



Ayurvedic Literature Review of *Vataja Pratishyaya* WSR Allergic Rhinitis

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Abstract

The basic life of a human is dependent on air and water but the natural sources also serve as the source of infection. Due to modern civilization, there is increasing evidence of the negative health impact resulting from environmental air pollutants. *Ayurveda* science mentioned air pollutants like *Raja*, *Dhooma* as causative factors of respiratory illness including Allergic Bronchitis (*Shwasa*), Allergic rhinitis (*Pratishyaya*), Cough (*Kasa*) and Hiccough (*Hikka*). *Vataja pratishyaya*/Allergic rhinitis occurs much more frequently than before. *Pratishyaya* has been considered as a separate clinical condition in Uttar tantra of Sushruta Samhita. Allergic rhinitis can be correlated with the *Vataja Pratishyaya* due to similarities in the sign and symptoms. Allergic rhinitis is an inflammation of nasal membranes, characterized by watery nasal discharged, nasal obstruction, sneezing and nasal itching. 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.

Keywords: *Pratishyaya*; Ayurveda; Allergic rhinitis; *Nasya*

Introduction

Allergic rhinitis is one of the most common allergic conditions, and occurs when the nasal cavity is exposed to foreign particles such as pollen, dust etc.[1,2]. Sign and symptoms include a runny or stuffy nose, sneezing, red, itchy and watery eyes and swelling around the eyes. The fluids from the nose are usually clear. Symptom's onset is often within minutes following exposure and they can affect sleep, the ability to work and the ability to concentrate at the school. Those whose symptoms are due to pollen typically develop symptoms during specific times of the year. many people with allergic rhinitis also have asthma, allergic conjunctivitis, or atopic dermatitis.

Pratishyaya is described since *Samhita kala* in *Brihatrayee* as well as *Laghutrayee*. It is described as

a premonitory symptoms/*purvarupa* of Tuberculosis/*rajyakshma* and as a symptom of *vega vidharanaj*, *kshayaja* and *vishamasanaja yakshma*. In *sushruta Samhita*, it is given in more detailed as a separate chapter. *Ayurveda* describes *Pratishyaya* as one of the most important disease among *Nasa roga* defined as the condition where the secretion produced due to vitiation of *Vata* and *Kapha* at the root of nose, which flows down through the nose against the inspired air [3].

Over the last decade allergic rhinitis represents a global health issue affecting between 10%-25% of world population [4], with increasing prevalence day by day. According to World Allergy Organisation (WAO), 400 million persons worldwide have allergic rhinitis [5]. Prevalence of allergic rhinitis in approximately 20% of the population in India [6]. The disease is not life threatening but significantly affect quality of life due to its symptoms which hampers routine

activity of the patient [7]. If these symptoms are ignored or not cured properly the complications may be very severe.

Classification

Acharya Sushruta, Vagbhatta, Madhavakar, Bhava Mishra, Sharangadhara have described five types of *Pratishyaya*. *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, *Raktaja*. Acharya Charaka and Kashyapa have not accepted *Raktaja* *Pratishyaya* [8,9]. According to *rasa ratna samuchaya*, there are six types of *Pratishyaya*.

Acharya Dalhana described two stages of *Pratishyaya* as [10]

- *Amavastha*
- *Pakwavastha*

Importance of Pratishyaya;

- *Pratishyaya* is the causative condition for all the other disease of nasal cavity and hence it is explained with priority in the *nasa rogas*.
- *Pratishyaya* is the only disease explained in *Shalakyatantra* which develops complication even before the sign and symptoms occur, hence if treated when the *purvaroopas* are seen, the further pathology can be stopped.

