses may also be involved in the similar manner.

Allergy can be of two types,

1. Seasonal: Due to pollen grains
2. Perennial: Affects the patient throughout the year

Avoiding the allergens is the ideal treatment but it is not always possible. Antihistamine and Steroid gives

temporary relief. Antihistamine relieves the symptoms but causes drowsiness. Development of tolerance is another problem. Steroid may be used locally as an aerosol spray or drops; systemic use should be avoided due its side effects.

Vataj Pratishyay is Nasagat Rogdescribed in detail in Ayurvedic classics in which there is vitiation Vata and Kapha Doshasresulting in Kshavathu(Sneezing), Nasavarodh(Nasal obstruction), Tanunasastrav(Watery discharge) and Shirshool(Headache). Thus, it can be corelated with disease allergic rhinitis mentioned in modern science.

In present study patient having Vataj Pratishyay was treated with Shunthyadi Kshay orally. The ingredients of kashay are Shunthi, Bibhitak and Pippali. The Laghu and Snigdha Guna of Shunthi and Pippali with Katu Rasa and Ushna Veerya

has the property of Vata and Kapha Shaman. Bibhitak is Tridoshar with Ushna Veerya and Laghu Ruksha Guna has effect on the Vataja Pratishyay.

Ingredients	Latin Name	Rasa	Vipaka	Veerya	Guna	Doshagnata
<b>Shunthi</b>	Gingiber officinalis	Katu	Madhur	Ushna	Laghu, Snigdha	Kapha Vatashamak
<b>Bibhitak</b>	Terminalia bellerica	Kashay	Madhur	Ushna	Laghu, Ruksha	Tridoshar (Kaphahar)
<b>Pippali</b>	Piper longum	Katu	Madhur	Anushnasheet	Snigdh, Laghu, Tikshna	KaphaVatashamak

Nasya is one of type of Panchakarma described in Ayurved. It means instillation of medicated oil through nostril. The process effectively soothes the nasal passage and clears the sinuses, expel mucous, releases toxins and improves health. Here we are administrating Anutaila nasya 2 drops in each nostril daily. The Anutails is very effective in Shodhana of nasal passage and clearing the accumulated Kapha. It also prevents inhalation of unwanted particles which may enters with polluted air.

#### CONCLUSION-

It has been concluded that Shunthyadi Kashay along with Anutails Pratimarsh Nasya is very effective in Vataj Pratishyay. Patient improved Symptomatically as well as Hematologically. This was a pilot study which can be evaluated further.

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