“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 Bhardwaj3*, 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 mildly improved and 2 patients were unimproved. In Group-II, 5 patients were moderately improved and 1 patient had markedly improved. In Group-III, 5 patients were moderately improved and 1 patient had mild improved. No adverse effect was seen during the trial 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: Pratisyaya, 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 Moksha1. 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

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. In 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*. *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*. So *Shunthyadi Taila* is selected for present study.

**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 :**

- *Nimb Haridra Khanda* - 05 gms twice a day for 2 weeks
- *Shunthyadi Taila* - 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.
- 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
  - 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**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Signs and Symptoms</th>
<th>N</th>
<th>Mean X (d)</th>
<th>%age Relie</th>
<th>SD±</th>
<th>SE±</th>
<th>T</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>BT-AT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1. *Kshavathu* (Sneezing)  
   - N: 6  
   - Mean: 2.16, 1.83  
   - SD: 0.33, 0.516  
   - SE: 0.211, 0.211  
   - T: 15.28, >0.05  
   - P: 0.001

2. *Nasaanaaha* (nasal obstruction)  
   - N: 6  
   - Mean: 1.66, 1.50  
   - SD: 0.16, 0.408  
   - SE: 0.167, 0.167  
   - T: 9.64, >0.05  
   - P: 0.001

3. *Nasasrava* (nasal discharge)  
   - N: 6  
   - Mean: 1.83, 1.16  
   - SD: 0.17, 0.516  
   - SE: 0.211, 0.211  
   - T: 9.28, >0.05  
   - P: >0.05

4. *Kasa* (coughing)  
   - N: 3  
   - Mean: 1.00, 0.66  
   - SD: 0.34, 0.577  
   - SE: 0.333, 0.333  
   - T: 34.00, >0.05  
   - P: >0.05

5. *Shirashoola* (headache)  
   - N: 6  
   - Mean: 1.33, 0.83  
   - SD: 0.50, 0.548  
   - SE: 0.224, 0.224  
   - T: 37.58, >0.05  
   - P: >0.05

6. *Kandu* (itching)  
   - N: 6  
   - Mean: 1.50, 0.83  
   - SD: 0.67, 0.816  
   - SE: 0.333, 0.333  
   - T: 44.66, >0.05  
   - P: >0.05

7. *Bhutwa- Bhutwa* (recurrent attack)  
   - N: 6  
   - Mean: 2.50, 1.33  
   - SD: 1.17, 1.169  
   - SE: 0.477, 0.477  
   - T: 46.80, >0.05  
   - P: >0.05

Diagram No. 1

**Effect of therapy in Group I**

<table>
<thead>
<tr>
<th>Mean difference</th>
<th>Sneezing</th>
<th>Nasal obstruction</th>
<th>Nasal Discharge</th>
<th>Coughing</th>
<th>Headache</th>
<th>Itching</th>
<th>Recurrent attack</th>
</tr>
</thead>
<tbody>
<tr>
<td>BT</td>
<td>2.16</td>
<td>1.66</td>
<td>1.5</td>
<td>1.16</td>
<td>1.33</td>
<td>1.5</td>
<td>2.5</td>
</tr>
<tr>
<td>AT</td>
<td>1.83</td>
<td>1.5</td>
<td>1.16</td>
<td>1.33</td>
<td>1.5</td>
<td>1.5</td>
<td>1.33</td>
</tr>
</tbody>
</table>

