

MANAGEMENT OF VATAJ PRATISHYAYA WITH PANCHENDRIYA VARDHAN TAIL NASYA AND INTERNAL MEDICINE - A CASE STUDY

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ABSTRACT

Pratishyaya is one among nasagata roga explained by Acharya charaka. Vataj Pratishyaya is one among 5 types of Pratishyaya. It is a common disorder characterized by ghrana arti tod, kshavathu, jalabh strava, swarbheda, murdharoga. This is a case study of 13 yrs old female patient complaints of continuous episodes of sneezing, running nose, intermittent headache, itching in eyes and nose, constipation since 2-3 months. **Materials and Methods:** The subject who approached kaumarbhritya OPD of our institute, with above complaints since 2-3 months, was systematically reviewed and treatment modalities with classical base like panchendriya vardhan taila nasya and internally Chitrak haritaki avleha, kapila aargwadh vati and Gandhak rasayana. **Result:** The subject showed marked improvement symptomatically. **Discussion:** Vataj Pratishyaya is affecting the urdhwajatru especially nasa and hampering the lifestyle of patient, nasya and abhyantara yoga

advised are vata-kaphaghna in nature, having anti-inflammatory and anti allergic property hence it has shown marked improvement.

KEYWORDS: Vataj Pratishyaya, Panchendriya vardhan taila nasya.

INTRODUCTION

The only medical method that enables ideal co-existence with nature is ayurveda. The five sense organs that make up the human body- the tongue, ear, nose, skin, and eyes are what allow us to perceive objects, It is difficult to see an object when there is an obstruction between the sense organ. Any disease of a sense organ affects how organ perceives a specific thing, but vataj Pratishyaya is a condition that affects all five sense organs. If their symptoms are not effectively controlled, people with vataj Pratishyaya may find it challenging to participate in both indoor and outdoor activities.

Vataj Pratishyaya is the most common and annoying nasal problem which affects the people of all age group. Vataj Pratishyaya is a disease which possesses symptoms like Ghranarti tod, Kshavathu, Jalabh strava, Swarbheda, murdharoga. Among the various ayurvedic treatment modalities, Nasya is the chief procedure to drain doshas from sirah. Panchendriya vardhan taila in the form of nasya along with internal medicines like Chitrak haritaki avaleha, Gandhak rasayan, kapila aargwadh vati has been recommended for the treatment of vataj Pratishyaya.

AIMS AND OBJECTIVES

1. To study the effect of panchendriya vardhan taila nasya and internal medicines in the management of vataj Pratishyaya.
2. To find out the effective ayurvedic management for vataj Pratishyaya.

MATERIALS AND METHODS

Selection of patient - For this study, patient was registered from OPD of our institute.

Plan for study- Patient taking allopathic medicine was stopped during study period. The drugs required for this study were obtained from pharmacy of our institute.

Duration of study- 7 days, with regular follow up

Case Study - A 13 yrs old female child brought by relatives to department of kaumarbhritya of our institute

1. Aatur Vivaran

Name of patient- XYZ

Age- 13 Years

Sex- Female

Religion- Hindu

Occupation- Education

2. Vedana Vishesh

1. Kshavathu (Sneezing)
2. Nasa strava (Running nose)
3. Nasa Avarodh (Nasal congestion)
4. Shirshool (Headache)
5. Netra Kandu (Itching sensation in eyes)
6. Constipation is associated problem since 2-3 months

Patient experience these symptoms every day. The symptoms are bothersome that they are interrupting her daily routine, over the counter oral antihistamines helps her symptoms a little.

3. Vedana vrittant- (History of present illness)- The patient was alright 3 months back, then suddenly patient feels this symptoms, which are gradually worsen with time. The patient had taken allopathic medicine (Antihistamines) but there was temporary systematic relief. The patient was not getting much relief with allopathic medicines, so she came to OPD of our institute.

