

“A Clinical study of *Nimb Haridra Khand* and *Shunthyadi Taila Nasya*’ in the management of *Vataja Pratishyaya* w.s.r. to Allergic Rhinitis”

Dr. Chanda Chopra ^{1*}, Dr. Satish Sharma ^{2*}, Dr. Vijayant Bhardwaj^{3*}, Dr. Naveen Kumar ^{4*}, Dr. Lokesh Katna ^{5*}

^{*1} P.G.Scholar, ^{*2}Reader, ^{*3} Senior Lecturer, ^{*4}P.G.Scholar, P. G. Dept. of Shalakyatantra, R. G. G. P.G. Ayurvedic College, Paprola, H.P., India. ^{*5} Ayurvedic Medical Officer.

Abstract

Pratishyaya is a condition of continuous Nasal discharge, *Vata Pradhana* disease and accumulation of *Doshas* in *Uttamanga*. *Aacharya Sushruta* has mentioned a separate chapter for detail description of *Pratishyaya*. The clinical features of *Vataja Pratishyaya* as explained in *Ayurvedic* literature have the relevance with Allergic Rhinitis. The present study was conducted to evaluate the effect of *Nimb Haridra Khand* and *Shunthyadi Taila Nasya* in the management of *Vataja Pratishyaya* w.s.r. to Allergic rhinitis. Total 18 patients were registered in a three groups. The trail was conducted for 15 days and effect of drugs was evaluated. The analysis based on subjective improvement reveals that In Group- I, 4 patients were mild improved and 2 patients were unimproved. In Group-II, 5 patients were moderately improved and 1 patient had markedely improved. In Group-III, 5 patients were moderately improved and 1 patient had mild improved. No adverse effect was seen during the trail and in the follow up as well. The study revealed that annexed trial drugs are good, safe, effective and dependable remedy for the management of *Vataja Pratishyaya* as these not only lowers down the symptoms but also imparts a feeling of well being.

Keywords: *Pratishyaya, Nimb Haridra Khand, Shunthyadi Taila*, Allergic Rhinitis .

Introduction

Good health is considered to be the root of objectives of human life like *Dharma, Artha, Kama* and *Moksha*¹. Health does not mean a mere absence of disease but it is a physical, mental and spiritual well being of a person². Certain disease may not be life threatening but increasingly annoying and irritating to the individual in his routine activity. *Pratishyaya* is one among them increasingly prevalent now a day, demanding greater concern over it. The importance of this disease is reflected by the fact that *Aacharya Sushruta* has mentioned as separate chapter for detail description of *Pratishyaya*.³ *Pratishyaya* is a condition of continuous Nasal discharge, *Vata Pradhana* disease and accumulation of *Doshas* in *Uttamanga*.⁴

वातप्रतिअभिमुखं श्यायोगमनकफादीनां यत्र स प्रतिश्यायः ॥ (ड. सु. उ. 24/1)⁵

The clinical features of *Vataja Pratishyaya* as explained in *Ayurvedic* literature have the relevance with Allergic Rhinitis. It is a common problem among all age groups and is a leading cause of hospital

visits worldwide. Allergic Rhinitis is an IgE-mediated immunologic response of nasal mucosa and is characterized by watery nasal discharge, nasal obstruction, sneezing and itching in the nose etc.⁶In the present study main formulation for controlling the allergic condition, which acts on immunity, i.e. *Nimb Haridra Khanda* which has been selected as oral drug because it has been used not only as *Rogahara* agents but also as *vyadhi kshamatvakara*.⁷*Pratishyaya* is well known for its recurrence & chronicity. Recurrence of the disease occurs when the vitiated *Doshas* have not been evacuated completely. Such *Doshas* reside in their latent stage (predisposing stage) & give rise to the same disease when they come acts on immunity and *Nasya* is the main *Shodhan* therapy for *Uttamanga Shuddhi*.⁸So *Shunthyadi Taila* is selected for present study.⁹

AIMS AND OBJECTIVES

1. Compilation of *Vataja Pratishayaya* w.s.r. to allergic rhinitis from different Classical literature.
2. To know the systemic action of *Nimb Haridra Khanda*.
3. To know the efficacy of the *Shunthyadi Taila* as *Nasya*.
4. To know the clinical evaluation of combined therapy of *Nimb Haridra Khanda* orally and *Shunthyadi taila nasya*.

