

## **A BIRD EYE VIEW ON JIRNA PRATISYAYA AND ITS TREATMENT PRINCIPLES**

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### **ABSTRACT**

Ayurveda is the old most medication science with equivalent accentuation upon counteraction and fix. Because of ecological contamination, an Earth-wide temperature boost, and way of life problems, an extremely normal sickness, Pratishyaya/Rhinitis happens significantly more much of the time than previously. Pratishyaya has been considered as a different clinical condition in Uttar Tantra of Sushruta Samhita. Ill-advised administration or carelessness can prompt loads of intricacies like Badhirya, Andhata, Gandhanasha, Kasa and so on. Rhinitis is an aggravation of the nasal films, described by watery nasal release, nasal block, sniffing and nasal tingling. This may likewise be related with side effects of tingling in the eyes, sense of taste and pharynx. Numerous treatment modalities are made sense

of in current arrangement of medication like corticosteroids, antiallergics, inhalers, allergy medicines and so on, yet not a single one of them are absolutely powerful in relieving the sickness as well as forestalling its repeat, more over they make their own side impacts.

**KEYWORDS:** Pratishayaya; Ayurveda; Rhinitis.

### **INTRODUCTION**

The human body is constantly affected by ecological burdens as contamination, synthetic compounds, pesticides, hereditarily altered food, smoke and deviant eating routine as inauspicious feasts, over eating, cold beverages, frozen yogurt and so on, which leads to respiratory lot sickness. These elements bring down the resistance of nasal mucosal layer

prompting different infections. Among these sicknesses, Pratishyaya is an exceptionally normal one. Pratishyaya is depicted since Samhita kala in Brihatrayee as well as Laghutrayee. It is portrayed as a foreboding side effect/purvarupa of Tuberculosis/Rajyakshma and as a side effect of Vega vidharanaj, Kshayaja and Vishamasanaja Yakshma. In Sushruta Samhita, it is given in more nitty gritty as a different part. Acharya Charaka depicted Pratishyaya as a lakshana of Sahasajanya, Dhatukshayaj, Sandharanajanya and Vishamashanaj Shosha in the part Shoshanidan of Nidan Sthana. In eighth part Rajyakshma chikitsadhyaya of Chikitsa Sthana, Pratishyaya is given as a purvarupa and lakshana of Yakshma. In this part, samprapti as well as broad treatment of Pinas (Pratishyaya) is depicted. In twenty 6th part Trimarmiya chikitsaadhyaya, nidana and pathya of Pratishyaya is given. The Symptoms as well as treatment of explicit kinds of Pratishyaya for example Vataj, Pittaj, Kaphaj and Sannipataj Pratishyaya is depicted in this section. Assuming that patients disregard, a wide range of Pratishyaya, it can change into Dushta Pratishyaya. As per Ayurveda, Pratishyaya is one of the main infection among Nasa roga (Nasal Disease) characterized as a condition where the emission delivered because of vitiation of Vata and Kapha at the foundation of nose which streams down through the nose against the motivated air.<sup>[1]</sup> Acharya Susruta has depicted five sorts of Pratishyaya among in 31 nasaroga.<sup>[2]</sup> Historical background: Prati + Shyeng + Gatav = Pratishyaya The word Pratishyaya is gotten from "Shyeng" Dhatu which alludes to move, when this Dhatu is prefixed by "Prati" and suffixed by "Gatav", the word Pratishyaya is structure. Definition: The word Pratishyaya is gotten from two words - "prati" and "shyaya". Prati - against the bearing Shyaya - moving or streaming.

Acharya Charaka characterized it as Kapha, Pitta, Rakta which being available in Ghrana moola, consolidates with Vata Dosha bringing about the emission which stream against the enlivened air.<sup>[3]</sup> Significance of Pratishyaya 1. Pratishyaya is the causative condition for the wide range of various sicknesses of the nasal hole, and thus it is made sense of with need in the nasarogas. 2. Pratishyaya is the main illness made sense of in Shalakyta tantra which creates difficulties even before the signs and side effects happen. Thus whenever treated when the purvaroopas are seen, the further pathology can be halted. Taking into account this multitude of realities, Pratishyaya has an exceptional significance and ought to be treated when identified in its underlying stages. Nidana of Pratishyaya - Nidana of Pratishyaya are ordered under 1. Sadyojanaka Nidana 2. Kalantarajanaka Nidana.

**Amavastha:** The symptoms are- Aruchi, Vaktravirasam, Nasasrava, Ruja, Arati, Shirogurutvam, Kshvathu and Jwara.

**Pakwavastha:** This stage comes after the Amavastha in which Tanutvamamalingam, Shirah Nasa Laghuta and Ghanapittakaphatvam are the symptoms.

**SAMPRAPTI** These etiological variables of rhinitis incite the pathology another way through the Shadkriyakala. Here Vata, Pitta, Kapha and Rakta gets vitiated with their own etiological factors. The vitiated Vata when arrives at Shira Pradesha Kapha, Pitta and Rakta avarana of Dosha for the gati of Vata and Doshas get stopped in Shira Pradesha. Vriddha Vata ousts out Kapha, Pitta and Rakta through nasal course consequently bringing about the sickness Pratishyaya.<sup>[9]</sup> Noticing the causative variables, sensitivity is noted as a significant etiology. As essentially seen, 20% of populace experiences some sensitivity at some point throughout everyday life.<sup>[22]</sup>

**PURVA ROOPA** – It has been stated by Sushruta. Madhava Nidana and Bhavprakash have followed Sushruta in describing the purvaroopta.<sup>[12]</sup> 1. Shirogurutvam (heaviness in the head) 2. Kshvathu Pravartanam (Sneezing) 3. Angamarda (Bodyache) 4. Parihristaromta (Generalised horripilation).

