

ALLERGIC RHINITIS IN AYURVEDIC PERSPECTIVES- CASE STUDY**Naishadh Sharma^{*1}, Prakash Kumbar² and Arpit Jani³**¹*PG Scholar of Kaychikitsa Department, Parul Institute of Ayurved, Vadodara.²Associate Professor, Department of Kaychikitsa, Parul Institute of Ayurved, Vadodara, Gujarat, India.³BAMS Ayurvedic Physician.Article Received on
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Corresponding Author*Dr. Naishadh Sharma**PG Scholar of Kaychikitsa
Department, Parul Institute of
Ayurved, Vadodara.**ABSTRACT**

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 characteristic symptoms of rhinitis are rhinorrhoea, itching, nasal congestion and obstruction. Everyone during this globe wants to become successful in several walks of life. But one among the factors/ailments which bring out a halt in such sort of journey has been recognized as an Allergic Rhinitis(AR). It impairs patient's quality of life and productivity very badly. Till date, there's no curative treatment for this annoying disorder in mainstream treatment system. Therefore, it's the necessity of hour to

present an efficient measure for an equivalent. The symptoms of vata- kaphaj pratishaya 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. during this Article Viewing to the present concept the Ayurvedic line of treatment of rhinitis includes, avoid allergens causing reaction (Nindan Parivarjan). Detoxification Pacification (Shaman), Mokshayan & rejuvenation (Rasayana). To establish the correlation of rhinitis thereto of Vataja Pratishyaya in Ayurvedic management of case study is undertaken and presented during this detail research article.

KEYWORDS: Allergic rhinitis, Ayurveda, Mokshayan(Shaman Aushadhi) Pratishyaya, Vataja Pratishyaya.

INTRODUCTION

Allergic disorders are among the most typical diseases affecting mankind. Everyday each individual gets exposed to an outsized number of chemical and biological agents present within the environment.

It significantly impairs patient's quality of life and productivity by imposing sneezing, nasal discharge, nasal blockage, headache, heaviness in head, itching in eyes, throat, palate etc. Details of the aetiology, prodromal symptoms, symptoms, diagnosis, prognosis, prevention and treatment of diseases. one of the eight branches of Ayurveda, an ancient healing science.^[1] Here the disease with symptoms almost like those of rhinitis has been delineated within the name of Vataja Pratishyaya.^[2] Instant onset and repeated episodes of those nasal symptoms also indicate the Vata Dosha dominance in its pathogenesis.^[3]

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. An attack typically lasts for quite an hour.

In pollinosis (seasonal allergic rhinitis) the matter is restricted to a specific time of year, in perennial rhinitis the nasal problem occurs throughout the year. The allergen that causes the allergy is pollen from grass, trees, flowers and spores from and fungi etc.

As per the American College of Allergy, Asthma and Immunology (ACAAI), rhinitis has increased one hundred pc in each of the last three decades. consistent with World Allergy Organisation (WAO), 400 million persons worldwide have rhinitis.^[4]

According to each other study, worldwide rhinitis affects between 10% and half-hour of population.^[5] AR has become the foremost common allergic/immunologic disorder within the U.S. population, and now affects an estimated one in seven Americans.^[6]

In India, 26% of population suffers from rhinitis.^[7] The prevalence of rhinitis may vary within and among countries.

This may flow from to geographic differences within the types and potency of various allergens and therefore the overall aeroallergen burden. Allergic rhinitis itself isn't life

threatening (unless amid severe asthma or anaphylaxis), but morbidity from the condition are often significant.

Allergic rhinitis is additionally related to otitis, 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.

How the Body Responds to allergens people susceptible to allergies produce more of a specific sort of immunoglobulin, called IgE. IgE forms after the initial contact with an allergen and becomes attached to cells within the tissues, referred to as mast cells, when the body encounters an equivalent allergen again it's going to react with the IgE, causing the mast cells to release variety of chemicals including histamine the chemical cause swelling and inflammation within the surrounding tissues and provides rise to varied allergic symptoms, counting on which a part of the body is affected.