MATERIALS AND METHODS

Study includes 18 patients taken in three groups.

Group A - Patients in this group were given *Nimb Haridra Khanda* as oral drug

Group B - Patients in this group were given *Shunthyadi Taila Nasya* locally.

Group C- Patients in this group were given *Nimb Haridra Khand* as oral drug and *Shunthyadi Taila Nasya*.

DOSE :

<i>Nimb Haridra Khanda</i>	-	05 gms twice a day for 2 weeks
<i>Shunthyadi Taila</i>	-	06 drops in each nostril for 7 days

CRITERIA FOR SELECTION

Uncomplicated patients with signs & symptoms of Allergic Rhinitis, attending O.P.D. were selected above 12 yrs age, irrespective of sex, religion & occupation, etc.

Inclusive Criteria

- Patients presents with sign and symptoms of Allergic Rhinitis.
- Age above 12 yrs.

Exclusive criteria

- Patients not willing for trial .
- Patients suffer from Hypertrophic rhinitis, Atrophic rhinitis , Rhinitis sicca.
- Patient, suffering from systemic diseases like Diabetes, Tuberculosis, Hypertension etc

INVESTIGATIONS

- Haematology :Hb%, TLC, DLC, ESR, LFT, RFT,AEC.
- Biochemistry: Fasting Blood Sugar.
- Radiology : X-Ray P.N.S. Water's View

PLAN OF STUDY

- All the concerned *Ayurvedic* and modern texts related to the disease under taken for the trial reviewed in details along with paper and materials available on the internet. Clinical study carried out on 18 patients fulfilling the inclusion criteria irrespective of sex, caste and religion.
- IEC and Consent:-Approval from the Institutional Ethics Committee (IEC) was taken prior to begin with this study Ref. no. Ay/IEC/2015/1073 dated 11-08-2016. Written and informed consent of the patients was taken before their registration for the study.

CRITERIA OF ASSESSMENT

- **Sneezing**

No sneezing	0
1 – 10 sneezing	1
10 – 15 sneezing	2
15 – 20 sneezing	3
> 20 sneezing	4

- **Nasal obstruction**

No obstruction	0
Inhalation & exhalation with effort with feeling of mild obstruction	1
Inhalation & exhalation with effort with feeling of moderate Obstruction	2
Inhalation & exhalation to be supplemented with mouth breathing	3
Complete blockage with total mouth breathing	4

- **Rhinorrhea**

No discharge	0	
Occasional Rhinorrhea with a feeling of running nose without visible fluid	1	
Rhinorrhea with occasional running nose with visible fluid	2	Rhinorrhea
with running nose which needs moping but controllable	3	Severe Rhinorrhea
with copious fluid needs continuously moped	4	

- **Cough**

No cough	0
Occasional cough	1
Moderate Cough	2

Continuous cough with throat & chest pain	3	Severe
continuous cough with throat & chest pain	4	
• Headache		
No headache	0	
Headache occur sometimes	1	Headache
occur frequently but is able to carry routine work without difficulty	2	Severe headache patient
restless & able to carry	3	routine work with great difficulty
Severe crippling headache that renders patient bed ridden	4	
• Itching		
No itching	0	
Can tolerate without rubbing of nose	1	
Can tolerate after frequent rubbing of nose	2	
Continuous rubbing of nose	3	
Severe continuous itching causing difficulty in speaking	4	
• Recurrent Attacks		
No attacks	0	
Period between attacks more than two days	1	
Period between attacks 1-2 days	2	
Period between attacks 12-24 hrs.	3	
Attacks within 12 hrs.	4	

CRITERIA FOR OVER ALL ASSESSMENT

The total effect of the therapy was assessed considering the following criteria.

