



AN AYURVEDIC MANAGEMENT OF ALLERGIC RHINITIS (VATAJ PRATISHYAY) - A SINGLE CASE STUDY

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ABSTRACT

In contemporary society, the prevalence of diseases like *Vataj Pratishyay* (allergic rhinitis) significantly impacts individuals both physically and mentally, disrupting daily life functions. Despite the increasing incidence of this ailment, conventional medical systems struggle to provide an entirely successful cure. This clinical work aims to address and eliminate this widespread societal issue. The clinical work involves an *Ayurvedic* postgraduate scholar who sought treatment for *Vataj Pratishyay* (allergic rhinitis) at the *Kayachikitsa* department of the DSSRAU hospital in Jodhpur. Despite prior allopathic medication, the patient's condition persisted. *Ayurvedic* treatment, including *Agnitundi Vati* (tablet) and *Sanshamani Vati* orally, *Anu Tail* (trans nasal drug) for *Nasya* (nasal administration), and dietary aversion, was administered for 45 days. Gradual discontinuation of allopathic medications was undertaken. After completion of treatment, the patient was followed up at weekly intervals for three months. The patient was completely cured of the disease, and there was no recurrence of the disease and no side effects from the treatment. This clinical work taught us that *Ayurvedic* therapeutic management can effectively cure allergic rhinitis.

Keywords: Allergic rhinitis, Vataj Pratishyay, Aganitundi Vati, Sanshamni Vati, Anu Tail.

INTRODUCTION

In any person's life, along with his health, that person has to work to live. For the continuity and success of that work, that person's concentration, dedication, and enthusiasm are critical. However, the smooth functioning of a person is hindered by his suffering from any disease, and one of those diseases is known as *Vataj Pratishyay*. It can be considered similar to allergic rhinitis of allopathy. This significantly reduces the quality and productivity of the patient's life. Because the symptoms of this disease disturb the person's everyday life. *Pratishyay* is an essential and common disease in the nasal. *Pratishyay* is described in detail in the *Ayurved* texts *Sushruta Samhita*, *Charaka Samhita*, *Vagbhatta Samhita*, etc. In these texts, *Vataj Pratishyay* is described almost along with the causes and symptoms of allergic rhinitis. The World Allergy Organization (WAO) estimates approximately 400 million people are suffering from allergic rhinitis worldwide.¹ Worldwide, 10% and 30% of people suffer from allergic rhinitis, per another study.² In India, allergic rhinitis affects 26% of the overall population.³ The most common illness in humans is rhinitis. One in six people suffer from rhinitis. In India, more than half of all allergies are caused by AR, and its prevalence is rising globally. Remarkably, it is more common in developed countries where the pollution is less than in developing countries. The primary substance of AR is allergens. They have the power to cause the body to make IgE antibodies. The following types of allergens can cause Allergic Rhinitis. Likes Molds, Pollens, Insects (such as houseflies, bedbugs, and cockroaches), Animals (primarily dogs and cats), Dust from houses, Dust mites, Ingestants (Foods, wheat, milk, citrus fruits, and pluses), Medication (iodides, aspirin, and hypotension, injections of insulin), inherited, etc. The patient may have the following signs and symptoms due to exposure to these allergens. Like Sneezing, nasal blockage, congestion, runny nose, headache, earache, Drowsiness, frequently sore throat, watery

and red eyes, postnasal drip, eye puffiness, exhaustion, itching in the nose, eyes, ears, and palate, and malaise are all symptoms of allergic rhinitis. It is also referred to as hay fever.⁴ The causes of *Pratishyay* (allergic rhinitis) are the person's unhealthy lifestyle, disordered diet, humidity, sleeping during the day, and as well as his suicidal immunity. Indulgence in women (copulation), injury to the head, assault by smoke, sunlight, dust, etc., too much cold (exposure to mist, fog, rain, etc.), and suppuration of urges of (*Mutra*) urine and *Purish* (feces) - are the immediate causes of *Pratishyay*.⁵ *Vata* and other *Dosas*, individually or in combination with *Rakta*, get aggravated by exciting causes accumulating in the head and producing nasal catarrh.⁶ *Nasa Anah* (nasal obstruction), *Nasastraw* (watery discharge from nose), dryness in the palate, throat, and lips, *Shankha Nistoda* (temporal headache), *Swara Upaghata* (hoarseness of voice), *Kshavathu* (sneezing), are among the clinical symptoms of *Pratishyay* (*Vataj Pratishyay*).⁷ Nasal decongestants, mast cell stabilizers, corticosteroids, leukotriene receptor antagonists, and H1 receptor antagonists (antihistamines) are some of the contemporary treatments for this *Vataj Pratishyay* (allergic rhinitis). It usually reduces signs and symptoms, but sometimes there could be adverse long-term effects. Therefore, current allopathic treatments are not able to free from adverse effects and permanently cure *Vataj Pratishyay* (allergic rhinitis).⁸ Therefore, along with other health-related problems, it is essential for *Ayurved* doctors to treat successfully and without adverse effects, such as diseases that are not successfully treated or the adverse effects of their treatment are more significant in allopathic systems or other medical systems.