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.

In allergic subjects additionally to circulating antibodies, there's a special sort of reaginic antibody which may fix itself on tissue cells including mast cells. In Antigen – antibody reaction during which reaginic antibody takes part, there's realease of histamines and alike amines to cause local vasodilation and increased capillary permeability to supply local oedema, which is characteristic feature of nasal allergy. Nasal allergy could also be perennial or seasonal.

Dosha Dushya Vikruti and Adhishthan

- Dosha: Tridosha, Mainly vata & Kapha
- Dushya: Rasa, Rakta
- Adhishthana: Nasa Pradesha
- Srotas: Pranvaha, Rasavaha, Raktavaha
- Srotodushti prakara: Attipravritti, Sanga, VimargagAmana
- Udhbhava Sthana: Amshaya, Pkvashya
- Agni: Mandya

Allergic Rhinitis vis-a-vis Vataja Pratishyaya

As stated above, rhinitis are often well correlated with Vataja Pratishyaya of Ayurvedic Science and therefore the base/reasoning behind it's going to be presented as follows.

ETIOLOGY WISE SIMILARITY

Both the disease entities share common etiological factors for his or her manifestation as evident from table-1:

Table 1: 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;	<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>Rituvaishmya</i>
5.	Humidity.	<i>Avashyaya</i> (Exposure to dew) <i>Anil</i> (Exposure to cold breeze)
6.	Pollution	<i>Dhooma Sevana</i>

Above stated etiological factors are predisposing factors/provocating/immediate causes. In addition to above causes there are other etiological factors mentioned in Ayurveda also for Pratishyaya (rhinitis) i.e.

- Ati Swapna (Excessive sleep)
- Ati Jagaran (Excessive vigilance)
- Ati Neech Updhana (Use of pillow of meager height)
- Ati Uchha Updhana (Use of pillow of an excessive amount of height)
- Anya VariPaan (Intake of water from different sources)
- Atyambupaan (Drinking of more quantity of water)
- Ati Jala Krida (Indulging more in water sports)
- Ati Bhashya (Too much of speaking)

These etiological factors of rhinitis excite the pathology during a different way through the series of stages of Sanchaya (Stage of accumulation of Dosha), Prakopa (Stage of provocation), Prasara (Stage of dissemination/transmission), Sthanasanshraya (Stage of localization), Vyakta (Stage of manifestation), Bheda (Stage of complication) and result into a chronic phase of disease/condition. II) Comparative clinical features of rhinitis & Vataja

Pratishyaya The clinical features of Allergic Rhinitis (AR) also are considerably almost like those of Vataja Pratishyaya as evident from following table 2.

Table 2: 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 Sravapravartan</i> (Watery discharge)
4.	Paroxysmal sneezing	<i>Kshavathu</i>
5.	Vacuum headache	<i>Shankh Nistoda</i> (Headache)
6.	Hoarseness of voice	<i>Swaropghat</i>
7.	Dryness of oropharynx	<i>GalaTaluOshtha Shosha</i>

CASE REPORT

A 42year old male patient came with complaints of sneezing, running nose, headache, itching in nose since 10 years and was diagnosed as Pratishyay. Patient was on Tablet Cetirizine 5mg daily after meal with water, occasionally he use to take tablet Dexamethasone 10mg and there have been associated complaints like fever sometimes.

There was no any past history of injury, wound, in touch to any chemical or harmful dietary substance. There was H/o of nasal polyp operated since 5 yrs.

EXAMINATION

Vitals were normal with adequate diet. Local & systemic examination reveals no any abnormality. Bowel habits were normal. Micturition was 5-6 times during a day & 0-1 times in the dark.