- Complete remission : 100% relief in the signs & symptoms.
- Markedly Improvement : > 75% relief in the signs & symptoms.
- Moderately Improvement : >50% relief in the signs & symptoms.
- Mild Improvement : >25% relief in the signs & symptoms.
- Unchanged : < 25% relief in the signs & symptoms.

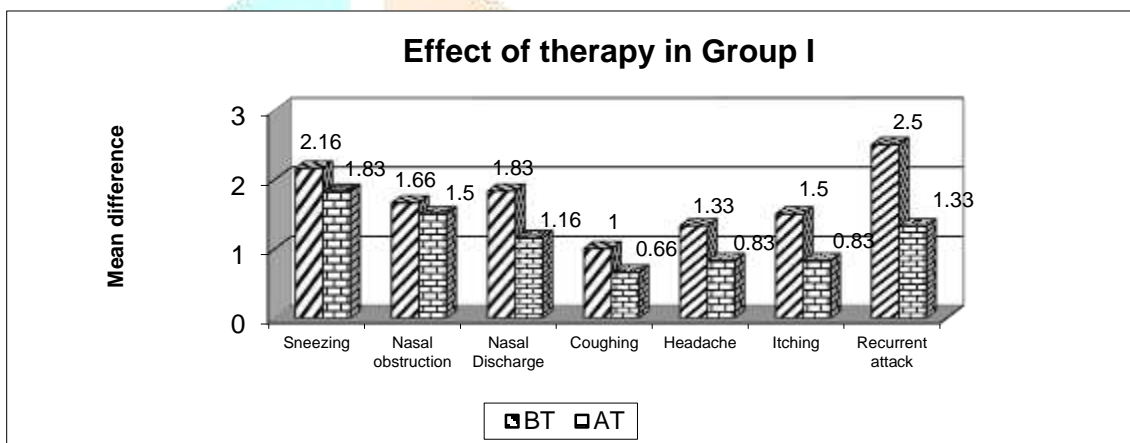
EFFECT OF THERAPY (Table No :1)

Group 1

Sr. No.	Signs and Symptoms	N	Mean		X (d) BT-AT	%age Relief	SD±	SE±	T	P
			BT	AT						

1.	<i>Kshavathu</i> (Sneezing)	6	2.16	1.83	0.33	15.28%	0.516	0.211	1.581	>0.05
2.	<i>Nasaanaha</i> (nasal obstruction)	6	1.66	1.50	0.16	9.64%	0.408	0.167	1.00	>0.05
3.	<i>Nasavrava</i> (nasal discharge)	6	1.83	1.16	0.17	9.28%	0.516	0.211	3.162	>0.001
4.	<i>Kasa</i> (coughing)	3	1.00	0.66	0.34	34.00%	0.577	0.333	1.00	>0.05
5.	<i>Shirashoola</i> (headache)	6	1.33	0.83	0.50	37.58%	0.548	0.224	2.236	>0.05
6.	<i>Kandu</i> (itching)	6	1.50	0.83	0.67	44.66%	0.816	0.333	2.000	>0.05
7.	<i>Bhutwa- Bhutwa</i> (recurrent attack)	6	2.50	1.33	1.17	46.80%	1.169	0.477	2.445	0.05

