

VATAJA PRATISHYAYA (ALLERGIC RHINITIS): AN AYURVEDIC LITERATURE REVIEW

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ABSTRACT

Human life is sustained by air and water, but these natural sources can also be a source of infection. With modern civilization, the negative health effect of environment air pollution is becoming increasingly evident. Ayurveda, an ancient Indian Science, has identified air pollutants such as Raja and Dhooma as causative factors for respiratory illness, including Allergic bronchitis (Shwasa), Allergic Rhinitis (Pratishyaya), Cough (Kasa), and Hiccough (Hikka). *Vataja Pratishyaya* which is defined as the condition where the secretion produced due to vitiation of *Vata* and *Kapha* at the root of nose, which flow down through the nose against the inspired air. *Vataja Pratishyaya* which is similar to Allergic Rhinitis, is occurring more frequently than before. Allergic rhinitis is an immunoglobulin (IgE)

mediated inflammatory disease caused by the inflammation of the airway mucosa with hypersensitivity resulting from seasonal and perennial responses to specific allergens. *Pratishyaya* affects the routine activities and academic performance in children and adolescents. For example, consistent absenteeism, lack of sleep, and reduced ability to concentrate due to allergic rhinitis symptoms are all shown to affect a child's ability to learn effectively.

KEYWORDS: *Pratishyaya*, Allergic Rhinitis, *Nasa Roga*, *Vataja Pratishyaya*, *Ayurveda*.

INTRODUCTION

Ayurveda describes *Pratishyaya* as one of the most important diseases among *Nasa Roga*,. *Pratishyaya* is one among 31 *Nasagatha Roga* explained by *Sushruta Acharya*. *Acharya Sushruta* has mentioned the disease *Pratishyaya* in *Uttara Tanra*.^[1] *Vata* and *Kapha* are said to be the predominant *Dosha* involved in the manifestation of this condition. *Vataj Pratishyaya* is one among 5 types of *Pratishyaya*. *Vataja Pratishyaya* can be correlated with Allergic rhinitis due to similarities in the sign and symptoms. Allergic rhinitis is an inflammation of nasal membranes, characterized by watery nasal discharge, nasal obstruction, sneezing and nasal itching^[2] Over the last decade allergic rhinitis represent a global health issue affecting between 10%- 25% of world population, with increasing prevalence day by day. According to World Allergy Organisation (WAO), 400 million persons worldwide have allergic rhinitis.^[3] Prevalence of allergic rhinitis is approximately 20% of the population of the India.

In Uttarakhand where the population is scattered due to hilly areas, health facility in these areas is also remote. The prevalence of allergic rhinitis is 24%, that commonest cause of nasal obstruction and congestion among the Gahrwal population.^[4]

Many treatment modalities are explained in modern system of medicine like corticosteroids, antihistaminic, inhalers etc. but none of them are totally effective in curing the disease as well as preventing its recurrence, more over they have their own side effects.

Classification

Acharya Sushruta, *Vagbhata*, *Madhavakar*, *Bhava Mishra*, *Sharangadhara* have described five types of *Pratishyaya*. *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, *Raktaja*. *Acharya Charaka* and *Kashyapa* have not accepted *Raktaja Pratishyaya*.^[5]

According to *Rasaratna samuchaya*, there are six types of *Pratishyaya*, they have also mentioned *Malsanchayajanya Pratishyaya*.

According to *Videha*, there are six types of *Pratishyaya*, they have accepted five and *Dustapinas*. *Acharya Sushruta* has not explained the stages of *Pratishyaya* whereas commentator *Dalhana* has quoted the reference of *Vridha Sushruta* and described two stages of *Pratishyaya* as follows.

