



ROLE OF LAXMIVILAS RASA IN THE MANAGEMENT OF PRATISHYAYA: A SINGLE CASE STUDY

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Abstract

Pratishyaya, a commonly encountered disorder in Ayurvedic clinical practice, is primarily characterized by nasal discharge, sneezing, nasal obstruction, and headache. It closely resembles rhinitis in modern medicine, which can be allergic or infective in origin. Ayurveda attributes the pathogenesis of Pratishyaya to the vitiation of Vata and Kapha Doshas, often precipitated by improper dietary habits and environmental exposure. Laxmivilas Rasa, a classical herbo-mineral formulation, is widely used in respiratory disorders due to its Kapha-Vata pacifying, anti-inflammatory, and Rasayana properties.

This study aims to evaluate the efficacy of Laxmivilas Rasa in a diagnosed case of Pratishyaya. A 40year old male patient presenting with classical symptoms was treated with Laxmivilas Rasa (125 mg twice daily) for 14 days. Symptom severity was assessed using a grading scale before and after treatment. Significant improvement was observed, with an overall relief of approximately 75%.

The findings suggest that Laxmivilas Rasa is effective and safe in the management of Pratishyaya. However, further large-scale clinical trials are necessary to establish its efficacy scientifically.

Keywords: Pratishyaya, Laxmivilas Rasa, Rhinitis, Ayurveda, Nasal Disorders

Introduction

Pratishyaya is one of the most prevalent disorders described under Nasaroga in Ayurveda. It is characterized by symptoms such as Nasa Srava (nasal discharge), Kshavathu (sneezing), Ghrana Nasha (anosmia), Shirashoola (headache), and nasal obstruction. According to classical Ayurvedic texts, Pratishyaya is caused by the vitiation of Doshas, predominantly Kapha and Vata¹.

The etiological factors (Nidana) include:

- Exposure to cold air
- Dust and pollutants
- Excess intake of cold, oily, and heavy foods

- Suppression of natural urges
- Seasonal changes

If untreated, Pratishyaya may lead to complications such as Dushta Pratishyaya, sinusitis, or chronic respiratory disorders².

In modern medicine, Pratishyaya can be correlated with rhinitis, which is broadly classified into allergic and non-allergic types. Despite the availability of antihistamines and decongestants, recurrence and side effects remain challenges.

Laxmivilas Rasa is a classical Ayurvedic formulation mentioned in Bhaishajya Ratnavali. It is indicated in diseases such as Kasa, Shwasa, and Pratishyaya³. Due to its unique combination of metallic and herbal components, it exhibits potent therapeutic properties.

Review of Literature

• Ayurvedic Perspective of Pratishyaya

Pratishyaya is classified into five types⁴:

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipataja
5. Raktaja

The present case is Vata-Kaphaja type, characterized by:

- Watery discharge (Kapha)
- Frequent sneezing (Vata)
- Nasal obstruction (Kapha)

Samprapti (Pathogenesis)

The pathogenesis involves:

- Agnimandya (impaired digestion)
- Formation of Ama
- Vitiation of Kapha and Vata
- Accumulation in nasal passages

Modern Correlation

Rhinitis involves inflammation of nasal mucosa due to:

- Allergens
- Infections
- Environmental triggers

Drug Review: Laxmivilas Rasa

Classical Reference

Mentioned in Bhaishajya Ratnavali under Kasa and Shwasa Chikitsa³.

Composition of Laxmivilas Rasa

S.No	Ingredient	Botanical/Source Name	Part Used	Properties
1	Abhraka Bhasma	Purified mica	Mineral	Rasayana, Balya
2	Shuddha Parada	Mercury	Mineral	Yogavahi
3	Shuddha Gandhaka	Sulfur	Mineral	Antimicrobial
4	Datura	Datura metel	Leaf/Seed	Antispasmodic
5	Karpooora	Cinnamomum camphora	Resin	Decongestant
6	Jatiphala	Myristica fragrans	Seed	Digestive
7	Maricha	Piper nigrum	Fruit	Deepana

Pharmacodynamics (Ayurvedic and Modern Interpretation)

Ayurvedic Perspective

- **Rasa (Taste):** Katu, Tikta
- **Guna (Quality):** Laghu, Tikshna
- **Virya (Potency):** Ushna
- **Vipaka:** Katu
- **Karma:**
 - Kapha-Vata Shamana
 - Deepana-Pachana
 - Rasayana

Modern Interpretation

- Anti-inflammatory effect reduces mucosal swelling
- Antimicrobial action prevents infection
- Bronchodilatory and decongestant effects
- Immunomodulatory activity enhances resistance

Aim and Objectives

Aim

To evaluate the efficacy of Laxmivilas Rasa in Pratishyaya.

Objectives

1. To assess symptom reduction
2. To evaluate safety
3. To understand mode of action

Materials and Methods

Study Design

Single case study

Patient Details

- Age: 40 years
- Gender: Male
- Occupation : Doctor

Inclusion Criteria

- Symptoms of Pratishyaya
- Age 18–60

Exclusion Criteria

- Severe systemic illness
- Chronic sinusitis

Clinical Presentation

- Nasal discharge
- Sneezing
- Nasal obstruction
- Headache

Diagnosis

Diagnosed as Vata-Kaphaja Pratishyaya based on classical features⁵.

Intervention

- Laxmivilas Rasa: 125 mg twice daily with honey
- Duration: 14 days

Supportive Measures

- Steam inhalation
- Dietary regulation

Assessment Criteria

Symptom	Grade 0	Grade 1	Grade 2	Grade 3
Nasal discharge	None	Mild	Moderate	Severe
Sneezing	0	1–5	6–15	>15
Obstruction	None	Mild	Moderate	Severe
Headache	None	Mild	Moderate	Severe

Observations and Results

Before Treatment

- Severe nasal discharge
- Frequent sneezing
- Moderate obstruction

After Treatment

- Mild discharge
- Reduced sneezing
- No obstruction

Statistical Analysis

Although this is a single case study, a **descriptive statistical method** was applied to assess improvement.

Method Used

- Symptom scoring before and after treatment
- Percentage improvement calculation

Formula

$$\text{Percentage Improvement} = \frac{BT - AT}{BT} \times 100$$

Where:

- BT = Before Treatment
- AT = After Treatment

Results

Symptom	BT Score	AT Score	% Relief
Nasal discharge	3	1	66.6%
Sneezing	3	1	66.6%
Obstruction	2	0	100%
Headache	2	0	100%

Overall Relief

Average improvement = **75%**

Discussion

The results indicate significant improvement in symptoms of Pratishyaya.

Mechanism of Action

1. **Kapha Reduction**
Clears mucus accumulation
2. **Vata Regulation**
Reduces sneezing
3. **Agni Deepana**
Improves digestion and prevents Ama formation
4. **Immunomodulation**
Prevents recurrence

Comparison with Modern Medicine

Aspect	Modern Treatment	Laxmivilas Rasa
Symptomatic relief	Yes	Yes
Root cause treatment	No	Yes
Recurrence prevention	Limited	Better

Safety and Adverse Effects

No adverse effects were observed during treatment.

Limitations

- Single case study
- Short duration
- No laboratory parameters

Future Scope

- Randomized controlled trials
- Larger sample size
- Biochemical analysis

Conclusion

Laxmivilas Rasa is an effective Ayurvedic formulation for managing Pratishyaya. It significantly reduces nasal discharge, sneezing, and obstruction while addressing the root cause. The formulation is safe, economical, and beneficial in clinical practice.

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