CASE REPORT

Patient Name- Priyanka

Age- 26 Years

Sex – Female

Occupation- Ayurvedic PG scholar

CHIEF COMPLAINTS

A 26-year-old Hindu female patient who had complained of Sneezing and Runny nose, watery discharge of both eyes, occasional Nasal obstruction, especially at night, and Nasal, throat, and eye itching for the last 2 - 3 years came to the OPD of the Department of *Kayachikitsa* for Ayurvedic management in Dr. Sarvepalli Radhakrishnan Rajasthan Ayurvedic Hospital, Jodhpur, on 01/04/2023. While examining

her, we found her B.P. is 120/70mmHg and weighs 53.2kg.

HISTORY

According to the patient, she was non-diabetic and non-hypertensive and had no endocrinal disorders. Her menstrual history was normal. In the last 2-3 years, whenever the patient suffered from allergic rhinitis, she used to take an oral allopathic medicine (Montelukast 5mg + levocetirizine 5mg).

Table 1: Personal History

Diet	Mixed
Micturition	5 - 6 times in a day, 0 times at night
Bowel	Clear
Appetite	Moderate
Sleep	Normal
Addiction	Nil
Allergy	Dust, Cold, Humidity

Table 2: Ashtavidha Pareeksha of patient

1. <i>Nadi</i> (Pulse)	74/min	5. <i>Shabda</i> (Speech)	Nasal
2. <i>Mutra</i> (Urine)	5 - 6 times a day	6. <i>Sparsha</i> (Touch)	Normal
3. <i>Mala</i> (Stool)	1 time per day	7. <i>Drik</i> (Eyes)	<i>Sa Raga</i>
4. <i>Jihva</i> (Tongue)	<i>Malavrita</i> (coated)	8. <i>Akriti</i> (Built)	<i>Madhyama</i> (Moderate)

Table 3: Therapeutic intervention

S. No.	Drugs/Therapy	Dose	Anupan	Duration
1.	<i>Aganitundi Vati</i> - 125mg	2x2 after meal	Lukewarm water	15 days
2.	<i>Sanshamni Vati</i> - 250mg	2x3 after meal	Lukewarm water	15 days
3.	<i>Anu Tail (Pratimarsh Nasya)</i>	2 drops in each nostril 4 times a day	-	15 days

Table 4: FOLLOW-UP AND OUTCOMES

S.No.	Symptoms	BT	After 15 days of treatment	After 30 days of treatment	After 45 days of treatment
1.	Sneezing and Runny nose	++++	+++	+	-
2.	watery discharge of both eyes	++++	++	+	-
3.	Nasal obstruction at night	++++	++	-	-
4.	Nasal, throat, and eyes itching	++++	++	+	-

(Here one + means 25%, double means ++ 50%, three means +++ 75%, and four ++++ 100% of the symptom indicates severity)

PATHYA- APATHYA (Beneficial – Detrimental)

Pathya- *Snigdha* (oily), *Ushn* (hot), *Laghu* (light in digest) *Padarth* (Substances or Matters such as food or drinks), Bathing with lukewarm water and drinking lukewarm water.

Apathya- *Dadhi* (curd), *Viruddh Aahar* (contrary diet), Consuming cold air and water, Cold water bath, suppuration of urges of urine and feces, And *Divaswapan* (day sleep).

INTERVENTION & RESULTS

This patient was given a *Shaman Chikitsa Agnitundi Vati*, *Sanshamani Vati*, and *Nasya* for *Vataj Pratishyay* for two months. The patient was monitored through fortnightly follow-ups to assess the effectiveness of the treatment. The observed progress unfolds as follows.

After 15 days of treatment, the patient felt a bit better. Sneezing and a runny nose improved by 25%, and the eyes were less watery by 50%. Breathing through the nose at night got easier by 50%, and there was a 50% reduction in itching in the nose, throat, and eyes. Overall, there was a gradual improvement in these allergy symptoms.

