

AYURVEDIC APPROACH TO THE MANAGEMENT OF ALLERGIC RHINITIS: A CASE STUDY

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Article Received on
13 August 2022,

Revised on 02 Sept. 2022,
Accepted on 23 Sept. 2022

DOI: 10.20959/wjpr202213-25705

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ABSTRACT

In childhood period pratishyaya is most common disease. Prati means abhimookh and Shyaya means gamanam in these the continuous flow is seen.^[1] According to acharya dalhan which is commentator of sushrut sanhita pratishyaya is a condition in which kapha, pitta, rakta, move with vata dosha in same direction. So in pratishyaya kaphadi dosha gets upward movement due to vata dosha. Everyone should suffer from these disease. Pratishyaya is not life threatening disease but it affects the routine activity of children as a result growth and development of child may be affected. Recurrence of pratishyaya is mostly seen in childhood period as a immunity of them is not fully developed. Acharya sushrut clearly mentioned pratishyaya is mostly

cause due to vata kapha dominance. In the modern science the symptoms of vataj pratishyaya can correlate with allergic rhinitis.^[2] Symptoms of Rhinitis are Nasal secretion, Nasal Congestion, itching sensation in nose and nasal obstruction, Heaviness, weakness etc. This disease is also known for its recurrence and chronicity if not treated from its root. Sedentary life style like having exposure to cold weather, air conditioner and cooler and food habits like consuming junk foods, ice creams, cold drinks, curd, sour items like pickles, sauce etc. are the major causative factors of this disease. The disorder creates headache and fatigue, limits routine activities, interferes with sleep and results in poor work performance. Modern medicine undoubtedly relieves symptoms very fast but permanent cure is very much possible through holistic approach of Ayurvedic science. Ayurved, the science of life if applied systematically has the ability to ensure complete cure. A chronic case of Allergic Rhinitis is

presented in this paper which got cured by adopting systematic Ayurvedic approach of Vataj pratishyaya.

KEYWORDS: Allergic rhinitis, vataja pratishyaya, Anu taila, Hyperactive air way disease.

INTRODUCTION

Modern treatment modalities for the management of Allergic rhinitis includes, H1 receptor antagonists (antihistamines), nasal decongestants, mast cell stabilizers, leukotriene receptor antagonists, corticosteroids and anti-cholinergic agents in oral or topical nasal formulations.^[5] But all these give symptomatic relief only and are having severe side effects. Thus modern medicines have no permanent cure for allergic rhinitis. Asatmyendriyarthasamyoga (improper use of sensory and motor organs in day to day life), Prajnaparadha (living against social and communal codes) and Parinama (time and season) are the root cause of any disease.^[6] The above 3 factors are very important in preventive and curative aspects. In Ayurved, based on the symptoms of AR, it is mostly similar to Vataja pratishyaya. Acharya Sushruta dealt Vataj pratishyaya with Nasagat rogas along with its complete etiology, prodromal symptoms, diagnosis, prevention and treatment guideline.^[7] In the present case, it was treated with the chikitsa sutra mentioned in ayurvedic classic.

CASE

A 8 years old male child, Reyansh Barapatre visited in the OPD of Balrog of Pakwasarugnalaya on 15th may, with chief complaints of sneezing in morning 25-30 times, watering from both eye, running nose, foreign body sensation in nose since 1.5 years.

HISTORY OF PRESENT ILLNESS

According to patient, he was asymptomatic 2yrs back. Gradually he developed above complaints since 1.5 yrs. He took allopathic medicines and homeopathic medicine but didn't get complete relief. His condition worsens day by day. Now he wants to take ayurvedic treatment so, he came here for further treatment and further management.

PAST HISTORY: Hospitalization at the age of 5 yrs for Hyper reactive airway disease.

TREATMENT HISTORY

Patient was taking allopathic medicine i.e. leukotriene receptor antagonist such as tab levocet-M and fluticasone nasal spray for 6 months get mild relief for that time but didn't get satisfactory relief.

FAMILY HISTORY

Mother was having history of dust allergy since childhood and no h/o severe illness.

PERSONAL HISTORY

Appetite – normal, Diet – (veg and non veg), mixed diet, junk food excessive eating ex Maggie, pasta noodles bakery products, sleep- irregular, bowel- irregular, bladder – 5-8 tims daily.

