

**THE ROLE OF SHATYADI CHURNA IN THE MANAGEMENT OF PRATISHAYA IN 6 YEAR OLD CHILD – A CASE STUDY****Dr. Mikhil Trambakrao Patil<sup>1\*</sup> and Dr. Deepak Khawale<sup>2</sup>**

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**ABSTRACT**

The basic concept of *Ayurveda* is the prevention and cure of disease, as it is mentioned as the main aim of *Ayurveda*.<sup>[1]</sup> In *Ayurveda*, *Bala Chikitsa* has been described as it is one among the *Ashtanga Ayurveda*.<sup>[2]</sup> *Pratishyaya* has been a major problem in the Paediatric practice. The word, *Pratishyaya* indicates a recurrent attack. It is one of the important disorders found among the *Nasaroga*. If it is untreated, it turns into the *DushtaPratishyaya*. Therefore, early management of *Pratishyaya* is also important. It can be correlated with Rhinitis in modern science. It is characterized by nasal block, nasal discharge, headache, sneezing, etc. It is also developed due to the seasonal change, allergies, dust, etc. It is one of the common disorders of the Respiratory system. Treatment of *Pratishyaya* needs more care towards children and observations for developing any complications. *ShatyadiChurna* is a formulation that is mentioned in *Yogaratanakara* and *VangasenaSamhita* for the management of *Pratishyaya*. Here in this case study, *ShatyadiChurna* is taken with *Sarpi*, *GudaAnupana* for the management of *Pratishyaya* in children.

**KEYWORDS:** *Pratishyaya*, Rhinitis, *ShatyadiChurna*.

## INTRODUCTION

The disease *Pratishyaya* means a continuous discharge from the nose. It is further explained by the commentator, that this nasal discharge is precipitated by the etiological factors.<sup>[3]</sup> Improper management of *Pratishyaya* can lead to a severe and complicated condition, called '*DushtaPratishyaya*' which is difficult to treat and causes a lot of complications like *Badhirya*, *Andhata*, *Ghrananasha* etc.<sup>[4,5]</sup>

*Pratishyaya* is one of the *Nasaroga*, defined as one of the conditions, where secretion is produced due to vitiation of *Vata* and *Kaphadosha* at the root of the nose which flows down through the nose against the inspired air. *Acharya Sushruta* has described five types of *Pratishyaya* in 31 *Nasaroga*.<sup>[6]</sup>

*Pratishyaya* can be correlated with Rhinitis in modern science. Due to increased environmental pollution, Rhinitis is a common disease. If this stage is not properly treated, it will further cause sinusitis, bronchitis, asthma, etc. Also, it is developed due to various triggering factors, allergies, dust, etc. Rhinitis is a condition in which there is inflammation of the mucous membrane of the Nose. It is the most prevalent chronic condition.

Rhinitis describes the group of symptoms, including running nose, itching, and sneezing caused by the nose's irritation and congestion in the nose.<sup>[7]</sup> The prevalence of rhinitis in preschoolers is 11.3%, school going children it is 24.4%.<sup>[8]</sup> In modern science, Rhinitis is treated with treatment like anti-allergic, and antibiotic medicines, which have momentarily effects. But however frequent use of these drugs may lead to the habit of the drugs, which may affect the child's life.

*ShatyadiChurna* was mentioned in the *Yogaratanakara* and also in *Vangasena Samhita* for the management of *Pratishyaya*. It includes *Shati*, *Bhumyalaki* and *Trikatu*. All drugs are *Ushna*, and *Tikshna* having *Kaphaghna*, *Krumighna*, *Vataghna*, and *Anulomana* properties also help to improve *Agnimandya*. Therefore, *ShatyadiChurna* was used with *Anupana* of *Sarpi*, *Guda* for about 7 days.

## OBJECTIVES

To assess the effect of *ShatyadiChurna* in the management of *Pratishyaya* s.r. to Rhinitis.