Diagram No. 1



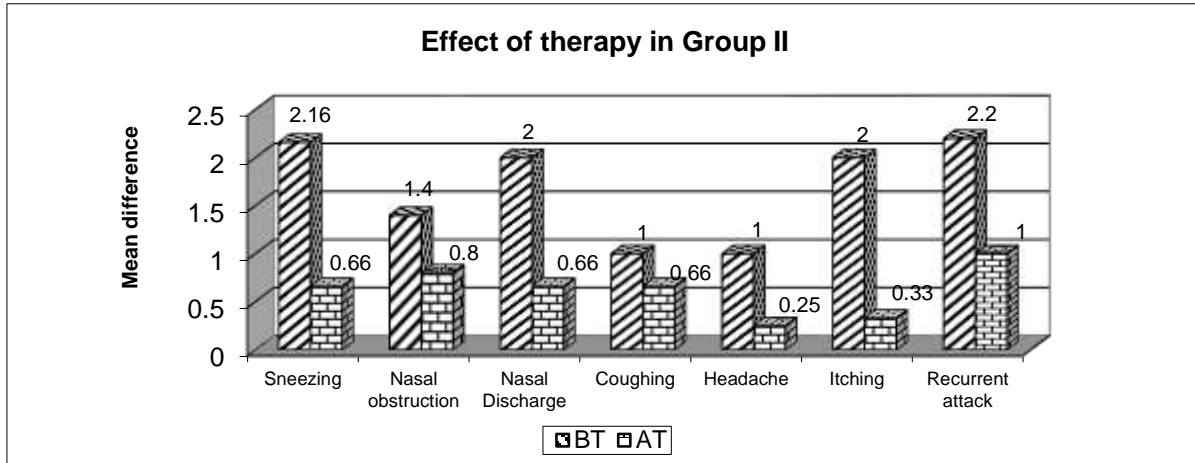
Group -2

Table No. 2

Sr. No.	Signs and Symptoms	N	Mean		X (d) BT-AT	%age Relief	SD ±	SE ±	T	P
			BT	AT						
1.	<i>Kshavathu</i> (Sneezing)	6	2.16	0.66	1.50	69.00%	0.548	0.224	6.708	0.001
2	<i>Nasaanaha</i> (nasal obstruction)	5	1.40	0.80	0.60	42.85%	0.548	0.245	2.449	>0.05
3.	<i>Nasavrava</i> (nasal discharge)	6	2.00	0.66	1.34	67.00%	0.516	0.211	6.325	0.001
4.	<i>Kasa</i> (coughing)	3	1.00	0.66	0.34	34.00%	0.577	0.333	1.000	>0.05
5.	<i>Shirashoola</i> (headache)	4	1.00	0.25	0.75	60.00%	0.500	0.250	3.000	0.05

6.	<i>Kandu</i> (itching)	6	2.00	0.33	1.67	83.50%	0.516	0.211	7.906	<0.001
7.	Bhutwa- Bhutwa (recurrent attack)	5	2.20	1.00	1.20	54.54%	0.837	0.374	3.207	>0.01