Nidan of Pratishyaya

- *Sadyojanak nidan*
- *Kalantrajanak nidan*

Aharaja	Viharaja	Manasika
<i>Mandagni</i>	<i>Vega sandharana</i>	<i>Atikrodh</i>
<i>ajeerna, vishmasana</i>	<i>rajahdhumarasevan</i>	
atijalapan after meal	atisambhasanam	
ati guru Madhura sheeta ruksha sevan	rituvaishmya	
atisheetambupaana	shirasoabhitapam	
	divasyanam	
	atapa sevan, snan in ajirna.	

Table 1: The etiological factors can again be classified following.

Samprapti

The disease process starts by the aggravation of *Tridoshas* by multifarious factors i.e., exogenic & endogenic. The proper functioning of *dosha*, *agni*, *malas* & balanced status of *atma*, *mana* and *indriya* bring about health, whereas disturbance of equilibrium leads to disease.

According to *Acharaya Sushruta Samprati of Pratishyaya*, when *vata*, *pitta*, *kapha* singly or together as also *rakta* are accumulated in the region of the head and get vitiated due to several aggravating factors give rise to disease *Pratishyaya* [11].

Purvaroopas

It has been stated by *Sushruta*, *Madhava nidana* and *Bhavprakash* have followed *Sushruta* in describing the *purvarupa* [12].

- *Shirogurutvam* (heaviness in head)
- *Kshvathu pravatanam* (sneezing)
- *Angamarda* (bodyache)
- *Parihristaromta* (generalised horripilation)

Rupa

1.1.a. Clinical features of *Vataja Pratishyaya* according to *Acharya Charaka* (Ch. Chi26/105)

- *Ghranarti toda* (pricking pain sensation in nose)
- *Kshavathu* (sneezing)
- *Jalabhsrava* (watery nasal discharge)
- *Swarabheda* (hoarseness in voice)
- *Shirashoola* (headache)

1.1.b. Clinical features according to *Sushruta* (Su.Utt.24/6-7), *Madhava nidana* and *Bhava Mishra*

- *Anaddhapihita nasa* (nasal obstruction and stiffness)
- *Tanusrava pravartini* (watery nasal discharge)
- *Galtalvoshath shosha* (dryness in throat, palate, lips)
- *Shankh nistoda* (pricking sensation in temporal region)
- *Swaropghata* (hoarseness in voice)

Chikitsa of Pratishyaya

The first step in the treatment is *nidana-parivarjan*.

As only local treatment is not enough to treat the disease, oral medication is also necessary which helps to remove the pathology and also improve the immunity status.

Samanya Chikitsa

Five days of *langhana* is advised in *Pratishyaya* before going for further treatment. (*Chakra*.59/3). All type of except *nav Pratishyaya* are to be treated with *Grittapana*, *Swedana*, *Vaman*, *Avpidan nasya chikitsa*.

Vishesh Chikitsa

Acharya Sushruta specifically mentioned the treatment regime of *vataja pratishyaya*.

- *Ghritapana*: Oral administration of *Panch lavan siddha grita* and *vidarigandhadi gana siddha grita*.

- *Nasya*
- *Arditoka chikitsa: Shirobasti, nasya, Dhooma, Upnaha, Sneha and Nadi swedana, Ksheera taila pana and Abhyang.*

Upadrava

Vataja pratishyaya leads to *dushta pratishyaya* if left untreated. Following are the complications which may be seen if not treated in the right time deafness, blindness, anosmia, severe eye disease, cough, loss of appetite and oedema.

Certain Instructions to be Followed-

- The patient suffering from allergic rhinitis should avoid cold water and polluted air.
- Regular nasal douching should be done with saline water to reduce crusting of nasal mucosa.
- It is advisable to use a mask or cover the face and nose to pollutants and causative organisms to enter the nose.

Conclusion

Ayurvedic formulations can be adopted for more effective, non-chemical treatment for allergic rhinitis/*vataja pratishyaya*. All formulations are proposed to be taken up for evaluation of their effect in *vataja pratishyaya* /allergic rhinitis to come up with safe and cost-effective treatment for this ailment.

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