## MATERIAL AND METHODS

### Disease Review

#### *Pratishyaya* Definition

Commentator *Dalhana* mentioned that it is a condition in which *Kapha*, *Pitta*, and *Rakta* move along with the help of *Vata Dosha* is known as '*Pratishyaya*'. In this condition, the *Vata Dosha* goes in the upward direction with the help of *Pitta*, *Kapha*, and *Rakta*.<sup>[9]</sup>

#### *Nidana* [Etiological factors]

The *Nidanas* of *Pratishyaya* can be classified under the following headings.<sup>[10]</sup> *Sannikrushta Nidana* [*Sadyojanaka*] & *Viprakrushta Nidana* [*Kalantarajanaka*]. Both *Nidanas* lead to *Chaya Prakopa* of *Doshas* and develop the disease *Pratishyaya*.

#### *Poorvarupa*<sup>[11]</sup>

*Poorvarupa* of *Pratishyaya* is mentioned in *Sushruta Samhita* which are *Angamarda*, *Shirogaurava*, *Kshavathu*, *Jwara*, *Kasa*, *Lomaharsha*, *Stambha*, etc.

#### *Roopa*

*Samanya Roopa* of *Pratishyaya* according to different Acharyas are as follows

<i>Vagbhata</i> <sup>[12]</sup>	<i>Charaka</i> <sup>[13]</sup>	<i>Kashyapa</i> <sup>[14]</sup>
<i>Shwasa Kricchata</i> [Nasal obstruction]	<i>Shirashoola</i> , <i>Shirogaurava</i>	<i>Shirashoola</i> , <i>Shirogaurava</i>
<i>Pinasa</i> [Nasal discharge]	<i>Nasa Viplava</i> , <i>Swarabheda</i>	<i>Nasa Viplava</i> , <i>Swarabheda</i>
<i>Pratatam Kshavathu</i> [Frequent sneezing]	<i>Aruchi</i> , <i>Jwara</i>	<i>Aruchi</i> , <i>Jwara</i>
<i>Sa anunasikavaditvam</i> [Nasal speech]	<i>Kaphotklesha</i> , <i>Kasa</i>	<i>Kaphotklesha</i> , <i>Kasa</i>
<i>Putinasa</i> [Bad smell in the nose]	<i>Klama</i> , <i>Yakshna</i>	<i>Klama</i> , <i>Yakshna</i>
<i>Shirovedana</i> [Headache]	<i>Indriya Asamarthya</i>	<i>Indriya Asamarthya</i>

#### *Samprapti of Pratishaya*<sup>[15]</sup>

There are several factors in consideration while *Samprapti* of *Pratishyaya*; the person having *Agnimandya* and *Strotovaigunya*, when exposed to the triggering factors leads to the production of disease.

*Nidanaseven*



Vitiation of *Kapha*, *Pitta* & *Rakta Dosha*



All leads to *Avarana* to *vata*



*Gati* of *Vata* is obstructed [*Udana Vata*]



Leading to the movement of *Vata* in an upward direction [*Pratiloma Gati*]



Doshas lodged into the head



*Pratishyaya*.

### Stages of *Pratishyaya*

*Acharya Sushrutadid* not mention the Stages of *Pratishyaya*. But *Dalhanacharya* quoted the opinion of *VridhdhaSushruta* regarding the stages of *Pratishyaya* i.e. *Aamavastha* and *Pakvavastha*.<sup>[16]</sup>

### *Upadrava*

If *Pratishyaya* is not treated it leads to the development of *DushtaPratishyaya* and *Acharya Sushruta* mentioned the *Upadravas*<sup>[17]</sup>; *Badhira* [Deafness], *Andha* [Blindness], *Ghranana* [Anosmia], *Ghora Nayana* [Severe eye diseases], *Kasa* [Cough], *Agnisada* [Loss of appetite], *Shotha* [Edema].

### Rhinitis<sup>[18]</sup>

‘Rhinitis’ is the condition in which there is inflammation of the mucous membrane of the Nose. It is the most prevalent chronic condition. Rhinitis describes the group of symptoms, including running nose, itching, and sneezing that are caused by irritation and congestion in the nose.

### Types

- A] Infective
- B] Non-infective.

### Clinical features

Rhinitis is a disease of the upper airway characterized by a runny and blocked nose and sneezing.

### Treatment

The first line of treatment is prevention, then the use of nasal sprays, antihistamines, decongestants, etc.

