

**MANAGEMENT OF PRATISHYAYA (RHINITIS) THROUGH
AYURVEDIC INTERVENTION: A CASE STUDY*****Dr. Arpita Jain, Dr. Megha Dixit**MD Scholar, Kayachikitsa Shri Dhanwantari Ayurvedic Medical College and Research
Centre, Mathura, U.P.Article Received on 15 March 2026,
Article Revised on 05 April 2026,
Article Published on 16 April 2026,<https://doi.org/10.5281/zenodo.19592071>***Corresponding Author****Dr. Arpita Jain**Shri Dhanwantari Ayurvedic
Medical College and Research
Centre, Mathura, U.P.**How to cite this Article:** Dr. Arpita Jain, Dr. Megha Dixit. (2026). Management Of Pratishyaya (Rhinitis) Through Ayurvedic Intervention: A Case Study. World Journal of Pharmaceutical Research, 15(8), 474-476. This work is licensed under Creative Commons Attribution 4.0 International license.**ABSTRACT**

Pratishyaya is one of the most common disorders described under Nasa Roga in Ayurveda, characterized by nasal discharge, sneezing, nasal obstruction, and headache. It correlates with rhinitis in contemporary medicine. A 42-year-old female patient was treated with classical Ayurvedic formulations for 30 days with follow-up after 15 days. Significant clinical improvement was observed without adverse effects.

KEYWORDS: Pratishyaya, Rhinitis, Ayurveda, Vata-Kapha, Case Study.**INTRODUCTION**

Pratishyaya is caused mainly due to vitiation of Vata and Kapha Dosha affecting nasal passages. Acharya Charaka

describes Pratishyaya as the chief among nasal disorders. Etiological factors include exposure to cold air, dust, incompatible diet, and Mandagni leading to Kapha accumulation.

CASE REPORT

Name: Mrs. Shweta Jain

Age: 42 years

Gender: Female

Occupation: Housewife

Date of Visit: 04/01/2026

Chief Complaints:

- Recurrent sneezing
- Watery nasal discharge
- Nasal obstruction
- Occasional headache

AYURVEDIC ASSESSMENT

Dosha: Vata-Kaphaja

Dushya: Rasa Dhatu

Srotas: Pranavaha Srotas

Agni: Mandagni

Roga Marga: Madhyama

Diagnosis: Vata-Kaphaja Pratishyaya

TREATMENT PLAN (30 DAYS)

1. Swas Kuthar Rasa – 1 tablet twice daily with lukewarm water
2. Vasavaleha – 1 tablespoon thrice daily
3. Kanakasava – 20 ml twice daily with equal quantity of water
4. Lavangadi Vati – 1 tablet thrice daily for chewing

FOLLOW-UP

First follow-up after 15 days.

Total duration of treatment: 04/01/2026 to 04/02/2026.

RESULTS

Marked clinical improvement was observed after completion of therapy:

Sneezing reduced from severe to mild.

Nasal discharge reduced significantly.

Nasal obstruction and headache resolved.

DISCUSSION

Pratishyaya involves Kapha accumulation and Vata aggravation leading to obstruction of Pranavaha Srotas. Swas Kuthar Rasa reduces Kapha obstruction, Vasavaleha improves mucosal immunity, Kanakasava acts as bronchodilator, and Lavangadi Vati provides Kapha-hara action.

CONCLUSION

Ayurvedic management provided significant relief in Pratishtyaya symptoms within 30 days without adverse effects, highlighting Ayurveda as an effective therapeutic approach.

PATIENT CONSENT

Written informed consent was obtained from the patient before treatment and publication.

REFERENCES

1. Charaka Samhita, Chikitsa Sthana 26/107.
2. Sushruta Samhita, Uttara Tantra 24/4.
3. Ashtanga Hridaya, Uttara Sthana.
4. Bhaishajya Ratnavali, Kasa & Shwasa Adhikara.
5. Rasendra Sara Sangraha, Shwasa Chikitsa.
6. API Textbook of Medicine, Rhinitis Chapter.