

## KAPHAJ PRATISHAYA MANAGEMET; A HOLOSTIC APROACH TO RESPIRATORY HEALTH WITH CLASSICAL VIRECHAN FOLLOWED BY SHAMAN AUSHADA - A CASE STUDY

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### ABSTRACT

Kaphaj Pratishyaya is a Sanskrit term that refers to a specific type of rhinitis or nasal congestion in Ayurvedic medicine. It is caused by an imbalance of the Kapha dosha, which is responsible for the body's structure and lubrication. With signs and symptoms of Kaphaja Pratishyaya is characterized by: Excessive mucus production, Nasal congestion, Runny nose, Sneezing, Coughing, Headache, Heaviness in the head and face, Loss of smell and taste. A 26 years old male patient came to OPD of shalakya tantra Dept, SJIIM Bengaluru with complaints of **nasal block since 3 years associated with headache, post nasal drip, breathing difficulty since 6 months**. In this case is treated with classical virechana followed by shaman Aushadi. The subject showed marked improvement symptomatically. Treatment modalities which are adopted in this case helps for restoring the health.

### INTRODUCTION

According to Ayurveda Kaphaja Pratishyaya occurs when the Kapha dosha becomes aggravated, leading to an overproduction of mucus in the nasal passages. Acharya sushruta explain 31 type of Nasagata roga in sushruta Samhita uttar tantra under pratisheda adhyaya. kaphaj pratishaya is 1 among 5 types of pratishyaya. Ancient Indian system of medicine, offers a more holistic approach to understanding and managing nasal congestion. In Ayurveda, nasal congestion is known as Kaphaja Pratishyaya, a condition characterized by an imbalance of the Kapha dosha. This can be caused by various factors, including: Consuming heavy, cold, and oily foods, Excessive sleeping, Lack of physical activity, Exposure to cold and damp environments, Stress and emotional imbalances. Nasal congestion, or a stuffed

nose, is a common complaint that affects millions of people worldwide. Treatment for Kaphaja Pratishyaya focuses on balancing the Kapha dosha through diet, lifestyle modifications, and Ayurvedic remedies. While modern medicine often resorts to quick fixes like decongestants, NSAIDS. The In this article, we'll delve into the Ayurvedic perspective on Kaphaja Pratishyaya, its causes, symptoms, and treatment options, offering a natural and sustainable approach to breathing easy once again."

## **CASE STUDY**

**Centre of the study** – Ipd of shalakyta tantra dept, SJIIM Bengaluru.

**Case report** – a 26 years old male patient came to opd of shalakyta tantra dept, SJIIM Bengaluru with complaints of nasal block since 3 years associated with headache, post nasal drip, breathing difficulty since 6 months.

Treated with classical virechana followed by shaman. Aushadi

## **HISTORY OF PRESENT ILLNESS**

A 26 yrs old male patient not known case of any systemic disorder, was said to asymptomatic 3 year back. Gradually he developed Complaining of nasal block since 3 years associated with headache, post nasal drip, breathing difficulty since 6 months. since 3 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 (SOS)

Nasal spray (details not known) using since 2 years

## **FAMILY HISTORY**

No member of family had such illness.

## **PERSONAL HISTORY**

Appetite - normal

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

Sleep- Irregular

Bowel- Regular

### ASHTAVIDHA PAREEKSHA

- Nadi - 90/min
- Mala - Prakrita
- Mutra - 4-5 times/ day
- Jivha - lipta
- Shabda - Prakrita
- Sparsha – anushna
- Drik - Prakruta
- Akriti – Madhyama

### GENERAL EXAMINATION

BP - 110/70 mmhg

PR - 80/min

R. R - 18/min

WEIGHT – 58 kg

HEIGHT – 165 cm

### SYSTEMIC EXAMINATION

R.S = Chest clear

CVS - S1 S2 normal

CNS - Conscious and Oriented

### EXAMINATION OF EYE

Frequent rubbing of the eyes present

Itching and watering of eyes present.

No conjunctival infection,

### EXAMINATION OF NOSE<sup>[3]</sup>

Inspection: Swelling of the nasal mucosa, white thick nasal secretions.

