

## EVALUATION OF EFFECT OF PATHADI TAILA NASYA IN VATAJA PRATISHYAYA (A PILOT STUDY)

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### ABSTRACT

*Pratishyaya* (Allergic Rhinitis) is one of the commonest and frequently observed ailments though seem simple but it affects the regular activities. In India more than 20% of the population is reported to be affected with allergic rhinitis. The increasing prevalence of allergic disorders in the country has been more marked in the past two decades, lot of people exhibiting an allergic response to some common environmental factor. Hence the present study intended to evaluate the role of *Pathadi Taila Nasya* in *Vataja Pratishyaya*. Observation has done on disease, Procedure effect and its modalities etc. Finally we had concluded with this study *Pathadi Taila Nasya* having good efficacy in the management of *Jeerna Pratisyaya* due to its *Tikshna*, *Ushna* properties. In the present study 06 patients with *vataja pratishyaya* were taken up for the study of age group between 19-50years and were given treatment for 7 days i.e *nasya* with *pathadi taila*. The study has been subjected to statistical analysis, in which the results were found to be significant.

**Key Words;** *VatajaPratishyaya, PathadiTaila, Nasya*

### INTRODUCTION

*Ayurveda* is an ancient science which explains preventive and curative aspect of diseases<sup>1</sup>. There are many diseases which affect the people and cause hindrance to their daily activities which in turn lead to reduction in working potency of the community. *Vataja Pratishyaya* is one of such disease. *Acharyas* opines that *Vataja Pratishyaya* is curable disease if treated properly; otherwise it gets converted into *Jeerna Pratisyaya*<sup>2</sup>.

*Pratishyaya* can be correlated with Allergic Rhinitis which is common respiratory disease in all age, sex groups. Allergic Rhinitis affects 20% of population approximately. So there are many allergic factors which aggravate the clinical features very often. Fuel emission, Pesticides (chemicals that are meant to kill pests), exposure to industrials fumes, pollution, increased use of air conditions, over stressed, se-

dentary life style and resistance to antibiotics increase incidence of Rhinitis<sup>3</sup>.

*Panchakarma* are modules of treatment which eliminates vitiated *Doshas* from its root. *Shodhana* therapy acts on the root sites of *Dosha* and remove the vitiated *Dosha* from the body, so that there is no recurrence of disease that leading to healthy condition. Thus *Panchakarma* is radical treatment<sup>4</sup>. Specialty *NasyaKarma* having major role in the management of all *Urdhva Jathurgata Rogas*.

### AIMS OF STUDY

To study the effect of *PathadiTaila Nasya* in the management of *VatajaPratishyaya*

### Materials and Methods:

#### ❖ Source of data;

- In this study 6 patients were randomly selected from O.P.D and I.P.D of D.G.M Ayurvedic medical college and hospital and Research centre Gadag
- Trial drugs were prepared in the D.G.M Ayurveda Medical College Gadag.
- Total 06 Patients with signs and symptoms of *VatajaPratishyaya* were selected for the study.

#### ❖ Study design:-

- Patients fulfilling the inclusion criteria selected for the study.

#### ❖ Case history:

- Clinical evaluation of patients will be done by collection of data/information obtained by history, clinical findings obtained by physical examination and laboratory test.

#### ❖ Inclusive Creteria

1. patient complaining of *Nasasrava, Nasa-shoola, Nasakandu, Nasavarodha, Kshavatu*
2. Age group of 15 -50 years
3. Who are fit for *nasya karma*.

#### ❖ Exclusive criteria

1. Patients who are below 15 years and above 50years are excluded
2. Pregnant women and lactating mother
3. Patients suffering from other systemic disease like Hypertension, Diabetes Mellitus, Tuberculosis and Asthma
4. Patients related to other Nasal disorders like nasal polyp, DNS and tumours of nose.
5. Patients those who are *Ayogyia* for *Nasya Karma*.

#### ❖ Objective Parameters

1. AEC ( Absolute Eosinophil count )
2. ESR (Erythrocyte Sedimentation rate)

#### ❖ Drug Review;

**PATHADI TAILA (CHA.CHI.26/145)<sup>5</sup>.**

**Table 1:** Showing Ingridiants, latin name and part used of *PATHADI TAILA*<sup>6</sup>

Si.No	Drug	Latin name	Part used
1	<i>Patha</i>	Cissampeloeseareis	Root
2	<i>Haridra</i>	Corcuna longa	Root
3	<i>Daruharidra</i>	Berberisoristata	Root
4	<i>Moorva</i>	Sesevieriaroxighiana	Root
5	<i>Pippali</i>	Piper longum	Root
6	<i>Jatipallava</i>	Jasmeniumgrandiflorum	Root
7	<i>Danti</i>	Balispermummontanum	Root
8	<i>Tila tail</i>	Sesame oil	Root

Indications; *Swasa, kasa, hikka, mootraroga*  
Chemical constituents; Piperine, piperlongumine, piperplasterol  
Prepared Medicines; Gudapippali, *pippalikhandā, pippalyasava*.  
*PathadiTaila* had prepared on the basis of *MridhuTailaPakaVidhana* as per *BhaishajaKalpana*.