**Drug Review****Shatyadi Churna**<sup>[19,20]</sup>

Drug	Latin name	Family	Rasa	Guna	Virya	Vipaka	Doshakarma	Prayojyanga	Karma
Shati	Curcuma zedoaria	Zingiberaceae	KatuTikta	Laghu	Ushna	Katu	Kaphavatahara	Tubers	Dipana Ruchya
Bhumyalmalki	Phyllanthus niruri	Euphorbiaceae	Tikta Kashaya Madhura	Sheeta	Sheeta	Madhura	Kaphapittaghna	Mula Phala	Kaphaghna
Shunthi	Zingiber Officinalis	Zingiberaceae	Katu	Laghu Snigdha	Ushna	Madhura	Kaphaghna	Kanda	Agnidipana Amapachana
Maricha	Piper longum	Piperaceae	Katu	Tikshna	Ushna	Madhura	Kaphaghna	Phala	Dipana
Pippali	Piper longum	Piperaceae	Madhura	Laghu Snigdha Tikshna	Anushna	Madhura	Kaphaghna	Moola Phala	Kaphaghna Dipana Pachana

**CASE REPORT**

A 6-Year-old male child has complaints of *Nasastrava* [Nasal discharge], *Nasavarodha* [Nasal obstruction], and *Kshavathu* [Sneezing] for 5-6 days.

**Chief complaints**

- ❖ *Nasastrava* [Nasal discharge]
- ❖ *Nasavarodha* [Nasal obstruction]
- ❖ *Kshavathu* [Sneezing]

**History** – No major illness.

**Family history** – No maternal or paternal history of major illness.

**General examination**

- ❖ *Nadi* = 94/min
- ❖ BP = 110/80 mm of Hg
- ❖ *Mala* = *Samyaka*
- ❖ *Mutra* = *Samyaka*
- ❖ *Jivha* = *Sama*
- ❖ P/A – Soft, No tenderness in the abdomen.

**Systemic examination**

Central nervous system, Cardiovascular system examinations had shown no any abnormalities.

**Nasal examination**

- ❖ Swollen turbinate
- ❖ Erythematous mucus membrane.

**Management**

Management of *Pratishyaya* is done with *ShatyadiChurna* with *Sarpi*, *GudaAnupama* as mentioned in Samhita are as follows

<b>Drug</b>	<i>ShatyadiChurna</i>
<b>Form</b>	<i>Churna</i>
<b>Dose</b>	5 gm [BD]
<b>Sevana Kala</b>	<i>Adhobhakta</i> <sup>[21]</sup> [BD]
<b>Anupana</b>	<i>Sarpi</i> , <i>Guda</i>
<b>Study duration</b>	7 days
<b>Route of administration</b>	Oral

**OBSERVATIONS AND RESULTS**

The effect of *Shatyadi Churna* with *Sarpi*, *GudaAnupana* given for about 7 days, observed on the 3<sup>rd</sup>, 5<sup>th</sup> & 7<sup>th</sup> days are as follows

<b>Symptoms</b>	<b>Before treatment</b>	<b>After treatment</b>
<i>Nasastrava</i> [Nasal discharge]	++	+
<i>Nasavarodha</i> [Nasal obstruction]	+++	+
<i>Kshavathu</i> [Sneezing]	++	+

**DISCUSSION**

In this case study of *Pratishyaya* observations are done before and after treatment of *ShatyadiChurna* for about 7 days. *ShatyadiChurna* contains *Shati*, *Bhumyamalaki*, and *Trikatu* [*Shunthi*, *Marich*, *Pippali*]. It has *Laghu*, *Ruksha*, *Ushna*, *Tikshna* Guna, having *Kaphaghna*, *Vataghna*, and *Krumighna*, also having *Dipana* and *Pachana* actions. This all ingredients help to *Samprapti* of *Pratishyaya* and help to decrease *Vata*, *Kapha* *Dosha* *dushti* which reduces *Nasastrava*, *Nasavarodha*, and *Kshavathu*.

**CONCLUSION**

*ShatyadiChurna* having *Kaphaghna*, *Krumighna*, *Vataghna*, etc. properties helps to reduce *Pratishyaya* in children. In conclusion, *ShatyadiChurna* shows a significant effect on *Nasastrava* [Nasal discharge], *Nasavarodha* [Nasal obstruction], and *Kshavathu* [Sneezing] in 7 days of the case study.

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