4. Purvotpanna vyadhi vrittant (History of past illness)- Nothing significant.

5. Kula vrittant-(Family history) – No significant family history was observed.

6. Balak avstha - Annad Avastha

7. Janma Itivrutta

1) Garbgakalin: No any ANC illness

2) Prasavakalin: FT/NVD/ BCIAB/ Birth weight- 2.4Kg/ No H/O NICU stay

General Examination

Examination	Observation
Pulse	87/min
Blood Pressure	110/70 mmofhg
RS	B/L Wheezing Sound
CVS	S1 and S2 Normal
CNS	Conscious and oriented
P/A	Soft

Ashtavidha Parikshan

Examination	Observation
Nadi	Samyak
Jivha	Saam
Mala	Baddham
Mutra	Samyak
Shabda	Prakrut
Sparsha	Anushnasheeta
Druk	Prakrut
Akruti	Madhyama

Dashavidha Parikshan

Examination	Observation
Dushya	Dosh- Vata Dhatu- Rasa Strotas- Rasavaha, Pureeshvaha
Desha	Deham- Urdhwajatru Bhoomi- Sadharanam
Bala	Roga- Pravar Rogi- Avar
Kala	Vyadhi avstha- Purana
Anala	Avar
Prakruti	Kaphapradhan Vata
Vaya	Baal
Satva	Madhyama
Satmya	Madhur rasa pradhan
Ahara	Abhyavaran- Avar Jaranam- Avar

Treatment

1. Sthanic snehana with yashtimadhu taila
2. Sthanic Swedana with Hasta tala swedan
3. Panchendriya vardhan taila nasya 6-6 drops in each nostrils in the morning

Internal medicines

1. Chitrak Haritaki Avaleha 5gm Vyanaudan kali with madhu × 7 days
2. Gandhak Rasayan 250mg Vyanudan kali with madhu × 7 days
3. Aarghwadh kapila vati 250mg Nishakali with kosha jal × days

RESULT

SYMPTOMES	DAY- 1	DAY- 2	DAY-3	DAY-4	DAY-5	DAY-6	DAY-7
kshavathu (Sneezing)	++++	+++	+++	++	+	—	—
Nasa strava (Running nose)	+++	++	+	+	—	—	—
Nasa Avarodh (Nasal congestion)	++++	+++	+++	++	++	+	+

Shirshool (Headache)	+++	+++	++	+	—	—	—
Netra Kandu (Itching sensation in eyes)	++	+	+	+	—	—	—
Malavshambh (Constipation)	+++	++	—	—	—	—	—

DISCUSSION

In the present era mostly people believe ayurvedic medicines act gradually but this is not true if proper diagnosis done and proper medicine is prescribed then it gives wonderful results. Ayurveda is the science of life, if applied systematically has the ability to ensure complete cure. Acharya mentioned many types of chikitsa, one type is shodhan and shaman chikitsa. Panchkarma is under shodhan chikitsa, it is a patent tool of ayurveda to cure disease from its root and shaman chikitsa maintains disturbed doshas. Nasya karma is an important panchakarma and is the best treatment for Urdhwajatrugat vyadhi. Nose is considered as gateway of head nerves and nasya karma helps to deliver the medicine to brain. Panchendriya vardhan nasya is one type of shaman nasya, it's contents like jivaka, Rushabhak, rasna, pippali, draksha, Bala, saindhav, bruhati, punarnva etc and properties like laghu Guna, ushna veerya, katu vipak does tridosh shamak, anti-inflammatory action, gives strength to the nerves and capacity to spread through minute channels.

CONCLUSION

The present case study shows that nasya karma works effectively in the management of vataj pratishyaya. Nasya karma by panchendriya vardhan taila and internal medicines like Chitrak haritaki avaleha, kapila aargwadhi vati and Gandhak rasayana shows good results in vataj pratishyaya. Nasya karma is one of the Pradhan karma in panchkarma and gives wonderful results in Urdhwajatrugat vikara, while there is scope for further research, but it is more important that proper diagnosis and ayurvedic management must be given for better management in vataj pratishyaya.

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