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Allergic Rhinitis & its Ayurvedic View

Dr.Kapil Sanjay Lendal , PG Scholar ¹ ;

Dr. Sudha Singh ,Associate Professor ²;

Dr. Madhavi Deodas , HOD ³ , Department of Balroga.

College of Ayurveda & Research Centre, Nigdi, Pune , Maharashtra.

Abstract

Ayurveda is ancient medicine science with equal emphasis upon prevention and cure. Due to environmental pollution, global warming, and life style disorders, a very common disease, Pratishyaya/Rhinitis occurs much more frequently than before. Ayurveda have mentioned air pollutants like Raja, Dhooma which leads to respiratory illness such as Allergic Bronchitis (Shwasa), Allergic rhinitis (Pratishyaya), Cough (Kasa) and Hiccough (Hikka) . Acharya Sushruta have mentioned Pratishyaya a separate clinical condition in Uttartantra. Allergic rhinitis can be correlated with the Vataja Pratishyaya due to similarities in sign and symptoms. Allergic rhinitis is an inflammation of nasal membranes, characterized by watery nasal discharge, nasal obstruction, sneezing and nasal itching. Various treatment have been mentioned in modern medicine like corticosteroids, antihistaminic, inhalers etc. Among these , none of the treatment cures allergic rhinitis completely or prevents its recurrence .

Keywords: Pratishyaya; Ayurveda; Allergic rhinitis

Introduction

Pratishyaya is one of the Nasagata roga & is a complex disease involving several symptomatology and diverse pathogenesis. It is one of the common disorders of children known for its recurrence and chronicity. It could lead to complications such as Kasa , Shwasa then Kshaya if not managed in time. Over the last decade allergic rhinitis represents a global health issue affecting between 10 % - 25 % of world population [1], with increasing prevalence day by day. Kaumarabhritya (Pediatrics), a branch of Ashtanga Ayurveda deals with the management of children beginning from their procreation . Overall prevalence of rhinitis was 26.1% in school going children .

Ayurveda describes Pratishyaya as the condition where the secretion is produced due to vitiation of Vata and Kapha at the root of nose, which flows down through the nose against the inspired air [2]. Acharya Sushrut have mentioned in detail about Pratishyaya, described five types of Pratishyaya among in 31 nasaroga. A lot of modern disease entities can be included under the heading of Pratishyaya (rhinitis). Pratishyaya(rhinitis) is such a disease in which running nose is the main clinical feature. [3].

In eighth chapter-Rajyayakshma chikitsadhyaya of Charak Chikitsa Sthana, Pratishyaya is given as a purvarupa and lakshana of Yakshma. In this chapter, samprapti as well as general treatment of Pinas (Pratishyaya) is described. In twenty sixth chapter, Trimarmiya chikitsaadhyaya, nidana and pathya of Pratishyaya is given. Improper management or negligence can lead to lots of complications like Badhirya, Andhata, Gandhanasha, Kasa etc. If patients neglect, all types of Pratishyaya, it can change into Dushta Pratishyaya. Many treatment modalities are explained in modern system of medicine like corticosteroids, antiallergics, inhalers, antihistamines etc., but none of them are totally effective in curing the disease as well as preventing its recurrence.

Etymology :

Prati + Shyeng + Gatav = Pratishyaya

The word Pratishyaya is derived from “Shyeng” Dhatu which refers to move, when this Dhatu is prefixed by “Prati” and suffixed by “Gatav”, the word Pratishyaya is form.

Definition: The word Pratishyaya is derived from two words – “prati” and “shyaya”.

Prati – against the direction

Shyaya – moving or flowing

Importance of Pratishyaya

- Pratishyaya is one of the important cause 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 Shalaky tantra which develops complication even before the sign and symptoms occur, hence if treated when the purvaroops are seen, the further pathology can be stopped.

Nidan of Pratishyaya

- Sadyojanak nidaan
- Kalantarajanak nidana

Aharaja - Mandagni , vishmashana , ajeerna , atijalapan after meal , ati guru Madhura sheeta ruksha anna sevan , atisheetambupaan

Viharaja - Vega sandharana, rajahdhumarasevan atisambhasanam rituvaishmya shirasoabhitapam divasyanam atapa sevan, snan in ajirna

Manasik - Atikrodh

ETIOLOGY WISE SIMILARITY

Both the disease entities share common etiological factors for their manifestation as evident from table no.1

