

**MANAGEMENT OF JIRNA PRATISHYAYA – A CASE STUDY****Dr. Nikita Bharat Lolage\*<sup>1</sup> and Dr. Varsha Sane<sup>2</sup>**

<sup>1</sup>PG Scholar, Department of Panchakarma, PDEA; s College of Ayurved and Research Centre  
Akurdi Pune, 411035.

<sup>2</sup>H.O.D., Department of Panchakarma, PDEA; s College of Ayurved and Research Centre  
Akurdi Pune, 411035.

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**\*Corresponding Author****Dr. Nikita Bharat Lolage**

PG Scholar, Department of  
Panchakarma, PDEA; s  
College of Ayurved and  
Research Centre Akurdi  
Pune, 411035.

**ABSTRACT**

Allergic rhinitis (AR) is an immune response of the nasal mucosa to airborne allergens and involves nasal congestion, watery nasal discharge, itching of the nose, and sneezing. Ayurveda describes Pratishyaya as one of the most important diseases among the 31 Nasarogas. Acharya Sushruta clearly mentioned that Pratishyaya is the condition in which vata kapha dusti was observed. Nasya has significant role in the prevention of urdhvajatrugata rogas. In this case of Pratishyaya, the line of treatment is Pachana, Snehan, Swedana, Nasya, Vardhman Pippali Rasayana.

**KEYWORDS:** Jirna Pratishyay, Allergic rhinitis, Nasya, Snehana, Swedana.

**INTRODUCTION**

Allergic rhinitis (AR) is an immune response of the nasal mucosa to airborne allergens and involves nasal congestion, watery nasal discharge, itching of the nose, and sneezing.<sup>[1]</sup> The symptoms of allergic rhinitis may significantly affect the person's quality of life and can be associated with conditions such as fatigue, headache, cognitive impairment, and sleep disturbances. Prevalence of AR is increasing and has risen considerably in the past few decades with self-reported prevalence up to 41%. According to WHO, 400 million people worldwide have Allergic Rhinitis.<sup>[2]</sup>

Ayurveda describes Pratishyaya as one of the most important diseases among the 31 Nasaroga<sup>[3]</sup> defined as the condition where the secretion produced due to the vitiation of Vata and Kapha at the root of the nose. The nidanas of pratishyaya includes vegadharana, rajo

dhuma sevana, diwaswapna, mithya ahara vihara etc.<sup>[5]</sup> Pratishyaya is a disease with vata kapha predominance.<sup>[6]</sup> Similarly the symptom of Allergic Rhinitis is similar to Pratishyaya, Such as nasa avarodha, nasa srava, kandu, shirashoola, kshvathu.<sup>[4]</sup>

## CASE STUDY

A 27 YRS old male, non-diabetic, normotensive, IT professional came to the OPD with complains as sited below.

## CHIEF COMPLAINS

- ❖ Nasal discharge on and off from past 8 months
- ❖ Nasal obstruction at night
- ❖ Sneezing (severe in morning and night)
- ❖ Nasal itching.

## CASE FINDINGS

Patient was asymptomatic before 8 months. He started getting above complains intermittently. Day by day he noticed that these symptoms are temporarily relieved by medications and then occur repeatedly 2-3 times in a month. Recently he had same complained so he came to the OPD for its treatment.

**PAST HISTORY:** Patient had taken allopathy oral medications and nasal decongestion sprays.

**WORK HISTORY:** IT professional – (Works 10 hrs in AC)

**FAMILY HISTORY:** There was no any disease related family history found in this case.

## PERSONAL HISTORY

- *Ahara - Mishrahar*
- *Nidra – 7-8 hrs /day*
- *Kshudha – samyak*

## Ashtavidha Pareeksha

Sr. No.	<i>Sthan</i>	<i>Lakshan</i>
1	<i>Nadi</i>	78/min.
2	<i>Mutra</i>	<i>Samyak</i>

3	<i>Mala</i>	<i>Samyak (Vibanda ydakada)</i>
4	<i>Jihwa</i>	<i>Niram</i>
5	<i>Shabda</i>	<i>Prakrut</i>
6	<i>Sparsha</i>	<i>Samshitoshna</i>
7	<i>Druk</i>	<i>Prakrut</i>
8	<i>Akruti</i>	<i>Madhyam</i>

### Dasha vidha pariksha

Prakriti of the patient was Kapha Pradhana Vata. Satwa, Sara, Samhanana, Ahara Shakti, Vyayama Shakti, Satmya and Pramana of the patient were Madhyam.