Group -2

Table No. 2

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Signs and Symptoms</th>
<th>N</th>
<th>Mean</th>
<th>X (d)</th>
<th>%age Relief</th>
<th>SD ±</th>
<th>SE ±</th>
<th>T</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>BT</td>
<td>AT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td><em>Kshavathu</em> (Sneezing)</td>
<td>6</td>
<td>2.16</td>
<td>0.66</td>
<td>1.50</td>
<td>0.548</td>
<td>0.224</td>
<td>6.708</td>
<td>0.001</td>
</tr>
<tr>
<td>2.</td>
<td><em>Nasaanaaha</em> (nasal obstruction)</td>
<td>5</td>
<td>1.40</td>
<td>0.80</td>
<td>0.60</td>
<td>0.548</td>
<td>0.245</td>
<td>2.449</td>
<td>&gt;0.05</td>
</tr>
<tr>
<td>3.</td>
<td><em>Nasasrava</em> (nasal discharge)</td>
<td>6</td>
<td>2.00</td>
<td>0.66</td>
<td>1.34</td>
<td>0.516</td>
<td>0.211</td>
<td>6.325</td>
<td>0.001</td>
</tr>
<tr>
<td>4.</td>
<td><em>Kasa</em> (coughing)</td>
<td>3</td>
<td>1.00</td>
<td>0.66</td>
<td>0.34</td>
<td>0.577</td>
<td>0.333</td>
<td>1.000</td>
<td>&gt;0.05</td>
</tr>
<tr>
<td>5.</td>
<td><em>Shirashoola</em> (headache)</td>
<td>4</td>
<td>1.00</td>
<td>0.25</td>
<td>0.75</td>
<td>0.500</td>
<td>0.250</td>
<td>3.000</td>
<td>0.05</td>
</tr>
<tr>
<td>Sr. No.</td>
<td>Signs and Symptoms</td>
<td>N</td>
<td>Mean (d)</td>
<td>X</td>
<td>BT-AT</td>
<td>%age Relief</td>
<td>SD±</td>
<td>SE±</td>
<td>t</td>
</tr>
<tr>
<td>--------</td>
<td>-------------------</td>
<td>----</td>
<td>----------</td>
<td>----</td>
<td>-------</td>
<td>-------------</td>
<td>-----</td>
<td>-----</td>
<td>-------</td>
</tr>
<tr>
<td>1.</td>
<td>Kshavathu (Sneezing)</td>
<td>6</td>
<td>3.00</td>
<td>1.16</td>
<td>1.84</td>
<td>61.33%</td>
<td>0.408</td>
<td>0.167</td>
<td>11.00</td>
</tr>
<tr>
<td>2.</td>
<td>Nasanaha (nasal obstruction)</td>
<td>6</td>
<td>1.50</td>
<td>0.5</td>
<td>1.00</td>
<td>66.66%</td>
<td>0.00</td>
<td>0.00</td>
<td>inf</td>
</tr>
<tr>
<td>3.</td>
<td>Nasasrava (nasal discharge)</td>
<td>6</td>
<td>2.33</td>
<td>1.00</td>
<td>1.33</td>
<td>57.08%</td>
<td>0.516</td>
<td>0.211</td>
<td>6.325</td>
</tr>
<tr>
<td>4.</td>
<td>Kasa (coughing)</td>
<td>5</td>
<td>1.00</td>
<td>1.00</td>
<td>0</td>
<td>0%</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>5.</td>
<td>Shirasboola (headache)</td>
<td>5</td>
<td>1.80</td>
<td>0.60</td>
<td>1.20</td>
<td>66.67%</td>
<td>0.447</td>
<td>0.200</td>
<td>6.00</td>
</tr>
<tr>
<td>6.</td>
<td>Kandu (itching)</td>
<td>6</td>
<td>2.16</td>
<td>0.5</td>
<td>1.66</td>
<td>76.85%</td>
<td>0.516</td>
<td>0.211</td>
<td>7.906</td>
</tr>
<tr>
<td>7.</td>
<td>Bhutwa-Bhutwa (recurrent attack)</td>
<td>6</td>
<td>2.33</td>
<td>1.33</td>
<td>1.00</td>
<td>42.91%</td>
<td>0.632</td>
<td>0.258</td>
<td>3.873</td>
</tr>
</tbody>
</table>

Diagram No. 2

Effect of therapy in Group II

Diagram No. 3
### INTERGROUP COMPARISON OF SYMPTOMS (By One Way AnovaTest )

Table No : 4

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

**Effect of therapy in Group III**

![Effect of therapy in Group III](image)
Overall Effect Of Therapy ( Table No : 5 )