Sr. No.	Allergic Rhinitis	Vataja Pratishyaya
1	Inhalation of airborne particles such as dust mites, pollen etc.	Rajah Sevana (Exposure to dust)
2	Ingestion of certain foods such as chocolates, citrates, strawberry, eggs	Vishamashan ,Excessive intake of Guru, Sheeta, Madhura substance
3	Bathing with cold water	Ati jala krida
4	Humidity	Avashyaya (Exposure to dew) Anil(Exposure to cold breeze)
5	Pollution	Dhooma sevana
6	Climate change	Rituvashmya

Above stated etiological factors are predisposing factors or immediate causes. In addition to above causes there are other etiological factors mentioned in Ayurveda for Pratishyaya (rhinitis) , which are as follows,

Atiswapna (Excessive sleep)

Atijagaran (Excessive vigilance)

Any VariPaan(Intake of water from different sources)

Atyambupaan (Drinking of more quantity of water)

Atibhashya (Too much of speaking)

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.

Purvarupa

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 [4].

Purvaroop It has been stated by Sushruta, Madhava nidana and Bhavprakash have followed Sushruta in describing the purvarupa [5].

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

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 [6,7]. According to rasa ratna samuchaya, there are six types of Pratishyaya.

Acharya Dalhana described two stages of Pratishyaya as [8]

- Amavastha
- Pakwavastha

These etiological factors of rhinitis excite the pathology in a different way through the series of stages of Sanchaya (Stage of accumulation of Dosha) , Prakopa (Stage of provocation), Prasara (Stage of dissemination/transmission), Sthanasanshraya (Stage of localization), Vyakta (Stage of manifestation), Bheda (Stage of complication) and result into a chronic phase of disease/condition.

Comparative clinical features of Allergic Rhinitis & Vataja Pratishyaya

The clinical features of Allergic Rhinitis are very much similar to those of Vataja Pratishyaya as evident from following table 2.

Table2: Comparative clinical features of Allergic Rhinitis & Vataja Pratishyaya

Sr.No.	Allergic rhinitis	Vataja Pratishyaya
1	Itching of nose	Pihita nasa
2	Nasal Obstruction	Anaddha nasa
3	Paroxysmal sneezing	Kshavathu
4	Watery nasal discharge	Tanu strava pravartan
5	Hoarseness of voice	Swaropghata
6	Vaccum Headache	Shankha nistoda

Management of Pratishyaya

The dietary measures, medications for Sodhana and Shaman and various treatment modalities for Pratishyaya are explained in detail by Acharya Sushruta [9].

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 improves the immunity status. As per Acharya Sushruta, Langhana along with deepana and pachana dravyas, Swedana, Vamana, Avapeedana Nasya and ghrita pana (except Navin Pratishyaya) are the common treatment methodologies suggested in all types of Pratishyaya. Panchakarma is of significant detox value against all the three Tridosha [10].

Treatment of Apakva Pratishyaya –

Swedana from Kanji etc. Amla pathartha, intake of hot substances, use of milk mix with Adarka and use of ekshu preparation like Gud, Fanita yoga etc [11].

Treatment of Pakva Pratishyaya –

Tikshna Shirovirachana, Dhoompana, Asthapanabasti, Kaval, Nasya and use of Haritaki [12].

Treatment of Vataja Pratishyaya [13]

- Ghritapana – Oran administration of Panch lavan siddha ghrita and Vidharigandhadi gana siddha ghrita
- Nasya
- Arditokta chikitsa – Shirobasti, Nasya, Dhooma, Upnaha, Sneha & Nadi Swadana, Ksheer taila pana and Abhayang.

Treatment of Pittaja & Raktaja Pratishyaya [14]

- Ghritapana
- Perisheka
- Pradeha
- Virechan
- Nasya

Exclusive treatment

1. Oral administration – Kakolyadi gana siddha ghritapana and Shreeveshtaka, Sarjarasa, Priyangu, Madhu, Sarkra, Draksha, Madhulika, Gojihva, Gambhari, Madhuka mix with ghee.
2. Parisheka – from Sheeta Dravyas.
3. Pradeha – from Sheeta Dravyas.
4. Virechan – from Madhura dravyas
5. Nasya – Dhavtwak, Triphala, shyama, Tilvaka, Madhuka, Shreeparni, Haridra rubbed with water, milk and tila taila used for Nasya.

Treatment of Kaphaja Pratishyaya [15]

1. Ghritapana
2. Yavaghu pana
3. Vaman
4. Kaphaghna Karma
5. Nasya
6. Dhoompana

Exclusive treatment

1. Yavaghu pana – Yavaghu preparation of Tila and Masha.
2. Nasya – Bala, Atibala, choti Kantkari, badi Kantkari, Vidang, Goshura, Swetamoola, Gambhari, Punarnava rubbed with Tila taila used for Nasya.
3. Dhoompana – Sarla, Kinhi, Devdaru, Nikumbha, Hinghota rubbed with water and make Varti, used for Dhoompana.