Diagram No. 2

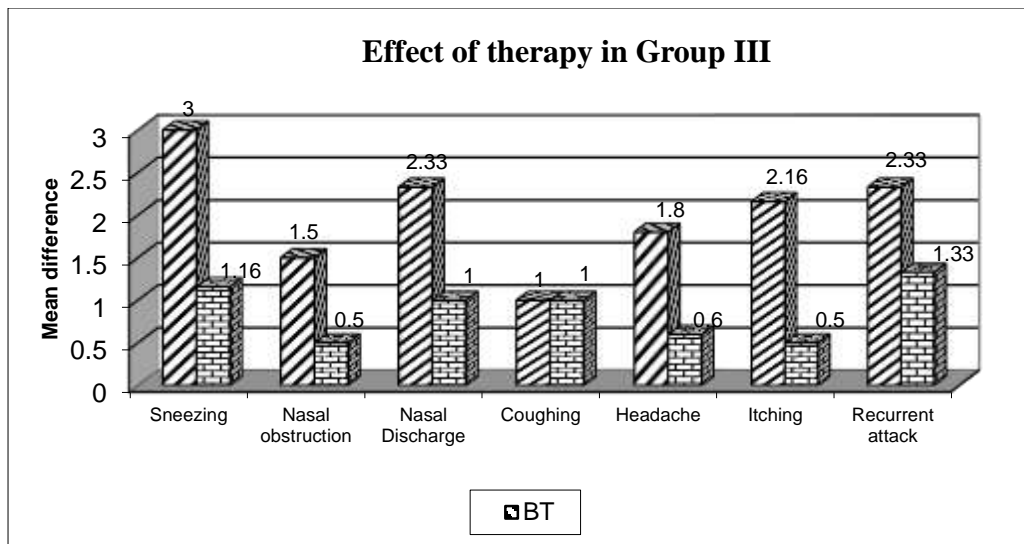


Group -3

Table No. 3

Sr. No.	Signs and Symptoms	N	Mean		X (d) BT-AT	%age Relief	SD±	SE±	t	P
			BT	AT						
1.	<i>Kshavathu</i> (Sneezing)	6	3.00	1.16	1.84	61.33%	0.408	0.167	11.00	<0.001
2	<i>Nasanaha</i> (nasal obstruction)	6	1.50	0.5	1.00	66.66%	0.00	0.00	+inf	<0.001
3.	<i>Nasasrava</i> (nasal discharge)	6	2.33	1.00	1.33	57.08%	0.516	0.211	6.325	0.001
4.	<i>Kasa</i> (coughing)	5	1.00	1.00	0	0%	0.00	0.00	0.00	>0.05
5.	<i>Shirashoola</i> (headache)	5	1.80	0.60	1.20	66.67%	0.447	0.200	6.00	>0.001
6.	<i>Kandu</i> (itching)	6	2.16	0.5	1.66	76.85%	0.516	0.211	7.906	<0.001
7.	<i>Bhutwa-Bhutwa</i> (recurrent attack)	6	2.33	1.33	1.00	42.91%	0.632	0.258	3.873	>0.001

Diagram No. 3



INTERGROUP COMPARISON OF SYMPTOMS (By One Way AnovaTest)

