

**LITERATURE REVIEW OF AYURVEDIC CONCEPT OF VATAJ
PRATISHYAY W.S.R. ALLERGIC RHINITIS****Dr. Sagar Sarjerao Kumbhar***

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ABSTRACT

Ear, Nose and Throat these sense organ plays very important role in our daily routine life. Various *Acharya* described *Nasa*, *Karna* and *Kantha* rogas in their literature with pathogenesis and treatment of respected disease. In now days with development of science we have experience many types of amenities, with introduction wheel human life form more dynamic and use of this wheel human invented much more researches in cars, factories, industrialization, etc. and get many facilities, along with these facilities major problems occurs like air pollution, smog, etc. and due to these environmental problems disease like *Vataj Pratishyay W.S.R. Allergic Rhinitis* get aggravates. We can prevent and treat disease like *Vataj Pratishay W.S.R. Allergic rhinitis* by life style management and Ayurveda so need to study Allergic

Rhinitis i.e. *Vataj Pratishay*.

KEYWORDS: *Vataj Pratishyay*, *Pinas*, Allergic Rhinitis.

INTRODUCTION

Allergic Rhinitis is a very common condition in day today life. In allergic rhinitis there are recurrent episodes of nasal congestion, sneezing and nasal obstruction¹. This condition mainly occurs due to contact of allergens with nasal mucosa and sudden hypersensitivity reaction form.

AIM AND OBJECTIVES

1) To study the concept of *Vataj Pratishyay W.S.R. Allergic rhinitis*.

2) To study management of *Vataj Pratishyay* W.S.R. Allergic rhinitis as modern and *Ayurveda*.

MATERIAL AND METHOD

- 1) For this study we referred Shushruta samhita for various references of *Vataj Pratishyay*.
- 2) Related modern text books also referred for modern references.

REVIEW OF LITERATURE

Disease definition

Allergic Rhinitis can be defined as it's a hypersensitivity reaction by mucosa of nose in response to allergen and presented with episodic attacks of sneezing, watery nasal discharge and epiphora.^[2]

Type

Types of Allergic Rhinitis as follows,

1. Seasonal^[3]
2. Perennial^[3]
3. Mixed^[3]

Causes

Causative factors for Allergic Rhinitis are as follows^[4,5],

1. Age: In any age of person can be suffer from Allergic rhinitis.
2. Sex: Male are more commonly affected to allergic rhinitis, ratio of affection male : female is about 3:2
3. Industrialization: Allergic rhinitis get more aggravated with exposure to pollution.
4. Hereditary: It plays important role in manifestation of allergic rhinitis. There will be more chance in child if one or both parents suffered from allergic rhinitis.
5. IgA deficiency- this type of patient more prone to allergic rhinitis
6. Living conditions: Residential plays important role in occurrence of Allergic rhinitis. If room with dusty environment, less ventilated and with A.C. are more responsible for trigger of allergic rhinitis.
7. Irritant: Smoke and fumes.

Investigation

Following investigation can be done in disease of Allergic Rhinitis^[6]-

Blood Investigations : CBC , BSL, Serum IgE, Urine Routine and Microscopic.

Radiological Investigation : X-Ray PNS, CT PNS

Treatment

Following type of treatment can implement in allergic rhinitis^[7],

1. Avoidance : Identification and avoidance of allergens.
2. Medicinal treatment:
 - Anti-histaminic- To relives symptoms by decreasing in secretions.
 - Corticosteroid – Act against inflammation of nasal mucosa.
3. Surgical treatment:
 - Correction of DNS.
 - Vidian neurectomy.
 - Removal of septic foci by dental eradication, tonsillectomy.
4. Immunotherapy

Ayurvedic review

Pratishyaya is the important reason for *Nasa roga*. Diseases of nasal cavity are occurs due to *Pratishyaya* so this chapter of *Pratishayaya* is explained in initial part of *nasa rogas* hence in early stage of *Pratishyaya* can be treated then further complication will not occurs.

Hetu

- *Aaharaj hetu*:
 - *Ajeerna*
 - *Atyambupan* – Excessive water drinking after meal
 - *Atishitajalapana*- Excessive drinking of cold water
 - *Ati guru, madhur, shita, ruksha anna-sevana*.
- *Viharaj hetu*:
 - *Vega Sandharana*
 - *Diwaswapna*
 - *Atap sevana*
 - *Atisambhashana*
 - *Atikrodha*

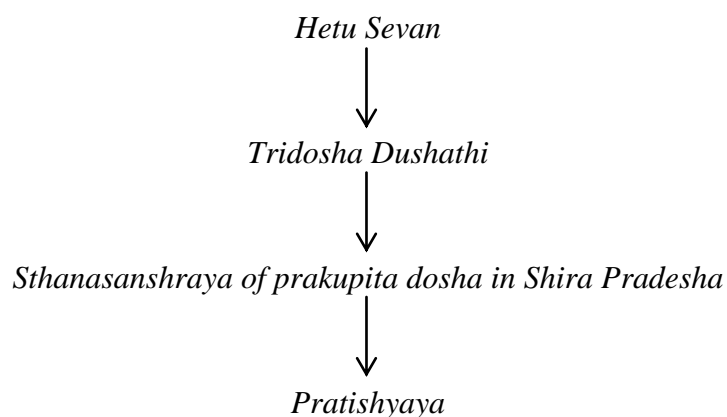
Types

As per Acharya Sushruta types of Pratishyaya are as follows^[8],

- *Vataj Pratishyaya*
- *Pittaj Pratishyaya*
- *Kaphaj Pratishyaya*
- *Sannipataj Pratishyaya*
- *Raktaj Pratishyaya*

Pathogenesis or Samprati

According to Acharya Shushruta *Vata, pitta, kapha dosha and Rakta* get imbalanced due to *Tridoshadushti Hetus* then it *Prakupita Dosha* get accumulated in *Shirapradesha* that is head and nasal cavity and Pratishyaya occurs.^[9]



Rupa of Pratishyaya

As per Acharya Charaka rupa of *Vataj Pratishyaya* are as follows^[10],

- *Ghranarti Toda* – Sensation of pricking in nose
- *Kshwathu* – Excessive Sneezing
- *Jalambastrav* – Rhinorrhea
- *Swarabheda* – Change in voice
- *Shirashool* – Headache

Treatment as per Ayurveda

1. *Grutapana : Panchalavan siddha ghritapana*
2. *Nasya – Pathadi taila Nasya*
3. *Dhumapan – Snaihik dhumapana*
4. *Laghu Ahar*
5. *Koshna Jala sevana*

DISCUSSION

Now days number of diseases increases due to pollution, advance life style. It can be said that Allergic rhinitis is one of the occupational disease. By literature study it is found that modern science has various treatment for Allergic rhinitis but avoidance contact of allergen is an effective treatment. In *Ayurveda* there are lots of choices for treatment of *Pratishaya* like *Ghrutapana*, *Nasya*, *Dhumapana*, *Aahar* and *Vihara* management.

CONCLUSION

Pratishaya is one of the important *Nasa Roga*. Acharya Charaka says that *Pratishaya* is the reason for *Urdhajatrugata Roga*. Acharya Sushruta explained *Pratishaya* in separate *Adhyaya* and Acharya Charaka also named to *Nasaroga Adhyaya* as “*Pinasaroganidanam*”

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