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Total effect</th>
<th>Gr.- I</th>
<th>Gr.- II</th>
<th>Gr.- III</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>No. of pts.</td>
<td>% age</td>
<td>No. of pts.</td>
<td>% age</td>
</tr>
<tr>
<td>1.</td>
<td>Cured</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2.</td>
<td>Markedly Improvement</td>
<td>-</td>
<td>-</td>
<td>1</td>
<td>16.67</td>
</tr>
<tr>
<td>3.</td>
<td>Moderately improvement</td>
<td>-</td>
<td>-</td>
<td>5</td>
<td>83.33</td>
</tr>
<tr>
<td>4.</td>
<td>Mild improvement</td>
<td>4</td>
<td>66.67</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>5.</td>
<td>Unimproved</td>
<td>2</td>
<td>33.33</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

DISCUSSION

Symptoms of VatajaPratishyaya which vividly resemble those of Allergic Rhinitis are as follows: ( Table No : 6 )

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Samanya&amp;Vishesha lakshanas of Pratishyaya</th>
<th>Chief &amp; associated clinical features of Allergic rhinitis</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Kshawathu</td>
<td>Sneezing</td>
</tr>
<tr>
<td>2.</td>
<td>Aanadhapihitanasa (Nasaabhrodha)</td>
<td>Nasal obstruction</td>
</tr>
<tr>
<td>3.</td>
<td>TanushravaPravaritini</td>
<td>Watery nasal discharge</td>
</tr>
<tr>
<td>4.</td>
<td>Gal taluoaasthShosh</td>
<td>Dryness in throat, palate and lips</td>
</tr>
<tr>
<td></td>
<td>Disease</td>
<td>Symptom</td>
</tr>
<tr>
<td>---</td>
<td>--------------------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>5</td>
<td>Swaraopghata</td>
<td>Hoarseness</td>
</tr>
<tr>
<td>6</td>
<td>Granaatitoda</td>
<td>Painful sensation in nose</td>
</tr>
<tr>
<td>7</td>
<td>NistodaSankhyostatha</td>
<td>Headache</td>
</tr>
<tr>
<td>8</td>
<td>Kandu</td>
<td>Itching in nose</td>
</tr>
<tr>
<td>9</td>
<td>Bhuwta – buhuta</td>
<td>Repeated attacks</td>
</tr>
<tr>
<td>10</td>
<td>Shirogaurava</td>
<td>Heaviness in head</td>
</tr>
<tr>
<td>11</td>
<td>Kasa</td>
<td>Cough</td>
</tr>
</tbody>
</table>

**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 mildly improved on unimproved.

**Group III:** Among 6 patients, 01 patient had mild improved and 05 patients 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 shama* (52.63%) properties which are counteracting the *samprapti* (pathogenesis) of *Vataja pratishayaya*.

The dominant *rasa* *katu* having properties like *ghranam asravayati*, *shwayathu anupahanti*, *krimihinasti*, *marga vivrinoti* helps a lot in reduction of signs & symptoms. 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 complex. 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 Khand**, 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*. *Pratishaya* results from the vitiation of *vata* and *kapha*. Various ingredients of **Nimb haridra Khand** having *Vata kapha shama* properties. At
modern side, most of ingredients of NimbHaridra Khanda are proved as Anti-infammaratory, Analgesic, Antipyretic, Antioxident, Immunostimulator, Antiallergic, Anti histaminic pharmacologically.\textsuperscript{15}

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 Teeksha 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.\textsuperscript{16} Due to laghu and Vyavayi guna Taila possess a good spreading capacity through minute channels and does Srotho shodhana. The rest having same properties as in NimbHaridra Khand. It will also acts as Balya, brimhana, rasayana by nourishing dhatus 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 vatadosha; here the chronicity of the disease indicates aggravation of vatadosha, so oil preparation may be the best form for conditions like Vataja Pratishayaya (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 ( Shunth ) possesses anti-inflammatory, antioxidant, immune-modulatory and antiasthmatic properties and also stabilizes mast cell and reduces mucous secretion.\textsuperscript{18} 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.

REFERENCES

1. Pt.Kashinathshastri and Dr.Gorakhanathchaturvedi, CharakaSamhita of charaka with