**h. Investigation:-**

- 1) Hb%
- 2) RBS
- 3) PNS X-RAY

**i. Diagnostic Criteria**

Patients are diagnosed clinically on the basis of subjective and objective parameters and also through laboratory investigations.

**J. Treatment**

*Nasya Karma* with *PathadiTaila* for 7 days.

**1. Posology and Intervention**

*Nasya Karma*

- *Poorva karma: Mrudu Mukha Abhyanga, Shira, Baahuabhyanga* with *Murchithila Tailam* for 10 to 15 minutes, & *NadiSweda* is

done for 10 minutes .

- *Pradhana karma: Nasya karma* with *Pathadi Taila 8 Bindu (avichinnadhara)* in each nostril

Timing: Morning (daily once)

Duration: for 7 days

**2. STUDY DURATION:**

- Treatment: 07 days
- Follow up: 14 days
- Total duration of study: 21 days
- Patients will be assessed clinically on 1st, 7th & 21st days

Patient was treated in following order

**Procedure of Nasya**

***Poorva Karma:-***

During *Nasya* procedure, *Abhyanga* was done by *Murchita Tila Taila* over head, face and neck, after *abhyanga* followed by *nadi sweda*. For water was boiled in a covered vessel then kept in front of patient. Patient was covered with a towel at the time of steaming for the time period in which patient feels sweating.



***Pradhana karma***



Patient is advised to lie in head down position then luke warm *Pathadi taila* 8 drops were poured in nostril. Then after feeling taste of *taila* in throat patient was asked to spit the oil

mixed *kapha* in a kidney tray at sides. After this, patient was given *kavala* with warm water until feeling of clearance of oil from throat.



**Pashchat Karma**



**Dhumpana**

Patient was given *dhumapna* with *haridra*. Inhaled from nose and exhaled from mouth. First three times inhaled from one nostril, then next three times from the other. This process was repeated for three times. After *dhumpana* again steam was given in the above explained way. Patient was advised to stay in *nivata sthana* after *nasya karma* for 30 minutes.

**i. Criteria for the Assessment;**

Assessment was done on the basis of improvement in the clinical condition of the Patient i.e relief in the signs and symptoms scoring were according to the following scale and even on the basis of AEC and ESR.

Gradation Index;

1. *Nasavrava* (Nasal discharge)

Grade 0– Absent.

Grade 1 –Mild –

Grade 2 – Moderate – .

Grade 3 – Severe – .

2. *Nasashoola* (Nasalpain)

Grade 0 - Absent

Grade 1 - Mild

Grade 2 - Moderate

Grade 3 - Severe

3. *Kshavatu* (Sneezing)

Grade 0 – Absent

Grade 1 – Mild

Grade 2 – Moderate

Grade 3 – Severe –

4. *Nasakandu* (Nasal itching)

Grade 0 – Absent

Grade 1 – Mild

Grade 2 – Moderate

Grade 3 – Severe

**j. Assessment criteria**

## RESULTS;

**Table 2:** Evaluation of patient was done before and after the treatment clinical symptoms<sup>2</sup>

Sl.No	Parameter	Before treatment	After treatment	% IN RELIEF
01	<i>Nasavrava</i>	1.8	0.8	20%
02	<i>Nasashhoola</i>	1.4	0.6	16%
03	<i>Nasakandu</i>	1.8	0.8	20%
04	<i>Nasavarodha</i>	2.4	0.6	36%
05	<i>Kshavatu</i>	2.2	0.8	28%

**Table 3:** Evaluation of patient was done before and after the treatment clinical symptoms<sup>8</sup>

Parameter	Sl.No.	Assessment Criteria	BT In mean	AT In mean	AF In mean
Subjective	1.	<i>Nasashhoola</i>	1.8	0.8	0.4
	2.	<i>Nasavrava</i>	1.4	0.6	0.4
	3.	<i>Nasakandu</i>	1.8	0.8	0.3
	4.	<i>Kshavathu</i>	2.2	0.8	0.5
Objective	1.	AEC	476	411.6	362.4
	2.	ESR	27	19.6	16.6

