

EFFICACY OF NIRGUNDI TAILA NASYA AND ASHWAGANDHADI COMPOUND IN VATAJA PRATISHYAYA - A CASE STUDY**Dr. Swati Raikwar*¹ and Dr. Rathi S.²**¹PG Scholar, Dept. of P.G Studies in Shalakya Tantra, G.A.M.C, Bengaluru.²Professor Dept. of P.G and PhD Studies in Shalakya Tantra, G.A.M.C, Bengaluru.Article Received on
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Studies in Shalakya Tantra,
G.A.M.C, Bengaluru.**ABSTRACT**

Vataja pratishyaya is a disease affecting the nasal cavity. The clinical features of vataja Pratishyaya include anaddha nasa, pihita nasa, tanusarava, bhrisha kshava, shirovyatha, swarpopaghata and chirapaka. Due to the similarity in symptomatology, the disease is compared to Allergic rhinitis in modern parlance. This is a disorder in which there are episodes of nasal congestion, watery nasal discharge sneezing and redness and itching in eyes and nose. It is an extremely common condition, affecting approximately 20% of the population. A 25 years old male patient came to OPD of Shalakya Tantra Department, SJIM Bengaluru with Chief complaints of continuous episodes of sneezing, running nose, itching in eyes and nose since 1 year. In this case patient was treated with Nirgundi Taila Nasya and internally Ashawagandhadi

compound. The subject showed marked improvement symptomatically and marked changes are seen in haematological investigations. Vataja Prathishyaya is affecting the Urdhwajatru especially Nasa and hampering the lifestyle of the patient. The treatment modalities which are adopted in this case study is Nasya which is helpful in restoring the normalcy of nasal mucosa and internal medicine modifies the immune system and preventing the reoccurrence of the disease.

INTRODUCTION

Acharya Sushruta described 31 Nasagata Roga in Sushruta Samhita Uttartantra¹. Pratishyaya is one of the Nasagata Roga and a whole separate chapter is devoted by Acharya Sushruta in Uttara Tantra under Pratishyaya Pratishedha Adhyaya. Vataja prathishyaya is one among 5 types of Prathishyaya. Rhinitis is the condition in which the

mucous membrane of the nose is inflamed. Allergic Rhinitis² is an immunoglobulin IgE mediated type 1 hypersensitivity inflammatory disease. It is a type of inflammation in the nasal mucosa, paranasal sinuses and sometimes mucosa of the lower respiratory tract which occurs when the immune system overreacts to allergens in the air. It is seen to be one of the major problems, which can cause disturbance in routine work. It needs an intensive care for its control & care. Our social set up has changed in such a way that people don't hesitate to invite the disease by adopting almost all the means of Viruddha Ahara Vihara i.e. un salutary lifestyle and food habits – like consuming ice cream, cold drinks etc (even in winter season). junk food like pizza, burger, noodles (main ingredient. Maida), Air conditioner, coolers etc. which now a days has become a status symbol so nobody can avoid them. All of them are the main causative factors behind the manifestation of Pratishyaya. In modern medicine Long time use of drugs i.e. oral antihistamines, which are used in allergic rhinitis, has been limited due to sedative effect. Local irritation and epistaxis are the most frequent side effects of nasal corticosteroid. Intra-arterial injection of steroid into the inferior turbinate runs the risk of inducing blindness. All medical disciplines trying to find the effective ways to fight against such challenging tasks. Till date no satisfactory medical management has been developed for this creates a problem Hence, it need to search for a simple and effective remedy. Among the various Ayurvedic treatment modalities, Nasya is the chief procedure to drain Doshas from Shirah.

CASE STUDY

Centre of study - OPD of Shalakya Tantra Department, SJIIM Bangalore.

Case report- A 25 year old male patient came to OPD of Shalakya Tantra Department, SJIIM Bangalore with Chief Complaints -

- Continuous episodes of sneezing since 1 year.
- Running nose since 1 year.
- Itching in eyes and nose since 1 year.

HISTORY OF PRESENT ILLNESS

According to patient, he was asymptomatic 1year back. Gradually he developed above complaints since 1 year. He took allopathic medicines but didn't get complete relief. His condition worsens day by day. Now he want to take ayurvedic treatment so, he came to the OPD of our Institute for further treatment and further management.

HISTORY OF PAST ILLNESS

Nothing specific.

TREATMENT HISTORY

Cetirizine - 5 mg BD.

FAMILY HISTORY

No member of family had such illness.

PERSONAL HISTORY

Appetite - normal

Diet - mixed diet, junk food excessive eating ex- noodles bakery products

Sleep- Irregular

Bowel- Regular

ASHTAVIDHA PAREEKSHA

- ❖ Nadi - 90/min
- ❖ Mala - Prakruta
- ❖ Mutra - 4-5 times/ day
- ❖ Jivha - Alipa
- ❖ Shabda - Prakruta
- ❖ Sparsha - Ruksha
- ❖ Drik - Prakruta
- ❖ Akriti – Madhyama

GENERAL EXAMINATION

BP - 110/70 mmhg

PR - 80/min

R. R - <18/min

WEIGHT – 48 kg

HEIGHT – 165 cm

SYSTEMIC EXAMINATION

R.S. - AE= BE & Chest clear

CVS - S1 S2 normal

CNS- Conscious and Oriented

P/A –soft, non tender

EXAMINATION OF EYE

No conjunctival infection, frequent rubbing of the eyes,
Itching and watering of eyes present.