1. *Amavastha*

2. Pakwavastha

Importance of Pratishyaya

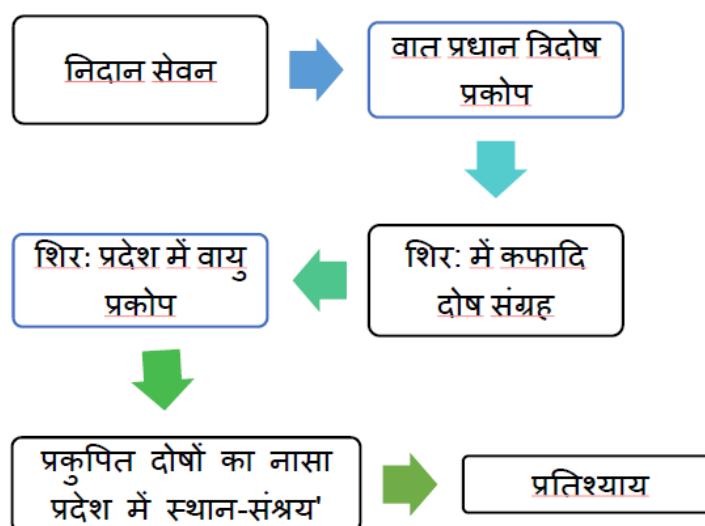
The significance of *Pratishyaya* can be highlighted as follows

- *Pratishyaya* is the fundamental condition that can lead to the development of other nasal cavity disease, making it a priority topic in the field of *Nasa Rogas*.
- In *Shalakya tantra*, *Pratishyaya* is the only disease that can lead to complications even before any symptoms arise. Hence early treatment during the premonitory symptoms can prevent the progression of the disease.

Nidana of Pratishyaya

- The etiology of *Pratishyaya* is classified into two categories: *Sadyojanak nidana* and *Kalantrajanak nidana*. *Sadyojanak nidana* refers to immediate causative factors, such as exposure to cold air, dust, pollen, or other environmental allergens.
- *Kalantrajanak nidana* refers to delayed causative factors, such as imbalanced diet, lifestyle, and mental stress, which weaken the immune system and make an individual more susceptible to the disease.

Samprapti



Purvarupa^[6]

- *Shirogurutvam* (Heaviness in head)
- *Kshvathu* (Sneezing)
- *Angamarda* (Body ache)

- *Parihristaromta* (Generalised horripilation)

Rupa

Clinical features according to Acharya Sushruta, Madhava Nidan and Bhava Mishra.^[6]

- Anaddha Pihita Nasa (Obstructed nose)
- Tanusrava (watery Nasal Discharge)
- Shosha in Galataalu and Oshta (dryness of the throat and lips)
- Pain in Shankapradesha (Pain in Temporal region)
- Swaropaghatha (Hoarseness in voice).

Clinical features according to Acharya Charaka^[7]

- Ghranarti toda (pricking pain and sensation in nose)
- Kshavthu (Sneezing)
- Jalabhsrava (watery Nasal Discharge)
- Swarbheda (Hoarseness in voice)
- Shiroschula (Headache)

Chikitsa of pratishyaya

The first step of treatment according to *Ayurveda* is *Nidana-Parivarjan*.

Samanya chikitsa of Pratishyaya

Five days of *Langhana* is advised in *Pratishyaya* before going to further treatment. All type of *Pratishyaya* except *Nav-Pratishyaya* are to be treated with *Ghrittapana*, *Swedana*, *Vaman*, and *Ayupidan nasya*.

Vishesh chikitsa of Pratishyaya

- *Grittapana* oral administration of *Panchlavan siddha ghrita* and *vidarigandhadi gana siddha ghrita*.
- *Nasya*

CONCLUSION

Vataja Pratishyaya /Allergic rhinitis can significantly impact a person's quality of life, but with proper diagnosis and Ayurvedic treatment, it can be effectively managed. Ayurvedic medicines make use the natural herbs, extract & plants that not only prevent devastating effects on health but also enhance the immunity and promote general wellbeing of the patient.

If you are experience symptoms of *Vataja Pratishyaya* /Allergic Rhinitis it is important to seek the guidance of an experienced Ayurvedic practitioner who can help develop a customized treatment plan based on your unique constitution and imbalances. All Ayurvedic formulations are proposed to be taken up for evaluation of their effect in *Vataja Pratishyaya*.

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