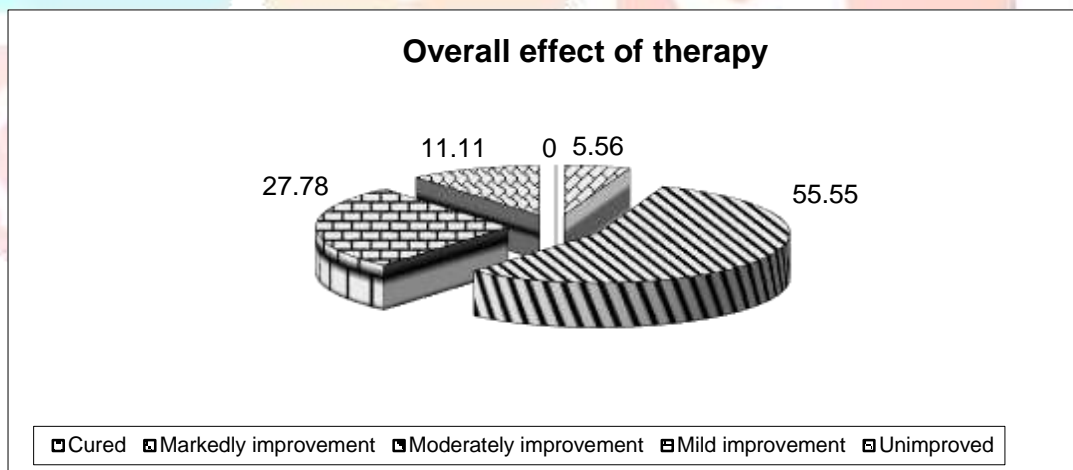
Table No : 4

SYMPTOMS	GROUPS	MEAN	% age relief	SD ±	F	P
Sneezing	I	0.33	15.28%	0.516	15.23	<0.001
	II	1.50	69.00%	0.548		
	III	1.84	61.34%	0.408		
Nasal obstruction	I	0.16	9.64%	0.408	6.71	<0.001
	II	0.60	42.85%	0.548		
	III	1.00	66.66%	0.00		
Rhinorrhoea	I	0.17	9.28 %	0.516	3.33	>0.05
	II	1.34	67%	0.516		
	III	1.33	57.08%	0.516		
Coughing	I	0.34	34%	0.577	0.5	>0.05
	II	0.34	34 %	0.577		
	III	0	0	0		
Headache	I	0.50	37.58 %	0.548	1.5	>0.05
	II	0.75	60%	0.500		
	III	1.20	66.67%	0.447		
Itching	I	0.67	44.66 %	0.816	5	>0.001
	II	1.67	83.50%	0.516		
	III	1.66	76.85%	0.516		
Recurrent Attacks	I	1.17	46.80%	1.169	0.06	>0.05
	II	1.20	54.54%	0.837		

	III	1.00	42.91%	0.632		
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Overall Effect Of Therapy (Table No : 5)

Sr. No.	Total effect	Gr.- I		Gr.- II		Gr.- III		Total	
		No. of pts.	% age	No. of pts.	% age	No. of pts.	%age	No. of pts.	%age
1.	Cured	-	-	-	-	-	-	-	-
2.	Markedly Improvement	-	-	1	16.67	-	-	1	5.56
3.	Moderately improvement	-	-	5	83.33	5	83.33	10	55.55
4.	Mild improvement	4	66.67	-	-	1	16.67	5	27.78
5.	Unimproved	2	33.33	-	-	-	-	2	11.11



DISCUSSION

Symptoms of *VatajaPratishyaya*¹⁰ which vividly resemble those of Allergic Rhinitis¹¹ are as follows: (

Table No : 6)

Sr. No.	<i>Samanya & Vishesha lakshanas of Pratishyaya</i>	Chief & associated clinical features of Allergic rhinitis
1.	<i>Kshawathu</i>	Sneezing
2.	<i>Aanadhapihitana (Nasaabhrodha)</i>	Nasal obstruction
3.	<i>TanushravaPravaritini</i>	Watery nasal discharge
4.	<i>Gal taluoasthShosh</i>	Dryness in throat, palate and lips

5.	<i>Swaraopghata</i>	Hoarseness
6.	<i>Granaatitoda</i>	Painful sensation in nose
7.	<i>NistodaSankhyostatha</i>	Headache
8.	<i>Kandu</i>	Itching in nose
9.	<i>Bhutwa – bhutwa</i>	Repeated attacks
10.	<i>Shirogaurava</i>	Heaviness in head
11.	<i>Kasa</i>	Cough

Effect Of Therapy

Group I:- Among 6 patients, 02 patients had no relief in symptoms, 04 patients had a mild improved. There was no patient who was markedly improved, moderately improved or totally improved.

Group II:- Among 6 patients, 05 patients had moderately improved and 01 patient had markedly improved. There was no patient who was totally improved or mild improved or unimproved.

Group III:- Among 6 patients, 01 patient had mild improved and 05 patient were moderately improved. There was no patient who was markedly improved or totally improved or unimproved.

Overall effect of therapy showed markedly improvement in 5.56 % patients, no relief in 11.11% patients, mild improvement in 27.78% patients and moderate improvement in 55.55 % patients.

Probable Mode of Action Of Drugs

The trial drug *NimbHaridra Khand* is having dominant *Katu rasa* (40.54% each) predominance. The rest of indices there is predominance of *laghu guna* (31.91%), *ushana veerya* (68.42%), *Katu vipaka* (63.15%) and *vata-kapha shamaka* (52.63%) properties which are counteracting the *samprapti* (pathogenesis) of *Vataja pratishyaya*.

The dominant *rasa katu* having properties like *ghranam asravayati*, *shwayathu anupahanti*, *krimihinasti*, *marga vivrinoti* helps a lot in reduction of signs & symptoms¹². The dominant *Guna* of the annexed drug is *laghu*, that helps in relieving symptoms like heaviness. Again *laghu guna* relieves the oedema of *nasal mucosa* and clears the osteo-meatal complex¹³. As the *Pratishyaya* is aggravated or initiated with cold food habits & environmental conditions, *ushana veerya* predominance leads to combating with this precipitating factor. Also *ushana veerya* affects in reducing *kapha* i.e. discharge or over secretions & helps to reduce *kapha* and *vata*, so acts against the *vata kaphaja* predominance of *Vataja Pratishayaya*. *Katuvipaka* also serves same functions as explained in *katu rasa* actions.