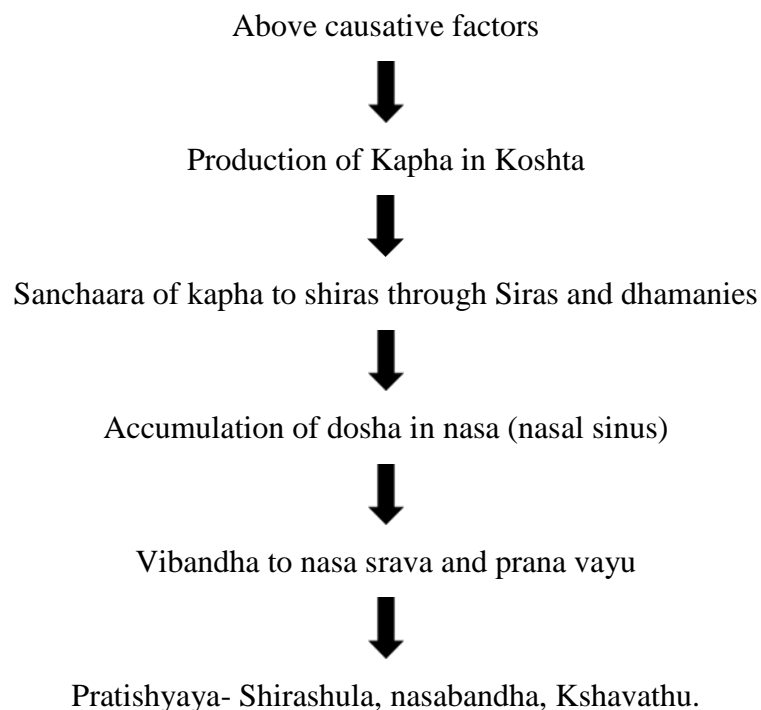
### Nidan panchaka

**Nidana** – Raja (dust), dhuma (fumes), tushar(mist), pragvaata (early morning cold wide), Constant exposure to Ac, shetetala aahara (frozen food), chinta (stress).

**Poorvarupa-** Nasal irritation, sneezing (kshavathu).

**Rupa:** Nasal Discharge, altered blockage and discharge, shirashula (headache).

### Samprapti<sup>[7]</sup>



He has continuous episodes of this condition since 6 months. He has not taken any medication for this before. His job profile is 10 hrs in AC. Diet timings are not regular. Drinks 2 glasses of water in the morning. then 1 glass of milk. Has lunch in office canteen. Eats fruits occasionally.

He was not doing any exercise.

On examination there was inflammation of nasal mucosa and pharyngeal mucosa. Severity of symptoms excessive in the morning and at night time. His weight was 75 kg and height was 175 cm. He has Kapha -Vata Prakruti. On abdominal palpation, abdomen was non-tender. His bowel habit was irregular, constipation once a day with unsatisfactory experience. He didn't get any investigations done before. He Doesn't take any medications currently.

### TREATMENT DETAILS

Patient was treated on opd bases. Following is the one month treatment plan

1. Pathya-Apathya- Patient was advised to change his lifestyle & diet (light diet – moong dal etc).
2. Internal treatment (For first 7 days) – (1) Vaishvanar churna 500mg BD. (2) Sitopaladi churna – 500 mg + Honey. (3) Chitrak Harataki Avleha 1 tbsp BD. (4) Gandharva Harataki churna 500 mg HS + warm water.
3. Classical Nasya with Anu Tail 6°-----6° at 10 am.
4. Sarvanga snehana - Til Tail.
5. Sarvanga swedana – Bashpa sweda with Dashmool kwath.
6. For next 15 days – Vardhaman Pippali Rasayan – 1 to 5 grams (twice/day) for 5 days.  
5 grams (twice/ day) for 5 days.  
5 to 1 gram (twice / day) for 5 days.

### OBSERVATION AND RESULTS

Before starting the therapy, patient was explained about the procedure and written consent was taken from the patient.

After 1<sup>st</sup> follow up - Patient felt upto 70% relief in all his symptoms.

After 2<sup>nd</sup> follow up – Patient had 100% relief with no recurrence in symptoms.

### DISCUSSION

Panchakarma has prime important role in the treatment of diseases, as it removes the vitiated doshas causing the disease thus giving relief form the disease with no recurrence. In this case, the disease was *nava* with mild vitiated doshas so he was treated with internal medicines along with *nasya*.

Firstly he was given *deepana pachana & anulomana* with Vaishvanar churna and Gandharva Harataki churna. Sitopaladi churna and Chitrak Harataki Avleha for pachana fo kapha dosha. Anu tail nasya removes the local vitiated doshas from head region (shira pradesha) which helps to provide immediate relief. Pippali Rasayan is specifically mentioned in Pratishyaya in Samhita which helps to prevent the recurrence of symptoms by boosting the pranavaha strotas.

## CONCLUSION

Thus it can be concluded that management of Jirna Pratishyaya can be fast & effectively done by internal medications along with nasya & pippali rasayana.

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