**Classification-**Acharya Susruta, Vagbhat, Madhavakar, Bhava Mishra, Sharangadhara have described five types of Pratishyaya on basis of Doshas. But Acharya Charaka and Kashyapa have not accepted Raktaja Pratishyaya.<sup>[10,11]</sup> According to Rasa Ratna Samuchchaya, there are six types of Pratishyaya.

**Raktaja Pratishyaya** -According to Charaka: he has not described Raktaja Pratishyaya.

**Sannipataja Pratishyaya-** According to Charaka: Symptoms are Sarvanirupani, Tivraruja, Dukhadayee. (C.Chi.26/106).

**According to Susruta:** it occurs again and again but stops suddenly. (Su.Ut.24/10-11).

**According to Vagbhat:** Symptoms are Sarvaja lakshana, Akasmat vridhishanti. (A.H.Ut.19/7).

**Dusta Pratishyaya:** If Pratishyaya not treated properly, leads to Dust Pratishyaya.

**Management of Pratishyaya-** The dietary measures, medications for Sodhana and Shaman and various treatment modalities for Pratishyaya are explained in detail by Acharya Sushruta.<sup>[13]</sup>

The first step in the treatment is Nidana-Parivarjan. As only local treatment is not enough to treat the disease, oral medication is also necessary which helps to remove the pathology and also improves the immunity status.

As per Acharya Sushruta, Langhana along with deepana and pachana dravyas, Swedana, Vamana, Avapeedana Nasya and ghrita pana (except Navin Pratishyaya) are the common treatment methodologies suggested in all types of Pratishyaya. Panchakarma is of significant detox value against all the three Tridosha.<sup>[21]</sup>

Treatment of Apakva Pratishyaya – Swedana from Kanji etc. Amla pathartha, intake of hot substances, use of milk mix with Adarka and use of ekshu preparation like Gud, Fanita yoga etc.<sup>[14]</sup>

Treatment of Pakva Pratishyaya – Tikshna Shirovirachana, Dhoompana, Asthapanabasti, Kaval, Nasya and use of Haritaki.<sup>[15]</sup>

Treatment of Vataja Pratishyaya.<sup>[16]</sup>

- Ghritapana – Oran administration of Panch lavan siddha ghrita and Vidharigandhadi gana siddha ghrita.
- Nasya
- Arditokta chikitsa – Shirobasti, Nasya, Dhooma, Upnaha, Sneha & Nadi Swadana, Ksheer taila pana and Abhayang. Treatment of Pittaja & Raktaja Pratishyaya.<sup>[17]</sup>
- Ghritapana
- Perisheka
- Pradeha
- Virechan
- Nasya

### Exclusive treatment

1. Oral administration – Kakolyadi gana siddha ghritapana and Shreeveshtaka, Sarjarasa, Priyangu, Madhu, Sarkara, Draksha, Madhulika, Gojihva, Gambhari, Madhuka mix with ghee.

2. Parisheka – from Sheeta Dravyas.
3. Pradeha – from Sheeta Dravyas.
4. Virechan – from Madhura dravyas
5. Nasya – Dhavtwak, Triphala, shyama, Tilvaka, Madhuka, Shreeparni, Haridra rubbed with water, milk and tila taila used for Nasya.

#### Treatment of Kaphaja Pratishyaya<sup>[18]</sup>

1. Ghritapana
2. Yavaghu pana
3. Vaman
4. Kaphaghna Karma
5. Nasya
6. Dhoompana

#### Exclusive treatment

1. Yavaghu pana – Yavaghu preparation of Tila and Masha.
2. Nasya – Bala, Atibala, choti Kantkari, badi Kantkari, Vidang, Goshura, Swetamoola, Gambhari, Punarnava rubbed with Tila taila used for Nasya.
3. Dhoompana – Sarla, Kinhi, Devdaru, Nikumbha, Hinghota rubbed with water and make Varti, used for Dhoompana.

#### Treatment of Sannipataja Pratishyaya<sup>[19]</sup>

- Ghritapana
- Tikshna dhoompana
- Use of Katu Aushadi
- Nasya
- Kavala
- Shirovirechana

#### Exclusive Treatment

1. Nasya – Rasanjan, Atish, Musta, Devdaru rubbed and mix in Tila taila and water used for Nasya. Jangal meat, milk, Dashmool, Vidharigandhadi gana drugs rubbed and mix with Eladigana drugs & ghee, used for Nasya.

2. Kavala – Decoction of Musta, Tejovati, Patha, Katphala, Katuka, Vacha, Sarspa, Pippalimoola, Pippali, Sandhav, Chitraka, Tutha, Kranja, Lavan, Devdaru. Also used as Shirovirechan (Taila preparation).

Sushruta has specially mentioned krimighna chikitsa such as use of Vidangadi medicine in Nasya form and Krimighna Karma.<sup>[20]</sup>

### **Certain Instructions to be followed**

- The patient suffering from pratishyaya should avoid cold breeze and polluted air.
- It is advisable to use a mask or cover the face and nose to avoid pollutants and causative organisms to enter the nose.
- Artificially cooled air should be avoided as it absorbs all the moisture and causes severe drying effect of the nasal mucosa.
- Regular nasal douching should be done with saline water to reduce the crusting of the nasal mucosa. Regular Nasya chikitsa should be followed.

### **CONCLUSION**

Ayurvedic plans can be taken on for more viable, non-substance treatment of Pratishyaya. All plans are proposed to be taken up for assessment of their impact in Pratishyaya w.s.r to rhinitis to concoct safe and practical treatment for this disease.

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