In *Nimb Haridra Khanda*, most of drug having *Agnivardhaka*, *Deepana*, *Pachana* etc. properties. This is having *Rasayana*, *Jeevaniya*, *Balya*, *Brimhaniya*, *Ojovardhaka*, *Ayurvedhaka*, *Dhatu poshaka* properties which indirectly increase the *Vyadhi kshamatva*. *Pratishyaya* results from the vitiation of *vata* and *kapha*. Various ingredients of *Nimb haridra Khanda* having *Vata kapha shamaka* properties¹⁴. At

modern side, most of ingredients of *NimbHaridra Khanda* are proved as Anti-inflammatory, Analgesic, Antipyretic, Antioxidant, Immunostimulator, Antiallergic, Anti histaminic pharmacologically¹⁵.

The trial drug *Shunthyadi Taila* is having *Madhura, Katu rasa* (33.33% each) predominance. The rest of indices there is predominance of *laghu, Snigdha guna* (26.67%), *ushana veerya* (66.67%), *madhura vipaka* (66.67%) and *vata-kapha shamaka* (66.67%) properties which are counteracting the *samprapti* (pathogenesis) of *Vataja pratishyaya*. Because of *Teekshna* and *Sukshmaguna*, the medicine will penetrate into minute channels does *Srotho shodhana*.

The *madhura rasa* being *maruta ghana* helps to reduce excessive discharge tendency. *Madhura vipaka* acts like *madhura rasa*¹⁶ Due to *laghu* and *Vyavayi guna* *Taila* possess a good spreading capacity through minute channels and does *Srotho shodhana*¹⁷. The rest having same properties as in *NimbHaridra Khand*. It will also acts as *Balya, brimhana, rasayana* by nourishing *dhatu*s and enhances immunity. This immune-modulation will reduce the inflammatory process in nasal cavity and sinuses. Majority of ingredients possess anti-inflammatory activity, which also prevent the inflammatory process. *Taila* is the best drug for *vata-dosha*; here the chronicity of the disease indicates aggravation of *vata-dosha*, so oil preparation may be the best form for conditions like *Vataja Pratishyaya* (Allergic rhinitis).

Administration of medicated oil will help in reduction of post nasal drip due to high viscosity, reduction in anterior nasal drip, reduction of irritation by using soothing/emollient recipients and target drug delivery to mucosa for better absorption. Due to high viscosity, there is increase in residual time of oily substance in nasal cavity and enhance bioavailability. Oil instilled in nose prevents its irritation of mucous membrane by pollen, dust, bacteria etc., so it can check the allergy or infection.

The *Shunthyadi Taila* (*Shunthi*) possesses anti-inflammatory, antioxidant, immune-modulatory and antiasthmatic properties and also stabilizes mast cell and reduces mucous secretion¹⁸. There by justifying the efficacy of *Shunthyadi Taila Nasya* in relieving the symptoms of Allergic Rhinitis.

CONCLUSION

- The oral drug had more effect on Itching and Recurrent attacks so it should be given in Routine patients. *Shunthyadi Taila Nasya* Should be given in Routine OPD patients as a *pratimarsha nasya* as it gives symptomatic relief in patients .
- All the *Vataja Pratishyaya* patients who received proposed formulations tolerated very well and no un-toward effects were reported by the patients registered for the current trial. Therefore, it can be concluded that the annexed trial drugs are good, safe, effective and dependable remedy for the management of *Vataja Pratishyaya* as these not only lowers down the symptoms but also imparts a feeling of wellbeing and provide significant symptomatic relief.

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