After 30 days of treatment, the patient showed more progress. Sneezing and a runny nose improved by 75%, and the eyes were 75% less watery. Breathing at night became completely normal (100% relief), and itching decreased by 75%. This suggests that the treatment works well, with symptoms worsening or going away after a month.

After 45 days of treatment, the patient experienced complete relief from sneezing and a runny nose. The watery eyes also wholly stopped (100% relief). Breathing at night and itching in the nose, throat, and eyes were all better (100% relief). This means the treatment was very effective, and all allergy symptoms were fully resolved after 45 days.

When exposed to a potent trigger, she occasionally exhibits no symptoms associated with allergic rhinitis except for a minor sneeze and a runny nose.

DISCUSSION

Due to *Sheet* (cold), *Ruksha* (rough), and *Chala* (movable) qualities, *Vata Dosha* is agitated by coming in contact with its etiological causes, so these causes should be diverted, and further treatment should be started. *Pratishyay* can appear on its own and can also occur as a symptom and side effect of many other diseases. Mainly, it is a *Tridoshaja* disease, but *Vata* or *Vata Kapha* dominates allergic rhinitis. In the early stages of *Pratishyay*, if it is not treated or it is treated incorrectly, then this *Pratishyay* becomes a severe and chronic disease. To avoid this situation, systematic and practical treatment has been described in *Ayurved* medical texts. According to *Ayurved* medical system, allergic rhinitis is compared to *Vataj Pratishyay*, and out of the above-described reasons, many of the reasons for *Vataj Pratishyay* are due to the formation of *Ama* (toxins) and the main reason for making *Ama* is the dimming of the fire (*Jatharaagni* /~digestive enzyme) and along with that, the non-consequential and contrary diet has to be consumed again and again, i.e. the *Ama* is the product of impaired digestion and metabolism. This *Ama* creates toxins in the body and distorts the immune system. It deforms *Ama Rasadidhatu* and leads to the manifestation of *Pratishyay*. This is also the common cause of allergies in that person.

Agnitundi Vati does *Deepan* and *Pachan*. This leads to an increase in reduced fires (*Jatharaagni*/~digestive enzyme). And the destruction of the *Ama*. Thereby, there is a breakdown of the pathology of the *Pratishyay*. It diminishes the toxin load resulting from the autoimmune- and antigen-antibody reactions, further preventing the hypersensitive tissue from reacting to such harmful substances.⁹ *Sanshamani Vati* Modifies the Immune System and Decreases the Eosinophils Is Already Proved.¹⁰ *Nasya*, the process of injecting medicine or medicinal oil into the nose through the nasal route, is considered a good remedy for treating disease. *Anu Tail* has *Sukshma* (subtle), *Laghu* (light), *Tikshna* (intense), and *Vyavayi* (penetrative) properties, *Ushn Veerya* (hot potency), *Katu Vipaka* (pungent post-digestive), *Tikta* (bitter taste), *Katu Rasa* (pungent taste), and

Tridoshar (balances all three *Doshas*) properties. Due to all these properties, it will also increase immunity. This type of immunomodulation will reduce inflammation in the nasal cavity and sinuses, thereby reducing nasal congestion and clearing the blockage of the sinuses; it is also easy to expel purulent discharge. The ability of *Anu Tail* (trans nasal drug) to prevent the access of allergic agents (offending agents) into the nasal mucosa through lipid smear formation.¹¹ Thus, the intended effect of allergic rhinitis is achieved by nourishing the mucosa of the upper respiratory tract, boosting the immune system with oral medication, and significantly altering the quality of blood. When used sensibly, ayurvedic treatments can help patients with allergic rhinitis (*Vataj Pratishyay*).

CONCLUSION

The preference for managing *Vataj Pratishyay* with *Ayurvedic* treatment over other methods is highlighted, emphasising the lower risk of adverse effects and the comprehensive cure achieved through *Ayurvedic* medicines. *Anu Tail's* ability to form a lipid smear, preventing the entry of allergens, *Agnitundi Vati's* capacity to digest *Ama*, and *Sanshamani Vati's* immune-boosting properties contribute to the apparent superiority of *Ayurvedic* medicines over other alternatives. The patient's satisfactory treatment with *Ayurvedic* approaches, including dietary adherence and causal diversion, is noted, with no recurrence of symptoms during the treatment period and the absence of reported symptoms except for a minor sneeze and a runny nose three months after discontinuation of *Ayurvedic* medicine. Acknowledging the chronic and recurring nature of the disease, the recommendation is made to extend the treatment duration for a complete cure.

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