Investigation

- CBC
- HB
- IgE

Intervention

Sr.no	Day	Shaman
1	1 st week	<ul style="list-style-type: none"> • Mokshayan sryp (A/F with water) • Laghuvasanta malini rasa 1-1-1 a/f with warm water • Amapachak vati 2-0-2 b/f with warm water • Amalaki rasayan 2-2-2 A/F with warm water
2	2 nd week	Same
3	3 rd week	Same

4	4 th week	Same
5	5 th week	Same
6	6 th week	Same
7	7 th week	Same

OBSERVATION

Sr.no	Test	5/9/19 Before Treatment	5/11/19 After Treatment
1	CBC (ESR)	32mm/hr	8mm/hr
2	HB %	11.5 gm %	11.7 gm%
3.	IgE	2.68 IU/ml	1.46 IU/ml

4. Mokshayan- Contents**Ayurvedic name****Botanical name**

Haridra -	Curcuma Longa
Punarnava -	Boerhaavia Diffusa
Bilva -	Aegle Marmelos
Lodhra -	Symplocos Racemosa
Vacha -	Acorus Calamus
Tulsi -	Ocimum Sanctum L
Brahmi-	Bacopa Monnieri
Manjishtha -	Indian madder
Amla -	Emblica Officinalis
Ashwagandha -	Withania somnifera
Guduchi -	Tinospora Cordifolia
Ghratkumari -	burn plant
Raw honey -	

Haridra^[8]

Gastrointestinal disorders, Respiratory disorders, Inflammatory disorders, DM, Cardiovascular disorder, Hepatoprotective, Neuroprotective activity, Alzheimer's disease, Chemoprotective activity, Anti cancer activity, Anti allergic activity, Anti-dermatophytic activity.

Punarnava^[9]

Immunomodulatory effects, Immunosuppressive activity, Antidiabetic activity, Anti-metastatic activity, Antioxidant activity, Antiproliferative and Antiestrogenic activity, Analgesic and anti-inflammatory activity, Anti-lymphoproliferative activity, Anti-viral

activity, Hepato-protective activity, Antibacterial activity, Antistress & adoptogenic activity, gas Scavenging activity, Adaptogen activity, Growth Inhibition of Struvite Crystals, Anti fibrinolytic activity, Chemo-preventive action.

Bilva^[10]

Antioxidant activity, Antifungal and Antibacterial activity, Anti-inflammatory activity, Antidiabetic activity, Hepato-protective activity, Anti-arthritic activity, Antidiarrheal activity.

Lodhra^[11]

Management of Pratisyay, Antibacterial Activity, Anthelmintic effect, Anti-inflammatory activity, Anti-oxidant activity, Anti-ulcer property, Hypo-lipidemic activity, Neuro supportive role, Hepato protective activity, Lipoxxygenase and urease inhibitory activity.

Tulsi^[12]

Anticancer activity, Chemo-preventive activity, Radio-protective activity, Antioxidant activity, Antihypertensive and cardio-protective activities, Antimicrobial activity, Central Nervous System (CNS) depressant activity, Anti-inflammatory activity, Analgesic activity, Antipyretic activity, Memory enhancer activity, Hepato-protective activity, Anti-fertility activity, Anti-diabetic activity, Anti-ulcer activity, Anti-arthritic activity, Adaptogenic activity/anti-stress activity, Anti-cataract activity, Anti-coagulant activity.

Bramhi^[13]

Anti-Asthmatic activity, Anti-cancer activity, Anti-convulsive, Anti-depressant, Anti-inflammatory, Anti-nociceptive activity, Anti-oxidant activity, Anti-stress Activity, Anti-Spasmodic activity, Anxiolytic effect, Cardiovascular activity, Gastro-protective activity, Hepato-protective activity, Learning and memory.

