ABSTRACT

Urbanization as boon to society has also brought world closer to the various diseases. The changed lifestyle, poor eating habits have lowered the immunity. Of all diseases emerging, allergic diseases have also raised in which allergic rhinitis is most common. The changed climatic and mental conditions also manifest the symptoms. Amongst the allergic disease the allergic rhinitis is most common which causes disturbance in breathing causing trouble for day to day work. The clinical signs and symptoms of allergic rhinitis are similar to Vataj pratishyaya in Ayurveda. Various regimens have been mentioned in classics for its management of which Nasya Karma has been praised as foremost for urdhvajatrugata rogas. In this article a case report of 58 years male patient showing the symptoms vataj pratishyaya has been discussed. Patient was planned for shadbindu tail nasya for 7 days initially along with oral medication. Shadbindu tail nasya proved effective for improving the symptoms of vataj pratishyaya in the patient.

Keywords: Vataj pratishyaya, allergic rhinitis, nasya karma, shadbindu tail.

INTRODUCTION: In today’s hasty world, people are suffering from variety of illness due to the changed lifestyle that includes wrong eating habits, changed sleeping pattern and daily routines. Of these Vataj Pratishyaya whose clinical manifestations are similar to Allergic rhinitis is most commonly seen. Pratishyaya, the urdhva jatrugata roga is the disease of pranavaha strotas. Respiration forms the prime activity of all physiological activities. Disturbance in breathing causes trouble for day to day work. It is the disease enlisted under shiörōga by Acharya Charaka and classified into 4 types viz. 1) Vataj 2) pittaj 3) kaphaja 4) Sannipataj whereas Sushruta has described it separately under Pratishaya pratishedam and classified it in 5 types viz 1) Vataj 2) Piitaj 3) Kaphaj 4) Sannipattaj and 5) Raktaj. The clinical features of Vataj pratishyaya are Aanadha Nasa (nasal obstruction), Tanu nasa strava (watery nasal discharge), Gala talu oshta shosha nistoda (dryness and pain of throat, palate and lips), swaropaghata (hoarseness of voice) and brushashawa (excess sneezing).

Allergic rhinitis is characterized by recurrent sneezing (10-20 sneezes at a time), rhinorhoea, nasal obstruction, intense itching and irritation in nose as well as in eyes, palate and pharynx. The prevalence rate of allergic rhinitis is about 20% of population in India according to the epidemiology survey. While the frequency rate of allergic rhinitis is 3.3%. Various treatment regimes have been mentioned in Samhitas for the management of Vataj pratishyaya. Of all concepts Nasya karma is common in all texts. The acharyas have praised Nasya karma as foremost for urdhva jatrugata rogas.
CASE REPORT: A male patient of 58 years age came to Swasthyarakshan OPD Of M.A.Podar Hospital with the following complaints : 1) Nasa srava (continuous running nose) 2) Shankha nistoda (pain at temporal region) 3) gala kandu (throat irritation) 4) Swaropaghata (hoarseness of voice) and 5) Brushashawa (sneezing 20-30 times/day) since 8 months. The patient had taken conservative treatment but had no relief.

Past illness history: no complaint of asthma, DM, HTN or any other major illness.

On examination:
1) Pulse - 82/min
2) Urine - normal
3) Stools - normal
4) BP - 130/80 mm of hg
5) Nose – Anterior rhinoscopy showed bilaterally swollen turbinates, redness over mucosal layer with watery discharge.

Table 1: Before and After Assessment of Shadbindu Tail Nasya.

<table>
<thead>
<tr>
<th>SIGNS</th>
<th>BEFORE</th>
<th>AFTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Nasa srava (Continuous running nose)</td>
<td>+</td>
<td>Stopped</td>
</tr>
<tr>
<td>2) Shankha nistoda (pain at temporal region)</td>
<td>++</td>
<td>Absent</td>
</tr>
<tr>
<td>3) Gala kandu (throat irritation)</td>
<td>+</td>
<td>Absent</td>
</tr>
<tr>
<td>4) Swaropaghata (hoarseness of voice)</td>
<td>+</td>
<td>Absent</td>
</tr>
<tr>
<td>5) Brushashawa (Sneezing)</td>
<td>20-30 times/day</td>
<td>5 times/day</td>
</tr>
</tbody>
</table>

On Examination:
1) Pulse - 78/min
2) Urine - normal
3) Stools - normal
4) BP - 130/80 mm of hg
5) Nose – Anterior rhinoscopy showed - Swelling over bilateral turbinates was reduced. No redness over mucosal layer was seen. No watery discharge residue was seen over mucosal layer.
6) Throat – congestion seen
7) Chest – clear.

Blood investigation: ESR - 20(mm/hr), WBC - 7700(Cells/cumm)

DISCUSSION: Nasa is the doorway to shira pradesha. Any drug administered through nasa i.e. nose reaches Shringataka marm and spreads through minute channels into eye, ear, throat etc. It snatches the morbid doshas therein and expelling them out through urdhwagatrugata pradesha. Pratishyaya is caused due to Vata dominant tridoshas remaining at the Ghranamula and get vitiated as per the hetus continue. Vataj pratishyaya results due to predominatingly vata aggravating hetus like sheeta aahara vihar. Shadabindu tail contains...
bhringaraja, yashti, sunthi, kushta, lavan and tiltail. Thus its properties mainly -tikta katu rasa decreases kapha, madhura vipak acts as balya to nasal mucosa, ushna veerya stabilizes vata-kapha doshas and snigdha tikshna guna also pacify vata-kapha doshas (11) at the urdhvajatrugata pradesha. Laxmivilas rasa and gojivhadi kadha work for stabilizing the all over vata and kapha doshas in the body.

CONCLUSION: Nose being the gate for the head, nasya karma controls the functions therein by showing systemic effects. Shadbindu tail acts as strotoshodaka, shirovirechaka, kaphashoshana and vatashamaka, thus efficient in the management of vataj pratishyaya. It proves to be easy and effective preventive measure to conservative treatment.

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