

TO STUDY THE EFFICACY OF KALINGADI TAILA NASYA AND VYOSHADI GUTIKA IN THE MANAGEMENT OF PRATISHAYA CHILDREN

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ABSTRACT

Children are the wealth of tomorrow. We should take care of them if we wish to have a strong India. childhood has predominance of *Kapha Dosha* and this further leads to predominance of *Kaphaja vyadhi* in *Balyaavastha*. Among the kaphaja vyadhi pratishyaya is common in children of pediatric age group. The present study was planned to study the efficacy of *kalingadi taila nasya* and *vyoshadi gutika* in the management of *pratishaya* children. And excellent result was obtained in patients.

KEYWORDS:– Pratishyaya, Vyoshadi gutika, Kalingadi taila, Kaumarbhritya, Nasya.

INTRODUCTION

Kaumarbhritya is that branch of the Ayurveda which deals with the nursing care and healthy bringing of children, purification of the

mother milk and treatment of the disease peculiar to children and due to the use of the vitiated milk.^[1] Children are the wealth of tomorrow. We should take care of them if we wish to have a strong India. Only healthy children can lead the nation towards better tomorrow. Childhood has predominance of *Kapha Dosha* and this further leads to predominance of *Kaphaja vyadhi* in *Balyaavastha*. Among the kaphaja vyadhi pratishyaya is common in

children of pediatric age group.^[2] If *Pratishyaya* is being left untreated, it has enough potential to develop many conditions like *Kasa* (Cough), *Swasa* (Dyspnea), (Deafness) and *Rajyakshama* (Form of disease with multisystem involvement).^[3] The present study was planned to study the efficacy of *kalingadi taila nasya* and *vyoshadi gutika* in the management of *pratishaya* children. And excellent result was obtained in patients.

CASE REPORT

A. Primary data – Patient name – XYZ

B. Age /sex -6 years/male

C. OPD No.- 1783

Present complaint with duration

Nasavarodha (Nasal obstruction) on/off - 6 months

Kshavathu (Sneezing) - 6 months

Nasasrava (Rhinorrhea) - 6 months

Nasakandu (Itching in nose) - 6 months

Shirahshool (Headache) - 1 months

Past history of illness- no any history of major illness

Present history

A 6 year male child was apparently healthy before 6 months. Gradually he observed symptoms like *Nasavarodha* (Nasal obstruction), *Kshavathu* (Sneezing), *Nasasrava* (Rhinorrhea), *Nasakandu* (Itching in nose) and *Shirahshool* so he consulted a pediatrician where he was diagnosed with allergic rhinitis and treated with modern medicines, but during he got symptomatic relief but as treatment discontinued patient observed that there was relapse. So, he came to take ayurveda treatment at our institutional OPD.

Samanya parikshana

Nadi – 104/minute	Shabda – Spashta
Mala – Asamyaka and grathit malapravrutti 2veg/day	Sparsha – Samashitoshna
Mutra – Samyaka 5-6 veg/day	Druk – Drustimandya
Jivha- Saam	Aakruti – Madhyama

General and systemic examination

Pallor	Not Present
Icterus	Not Seen
Respiratory rate	24/minute

SpO2	98%
RS	AEBE clear
CVS	S1S2 heard normal
CNS	Conscious and oriented to time, place and person
Abdominal examination	Soft, liver and spleen not palpable

Nidan panchak**Hetu-** Dugdhasevan, Dadhisevan, Sheeta Ahara, Sheetavata Sevan**Purvaroop** – *Nasavarodha* (Nasal obstruction), *Kshavathu* (Sneezing)**Roopa-** *Nasavarodha* (Nasal obstruction), *Kshavathu* (Sneezing), *Nasasrava* (Rhinorrhea), *Nasakandu* (Itching in nose) and *Shirahshool***Upashaya** - After ayurveda intervention**Samprapti**Due to indulgence of *Nidanas* (Causative factors)Impairment of *Rakta* and *Vatadi doshas**Doshas* get lodged in *mashtishka*Due to indulgence of other *Kaphaprapak Nidanas**Doshas* get more vitiated*Pratishyaya*