Manjistha^[14]

Anti-Inflammatory Effect:, Neuroprotective Properties, Anti-bacterial Activity, Hepato-protective Activity, Anti-Diabetic Property, Radio-protective Property, Nephrotoxicity, Anti-proliferating Property, Protective effect, Anti-oxidant effect, Anti-Ulcer Effect, Anti-Adipogenic Activity, Anti-HIV Activity, Wound Healing Effect, Anti-tumour activity.

Guduchi^[15]

Anti-stress activity, enhance verbal learning and logical memory, protects against neuro-degeneration, anti-inflammatory, mild analgesic effect, anti-allergic and bronchodilator,

Antioxidant activity, effective in iron-mediated lipid damage and gamma-ray-induced protein damage, Antineoplastic and Radio-protective activity, Antipyretic, Anti-infective activity, hepato-protective activity, anti-hyperglycemic activity, immuno-modulatory action, diuretic effects, cardio-protective, anti-leprotic activity during a combination formulation, Gastrointestinal and anti-ulcer activity, Antifertility Activity, anti-osteoporotic agent, increase the complete blood count and has lead scavenging activity.

Ghritkumari^[16]

Anti inflammatory action, Anti-diabetic effects, Anti mutagenic effects, Anti-oxidant effects, Immunomodulatory effects, Anti bacterial/ anti fungal/ anti viral actions, Effect on gastric acid secretion and ulcers, Arthritis, Joint and Muscle Pain, Laxative effects, Antiseptic effect.

Honey^[17]

Antimicrobial Activity of Honey, Antibacterial Activity, Anti viral activity, Diabetic Benefits, Gastrointestinal Effects, Arthritis, Bladder Infections, Anti-cholesterol, skin infections.

DISCUSSION

Nidana-Parivarjana (Abstinence from etiological factors) has been assumed because the foremost strategy to overcome over any disease. But inclination towards this will only be attained by persuading it's how abouts to the masses. Hence it's obligatory to possess a discussion there on.

Avashyaya results in Vataja Pratishyaya with the vitiation of Vata by virtue of its Sheeta Guna whereas Rajah Sevana i.e. excessive exposure to dust does so by mainly its Sukshma and Chala GUNA. Exposure to cold breeze brings about the disease by its Sheeta and Chala Guna whereas Ati Jagarana (excessive awakening) is liable for the presentation of the ailment by the vitiation of Vata with enhanced Chala and Ruksha Guna. So far as Anya Varipaan i.e. intake of water from different sources cares , it brings about vitiation of Vata and Kapha due to Asatmyata (unsuitability). Most of the symptoms of rhinitis correspond to Vataja Pratishyaya. Vataja Pratishyaya. Here the drug of choice is mokshayan and other shaman Aushadhi.

Among the following drugs,

1. Mokshayan contains are Haridra, Punarnava, Bilva, Lodhra, Vahca, Tulis, Bhrahimi, Manjistha, Amla, Aswagandha, Guduchi, Ghritkumari, Honey. Though the drug have shown good anti allergic properties against Respiratory symptoms but the study period was short. Proper assessment of this parameters are often through with longer duration and more patients.
2. Laghumalini vasantha rasa: One among the simplest Tridosha-Shamaka Dravya. with its main contents i.e. Rasaka, Maricha, Navanita, Nimbu Swaras etc, it helps to get rid of Srotorodha. Also it helps to potency of other drugs used alongside it.^[18]
3. Amapachak Vati: One among the simplest Tridosh-Shamak dravya. with its main contents i.e. Haritaki, Shunthi, Mricha, Pippali, Saindhav, Suddhagandhaka etc, it helps to get rid of Srotorodha by Amapachan.
4. Amalaki Rasayan: Its main contents Amla, Chitraka, Pathay, Pippali, Saindhav, etc it helps to get rid of Dosha, Agnimandya.^[19]

CONCLUSION

The yoga Mokshayana syrup and with other Aushadhi like Amalaki Rasayan, Amapachak Vati and Laghumalini Vasantha Rasa shown better relief in symptoms of Vataja Pratisyay (Allergic Rhinitis).

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