### Observations:

As this is the pilot study, subjects fulfilling the symptom *nasa srava* which is the main symptom in *vataja pratishyaya* were selected and study was done on 6 subjects attending the Outpatient department and Inpatient department of Post Graduate Studies in Panchakarma Department, D.G.M Ayurveda Medical college Gadag. All patients undergoing the treatment had an onset of the disease between 2 years. Age of the patients varied from 19 to 50 years. Both male and females were selected. *Nasa srava* was present in all 6 patients and all the patients were taking the food having the predominancy of *amla sheeta guna* was found. Out of 6 *vataja pratishyaya* patients, 6 out of 4 patients tend to have higher scores of *nasa avarodha*. General health condition of the patients was satisfactory. When patients approached, they were assessed through subjective and objective criteria with proper history.

All patients treated during the course of this study had *vataja pratishyaya* symptoms. The drug pathadi *taila administered* through *nasya* had a *tikshna guna* but was well-tolerated by all patients. After *nasya netra daha* and *nasa daha* seen in 2 out of 6 patients. 1 patient out of 6 had a complaint

of *shirashoola* and rest of the patients had no any complications after *nasya*. No any complications seen in the 6 patients during *dumapana*.

2 out of 6 patients had increased *kshavathu*, and other 4 patients out of 6 had relief in *nasa avarodha* during follow up. After 21 days all the 6 patients shows positive response to the treatment. Even after the course of the treatment, no patient showed reoccurrence of signs and symptoms.

## DISCUSSION

- *Vataja Pratishyaya* is one of commonest disease seen in the society due to *Sheeta AharVihar* and in modern science only temporary relief will found no permanent relief is there. *VatajaPratishyaya* is having lot of complications like *Anidra, Netradaha, Shirashoola, Jwara, Mukhapak* etc.
- In *Ayurveda*, explained lot of treatment aspect to cure *Pratishyaya*. Among all *Nasya Karma* having best therapeutic effect on *Pratishyaya*.
- In classics there explained lot of *Yogas* for *Nasya* like *AnuTaila, Shadhbindu Taila, Kheerabala Taila* etc. In *Vataja Pratishyaya* there is *Vatavrita Kapha* so drugs of *Pathadi Taila* has

*Katu, tikta rasa, ushna veerya and laghurookshna, teekshnaguna* . This drug by their property dries up *doshas* by relieving the features of the disease. The post-operative procedures like *Kavala, Gandoosha* acts as *sleshmahara* and *sra-vahara*. As per the above classical description of the drugs, it can be inferred that *Pathadi Taila* is having *vatakaphahara, snehana, shotahara, sravahara* properties hence is capable of doing *sampraptivighatana* in *Vataja Pratishyaya*. *Nasya* with *Patadi taila* acts as *dosha pratyani-kachikitsa*

- The mean score of *Nasavrava* before treatment 1.8 and after treatment 0.8 and 20 % relief found.
- The mean score of *Nasashoola* before treatment 1.4 and after treatment 0.6 and 16 % relief found.
- The mean score of *Nasakandu* 1.8 before treatment 1.4 and after treatment 0.8 and 20% relief found.
- The mean score of *Nasavarodha* before treatment 2.4 and after treatment 0.6 and 36% relief found.
- The mean score of *kshavatu* before treatment 2.2 and after treatment 0.8 and 16% relief found.
- The mean score of AEC 476 before treatment and 411.6 after treatment 20% relief was found.
- The mean score of ESR 27 before treatment and 19.6 after treatment 19.5% relief was found.

## CONCLUSION

- *Vataja Pratishyaya* can be correlated with Allergic Rhinitis based on the similarity in *nidanans* and *lakshanas*.
- Following factors play important role in the etiopathogenesis of *Vataja Pratishyaya*
  - *Agnimandya*
  - *Vata Kapha Prikriti*
  - Exposed to dust smoke and air conditioner room

- Following conclusion can be observed from present study.
- 1. Results of study drug significant on the objective parameters
- 2. The drug acts as *Srotoshodhana, Dosha Anulomana, Tarpana* effect therapy relieving the *nasa avarodha, nasa kandu* symptoms.
- The present study conducted has shown significant result in most of the criteria adopted for the assessment.
- The study was aimed at evaluating the efficacy of *Pathadi Taila Nasyakarma* in *Vataja pratishyaya*

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6. Table shows the ingredients according to Charaka and latinium names and part used for the preparation of the Pathadi Taila.
7. Table shows the assessment of results according to standard mean of grading before the treatment and after the treatment in percentage wise.
8. Table shows the assessment of results according to objective parameters and grading of each and every symptoms improvement while treatment.

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