GENERAL EXAMINATION

BP-110/70 mm hg, PR-80/min, R. R-<18/min

R. S- AE= BE chest clear

CVS-S1 S2 normal, CNS- conscious and oriented

p/a –soft, non tender, Built- thin

weight – 18 kg, pallor- absent

icterus- absent, cyanosis – Absent

nails- pinkish, Clubbing- absent

TREATMENT GIVEN

Duration	Medicine	Dose	Anupan	Result
15/5/22- 31/5/22	1-Punarnawa mandoor 2- Dewdar churna 3- laxmivilas rasa Chandramruta rasa Laghumalini vasanta Sitopaladi Churna 4: Anu taila nasya	500 mg bd 1 gm tds 1 tab/ dose 1 tab/ dose 1 tab/dose 2 gm/dose 2 drops – 2 drops in each nostril	Tup Shahad shahad	Sneezing 25-30 times Running nose Watering from both eye
1/6/22-30/6/22	1- laxmivilas rasa Chandramruta rasa Laghumalini vasanta Sitopaladi Churna 2:Anu taila nasya	1 tab/ dose 1 tab/ dose 1 tab/dose 2 gm/dose 2 drops – 2 drops in each nostril	shahad	Sneezing 10-15 times Watering from both eye, frequency decresed. Running nose intermittent
1/7/22-30/8/22	1- laxmivilas rasa Chandramruta rasa Laghumalini vasanta Sitopaladi Churna 2:Anu taila nasya	1 tab/ dose 1 tab/ dose 1 tab/dose 2 gm/dose	shahad	Sneezing 1-3 times Watering from both eye 50-60% relief 75 % relief in nasal discharge

		2 drops – 2 drops in each nostril		
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RESULT AND DISCUSSION

In the present era it is seen mostly that people believe Ayurvedic medicine act gradually but on contrary if proper diagnose and proper medicine is prescribed then it acts wonderfully. Nasya is the term used generally for medicines or medicated oil administered through nasal routes. Nasya called as Urdhava jatrugata vikareshu visheshanyabhimisnate. Panchkarma is the best treatment for “Urdhvajatrugat” rogas. The quotation “Nasa hi shirasodwaram” itself explains its importance and it is the only karma which finds a place in Dincharya. In the present study Nasya is the chief Shodhana procedure selected because Nasya karma can expel the deep-seated Doshas and can cure it of its root. Due to Sukshmaand Vyavayi guna, Anutaila possess a good spreading capacity through minute channels. Tikta, Katu rasa, Laghu Tikshna guna, Ushna veerya and Katu vipaka does Srotho shodakatwa (Clearance of obstruction in Srotasas i.e., channels of the body). By the above two properties the Nasyadrug removes the obstruction of natural sinus ostia and facilitate the drainage of purulent discharge. Indriya dardya karatwa (provide strength to sense organs), Balya (increases strength), Preenanaand Brimhana (nourishes the body) properties can increase general and local immunity. Madhura rasa, Sheeta veerya, Snigdha guna and Tridosahara properties will promote the nourishment of Dhatus which ultimately increases the general and local immunity. This immune modulation will reduce the inflammatory process in nasal cavity and sinuses. Therefore, Anu Taila exerts a marked anti-inflammatory effect on the nasal mucosa by inhibiting the release of inflammatory mediators from the Mast cells and Basophils, and by blocking the inflammatory effect of Leucocytes in the nose.

Punarnawamandoor has vaat kapha shamak property, Devdar churna helps in decreasing the amashayagat vaat. laxmivilas rasa is having balya property and vaat kapha shamak, Chandramrut rasa is vatanulomak and kaaphashamak. Laghumalini vasant is Rasayan having Katu, Tikta rasa, Laghu, Ruksha guna, Ushna veerya, Katu vipaka and Vata Kaphahara properties and also agnidipak. All the above properties are very useful to remove the Srotho rodha (obstructions in various channels of the body) and promote the expulsion of vitiated Doshas. Agni deepana action will cause increased food intake and retain the Samyaka dhatu parinama which is responsible for increased nutrition of body as well as immunity. All these above factors will ultimately lead to Vataja prathishyaya shamana (relieve symptoms of Allergic Rhinitis). No adverse and toxic effects were observed during the trial and after the

treatment. In the study both the drugs are having highly significant results in Nasasrava (Rhinorrhea), Nasal obstruction, sneezing, nasal congestion.

CONCLUSION

8yrs old male child diagnosed of allergic rhinitis got satisfactory result on taking medicines for 3 months. In modern science there are symptomatic treatment of allergic rhinitis and other allergic disorders but reoccurrence of disease is common even after medication. Ayurveda has lot of potential in treatment aspect of allergic rhinitis by using various ayurvedic formulations and by following pathya apathya in a well planned manner. On the basis of the result obtained in present study, nasya is very effective in management of allergic rhinitis.

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