EXAMINATION OF NOSE^[3]

- Inspection: Swelling of the nasal mucosa, thin secretions.
- Anterior Rhinoscopy: Lower and anterior part of septum, middle turbinate appear red, floor of the nose becomes red, mucosa red, septum normal. No nasal polyps.

EXAMINATION OF EAR

- EAC: Clear
- Tympanic Membrane: Intact

EXAMINATION OF SINUS

No sinus tenderness.

EXAMINATION OF THROAT

- Posterior oropharynx is moist
- No sign of inflammation.

LABORATORY FINDINGS

- Hb% - 13 gm%
- TLC – 6000/cu mm
- Neutrophils - 60%, Lymphocytes - 25%
- Monocytes - 3 %, Eosinophil – 5%, Basophils – 0.6%
- ESR – 40 mm/hour
- Absolute Eosinophil count – 550 /cu.mm

ASSESSMENT CRITERIA^[4]

SYMPTOMS

SCORE

Nasasrava (Nasal discharge)

No discharge	0
Occasionally	1
Frequent	2

Continuous & heavy	3
Continuous, heavy, with foul smell	4

Kshavathu (Sneezing)

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

Nasavarodha(Nasal obstruction)

No obstruction	0
Partial, occasional & unilateral	1
Partial, occasional & bilateral	2
Complete, frequent & unilateral	3
Complete, always & bilateral	4

Pihita Nasa (foreign body sensation/ itching in nose)

No foreign body sensation in	0
Mild foreign body sensation in nose	1
Moderate foreign body sensation in nose	2
Moderately severe foreign body sensation in nose	3
Severe foreign body sensation in nose	4

Anterior Rhinoscopic Findings (Color of mucosa)

Pink (Normal)	0
Red (Inflamed)	1
Cherry Red / Blue (Blood stained)	2

Treatment Adopted

The patient was treated in the OPD of the Shalaky Department of GAMC Bengaluru and treatment was planned considering involved Dosha and Dushya.

Following treatment was administered

1. Nasya with Nirgundi Taila.^[5] 6 drops of lukewarm Nirgundi Taila was administered to each nostril in the morning for 14 days with the gap of 7 days in between.

2. Ashwagandhadi compound- orally

- Ashwagandha churna - 1gm
- Sitopaladi churna - 2gm
- Abhrak bhasma (Shatputi) - 250mg
- Sameerpannaga rasa - 65mg [1x2times a day with honey +Ghrita]

OBSERVATIONS AND RESULTS

After completion of 21 days of treatment and follow up for 1 month's clinical assessments were made from the interrogation with patient and assessment of objective parameters.

Symptoms	BT	AT (After first sitting of nasya)	AT (After second sitting of nasya)	Follow up (After 30 days)
Nasavrava (Nasal-discharge)	2	1	1	1
Kshavathu (Sneezing)	2	1	1	1
Nasavarodha	1	0	0	0
Pihita Nasa	2	1	1	0
Color of mucosa	1	1	0	0
Haematological investigations	Before treatment		After treatment	
ESR	40 mm/hr		20 mm/hr	
AEC	550cu/mm		430cu/mm	

DISCUSSION

Vata is considered as prime factor in the manifestation of Vataja Pratishyaya. Exposure to environmental factors such as dust, domestic smoke, climatic changes, pollen, house dust mite, intake of cold water were the causative factors and would cause the symptoms immediately after exposure. Nose is considered as the gateway of head. Nasya is one of the effective lines of treatment indicated in most of the Urdhwajatrugata Vikaras. The drug that is poured into the nasal cavity reaches various parts head through various Sira/ channels. Nirgundi a best Vatahara and Prathishyayahara drug is used for Nasya in the form of Taila. Taila Nasya helps in restoring the normal structural and functional integrity of nasal mucosa and internal medication will boost the immunity by its Rasayana effect. Ashwagandhadi compound containing Ashwagandha churna, Sitopaladi churna, Sameerpannaga rasa and Abhraka bhasma modifies the immune system as well as decrease the eosinophils. Oral medicines played a positive effect on digestive and metabolic process as well, thereby improving the system biology. Thus by nourishing the mucosa of the upper respiratory tract

improving the immune system by nasya and modifying the quality of blood comprehensively giving such desired effect in Allergic rhinitis.

CONCLUSION

Vataja Prathishyaya (Allergic Rhinitis) if untreated can lead to bronchial asthma, recurrent middle ear infections, sinusitis and chronic cough. Proper administration of Nasya (transnasal medication) is a boon for the sufferers of Vataja Prathishyaya/AR and other nasal disorders. Nirgundi taila nasya providing long-term relief from symptoms. Nirgundi taila was very effective in Kshavathu, Nasaavarodha, Kandu. This was pilot study to evaluate the efficacy of Nasya Karma and oral medication in the management of Vataja Prathishyaya and the result produced was encouraging enough not only on the assessment parameters, but also helped to gain resistance against allergens, repeated attacks and promoted immunity, physical and mental health of the patient.

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