Anterior Rhinoscopy: Lower and anterior part of septum, middle turbinate appear pinkish, floor of the nose becomes red, mucosa red, septum normal.

Bilateral inferior turbinate hypertrophy present

**EXAMINATION OF SINUS**

O/E =

B/L frontal

Ethmoid

Maxillary sinus tenderness

**LABORATORY FINDINGS**

- Hb% - 16 gm%
- TLC – 4800/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<sup>[4]</sup>****SYMPTOMS SCORE**

Nasasrava (Nasal discharge)

No discharge 0

Occasionally 1

Frequent 2

Continuous & heavy 3

Continuous, heavy, with foul smell 4

**Nasavarodha (Nasal obstruction)**

No obstruction 0

Partial, occasional & unilateral 1

Partial, occasional & bilateral 2

Complete, frequent & unilateral 3

Complete, always & bilateral 4

**HEADACHE**

No headache 0

Occasionally (mild) 1

Frequent (moderate) 2

Continuous (severe) 3

Very severe 4

**HEAVINESS OF HEAD**

No heaviness 0

Occasionally (mild) 1

Frequent (moderate) 2

Continuous (severe) 3

Very severe 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 with classical virechan and followed by shaman aushadi based on dosha and dushya

**Deepan pachan** for 5 days. (from 20-2-2024 to 24-2-2024)

1) Chitrakadi vati = 2 tid b/f

2) Avipattikar churna = 1 tsp with warm water at bedtime

**Snehapana** for 5 days (from 25 -2-24 to 29 -2-24)

With guggulutiktak ghrita based on kosta and agni along with shunti jalapana.

**Virechan karma (1-3-24)**

Trivrit leha 80 grams in empty stomach in the morning.

Advised to have warm water until hungry.

Vega = 24 vega

Patient felt hungry at 5 pm

**Virechan vega nirnaya**

	Uttam shuddi
Vagiki	24
Antiki	Kaphante

**Samsarjana krama for 7 days (2-3 -24 to 8-3-24)****SHAMAN AUSHADI**

1. Haridra khanda 1tsp -0-1tsp for 1 month
2. Tab Mahalaxmi vilas rasa 1 -0-1 after food for 1 month
3. Steam inhalation for 1 month.

**OBSERVATION**

After completion of treatment and follow up for 1 month clinical assessment were from objective parameters.

<b>SYMPTOMS</b>	<b>BT</b>	<b>AT (virechana)</b>	<b>Follow up</b>
Nasasrava	2	2	0
nasavarodha	3	2	1
Headache	3	2	0
Heaviness of head	3	1	0
Colour of mucus	2	0	0
Breathing difficulty	3	2	0
Post nasal drip	3	1	0

**DISCUSSION**

In this we got good result with ayurvedic management with Virechan (Purgation Therapy) and followed by shamanaushadhi and patya, apatya. Virechan is a classical Ayurvedic detoxification procedure. In the context of respiratory health, Virechan is used to: Remove excess Kapha (mucus) from the lungs and airways, Clear congestion and obstruction in the respiratory tract, Enhance lung function and improve breathing shaman Aushadi (Herbal Medicine) Following Virechan, Shaman Aushadi is administered to Soothe and calm the respiratory tract, Reduce inflammation and congestion, Enhance immune function and prevent recurrent infection, Improved lung function and breathing, Enhanced immune function and reduced susceptibility to infections, Reduced congestion and inflammation in the respiratory tract, Overall improvement in respiratory health and well-being.

**CONCLUSION**

Kapaj Prathishyaya or sinusitis as an imbalance of kapha and pitta, which affects the nasal passage and sinuses. Proper administration of virechan helps in the sufferers of kaphaja

pratishyaya and other nasal disorders.

Virechan providing long-term relief from symptoms. Virechan is vital ayurvedic detoxification and purification process with numerous benefits including bowel movement, eliminate toxins very easily with improving digestion and reduces stress. It was very effective in Nasaavarodha, swasa, nasasrava. This study is to evaluate the efficacy of virechan and shaman aushad in the management of kaphaj Prathishyaya. And the result produced was encouraging enough not only on the assessment parameters.

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