Treatment of Sannipataja Pratishyaya [16]

- Ghritapana

- Tikshna dhoompana
- Use of Katu Aushadi
- Nasya
- Kavala
- Shirovirechana

Exclusive Treatment

1. Nasya – Rasanjan, Atish, Musta, Devdaru rubbed and mix in Tila taila and water used for Nasya. Jangal meat, milk, Dashmool, Vidharigandhadi gana drugs rubbed and mix with Eladigana drugs & ghee, used for Nasya.

2. Kavala – Decoction of Musta, Tejovati, Patha, Katphala, Katuka, Vacha, Sarspa, Pippalimoola, Pippali, Sandhav, Chitraka, Tutha, Kranja, Lavan, Devdaru. Also used as Shirovirechan (Taila preparation). Sushruta has specially mentioned krimighna chikitsa such as use of Vidangadi medicine in Nasya form and Krimighna Karma [17].

Certain Instructions to be followed

- The patient suffering from pratishyaya should avoid cold breeze and polluted air.
 - It is advisable to use a mask or cover the face and nose to avoid pollutants and causative organisms to enter the nose.
 - Artificially cooled air should be avoided as it absorbs all the moisture and causes severe drying effect of the nasal mucosa.
 - Regular nasal douching should be done with saline water to reduce the crusting of the nasal mucosa.
- Regular Nasya chikitsa should be followed

DISCUSSION

Pratishayaya had got simulation with allergic rhinitis which is the burning problem in the present generation and as there was no successful management for these conditions in allied science.

Nidana-Parivarjana (Abstinence from etiological factors) has been assumed as the foremost strategy to conquer over any disease.

Hence it is obligatory to have a discussion on it. Avashyaya leads to Vataja Pratishyaya with the vitiation of Vata by virtue of its Sheeta Guna whereas Rajah Sevana i.e. excessive exposure to dust does so by mainly its Sukshma and Chala Guna.

Exposure to cold breeze brings about the disease by its Sheeta and Chala Guna whereas Ati Jagarana (excessive awakening) is responsible for the presentation of the ailment by the vitiation of Vata with enhanced Chala and Ruksha Guna. So far as Anya Varipaan i.e. intake of water from different sources is concerned, it brings about vitiation of Vata and Kapha because of Asatmyata (unsuitability).

On the other hand, Atyambupaana i.e. drinking of more quantity of water leads to improper Rasa and Rakta Samvahan and brings about the disease. Indulging more in water sports is also responsible for the vitiation of Vata by its Sheeta Guna enhanced owing to excessive contact with water.

Apart from all these factors Ati Neech Upadhana (i.e. use of pillow of meager height) or Ati -Uchcha Upadhana (use of pillow of too much height) poses hindrance in the proper movement of Vata thereby leading to Pratishyaya. When Vata gets provoked by virtue of all its attributes it attains Ashukari and Muhushchari actions.

The roles of remaining etiological factors can be understood accordingly. Most of the symptoms of Allergic Rhinitis correspond to Vataja Pratishyaya. But the frequent attacks of symptoms and unexpected disappearance of these either mature or immature hints its inclusion in Sannipaataja Pratishyaya which is also the case with Allergic Rhinitis.

So this nasal disorder may be taken equivalent to Vataja Sannipaataja Pratishyaya. But once again, as per Vyapadeshen Tu Bhuyasa Nyaya and for the sake of convenience of treatment, it is appropriate to correlate Allergic Rhinitis with Vataja Pratishyaya.

CONCLUSION

Allergic Rhinitis is not a life threatening disease, but it can significantly impair patient's quality of life and productivity.

Due to similarities in etiological factors and clinical features, Allergic Rhinitis may be correlated with Vataja Pratishyaya and should be treated accordingly considering breakdown of the pathogenesis.

Allergic rhinitis often co-exists with asthma and may be associated with otitis media, Eustachian tube dysfunction, sinusitis, nasal polyps, allergic conjunctivitis, and atopic dermatitis. It may also contribute to learning difficulties, sleep disorders etc.

The Allopathic treatment is not free from side effects even after the availability of newer and newer drugs. The world has many expectations from Ayurvedic science in the treatment of Allergic Rhinitis.

Such treatment should incorporate holistic approach i.e. three tier treatment approach viz.

1. Introduction of local treatment as Snehana Nasya.
2. Use of blood-purifying agent (preferably as decoction) and
3. Use of immunity enhancing agents (preferably in powder form).

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