Dosha – Tridosha and Mainly kapha

Dushya – Rasa and

Srotas – Udakavaha srotas, Pranwaha srotas, Rasavaha srotas

Srotodusti parkar – Sanga

Sadhyasadhyatva- Sukhasadhya

Treatment protocol given

Sr no	Medicine	Dose	Anupana	Duration	Sevanakala	Route of administration
1	<i>Kalingadi Taila Nasya</i>	2 Drops each		3 months	Morning	<i>Nasya</i>

		Nostril				
2	Vyoshadi Gutika	Half Karsh	madhu	3 months	twice a day	Orally
3	Mrudwika	5-6	Warm water	2 moths		Orally
4	Steam inhalation		-	3 month		

RESULT

There was significant relief in all symptoms like - *Nasavarodha* (Nasal obstruction), *Kshavathu* (Sneezing), *Nasavrava* (Rhinorrhea), *Nasakandu* (Itching in nose) and *Shirahshool*.

Subjective parameters

1. *Nasavarodha* (Nasal obstruction)

Grade	
0	No obstruction.
1	Occasionally and unilateral.
2	Occasionally and bilateral.
3	Always and bilateral.

2. *Kshavathu* (Sneezing)

Grade	
0	No Sneezing
1	Mild-1-10 Sneezing.
2	Moderate-10-15 Sneezing.
3	Severe- More than 15 Sneezing.

3. *Nasavrava* (Rhinorrhea)

Grade	
0	No Sneezing
1	Occasional discharge with visible fluid
2	Discharge wich needs mopping but controllable
3	Severe discharge with fluid needs repeated mopping

4. *Shirahshool* (Headache)

Grade	
0	No headache
1	Occasional
2	Moderate
3	Severe

5. *Nasakandu* (Itching in nose)

Grade	
0	No itching
1	Occasionally itching (Mild)
2	Day/ Night time itching (Moderate)
3	Severe which makes Patient to rub always.

Sr. no.	Parameter	Before treatment	After treatment
1	<i>Nasavarodha</i>	2	0
2	<i>Kshavathu</i>	3	0
3	<i>Nasasrava</i>	2	1
4	<i>Nasakandu</i>	2	0
5	<i>Shirahshool</i>	2	0

DISCUSSION

When patient came to our hospital, he was having *Nasavarodha* (Nasal obstruction), *Kshavathu* (Sneezing), *Nasasrava* (Rhinorrhea), *Nasakandu* (Itching in nose) and *Shirahshool*. So, diagnosed as pratishyaya and treated according to chikitsa sidhhanta of pratishyaya as it causes both relief in symptoms and also sampraptibhanga (Reverses pathophysiology of disease).

The probable mode of action of mentioned chikitsa upakrama can be explained as follows *Kalingadi taila nasya*^[4] - nasya is procedure among the panchkarma, which delivers the drug to supraclavicular region and normalises the kapha dosha.

Vyoshadi gutika^[5] – it works on the pranavaha srotas and absorb the extra kapha dosha act as samshaman therapy.

Mrudwika - As patient was suffered from mild constipation hence mrudwika were used as mild purgative.

Steam inhalation – Swedan is beneficial for kapha dosha as well as pratishyaya.

CONCLUSION

Pratishyaya can be successfully managed with ayurvedic treatment. In present case study *kalingadi taila nasya* as *kaphashodhana*, *vyoshadi gutika* as *kaphashaman*, *mrudwika* as anuloman and steam inhalation as swedan. given to break the chain of pathophysiology of disease. outcome was relief in all symptoms, remarkable changes in subjective parameters and also there was significant improvement in quality of life of patient.

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