



## AYURVEDIC MANAGEMENT OF CHRONIC ALLERGIC RHINITIS W.S.R TO PRATISHYAYA: A CLINICAL CASE STUDY.

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### ABSTRACT

Chronic allergic rhinitis is a common nasal condition characterized by persistent inflammation of the nasal membranes triggered by allergens. Allergic rhinitis, often called hay fever, inflammation, and discomfort, significantly impacts the quality of life. In Ayurvedic classics, this condition is associated with *Pritishyaya*, which is mentioned in *Nasagata roga*. **Objective:** This study aims to explore the Ayurvedic management of chronic rhinitis, with a focus on understanding and treating the five types of *Pritishyaya*, i.e. *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Sannipataja*. **Methods:** A clinical case study involved a patient with chronic rhinitis. Symptoms such as nasal congestion, rhinorrhea, sneezing, watery eyes, and post-nasal drip were evaluated and notably aggravated by certain factors, including curd (yogurt) consumption, exposure to cold environments (such as air conditioning), and exposure to dust, etc. The patient's condition was classified according to Ayurvedic principles, and a tailored treatment regimen, including dietary changes, herbal remedies, and lifestyle adjustments, was implemented. **Results:** The treatment led to significant improvements in the patient's symptoms, including reduced nasal congestion and discharge, decreased sneezing, and enhanced overall comfort. The personalized approach proved effective in addressing the specific type of *Pritishyaya*. **Conclusion:** The study highlights the efficacy of Ayurvedic treatments in managing chronic rhinitis and emphasizes the importance of individualized care. The findings support integrating

Ayurvedic methods into contemporary clinical practice and suggest further research to explore their broader applicability.

**Keywords:** *Pritishyaya, Nasagata roga*

## INTRODUCTION

Allergic rhinitis (AR) (ICD-10-CM J30.9) is an IgE-mediated response of nasal mucosa. It is a type of nasal mucosal inflammation occurring due to the immune system's hyperresponsiveness to the allergen. Allergic Rhinitis is triggered by breathing in tiny particles of allergens. The most common airborne allergens that cause rhinitis are dust mites, pollen and spores, and animal skin, urine, and saliva. Signs and symptoms include nasal obstruction, rhinorrhea, sneezing, and other ocular symptoms. Clear fluid is usually seen from the nose<sup>1</sup>. Following allergen exposure, symptoms appear within minutes and affect the quality of life like improper sleep, work productivity, and study<sup>2</sup>

The global prevalence of AR among adults ranges between 10 and 30%, while it was up to 40% in children<sup>3</sup>. The coexistence of AR and asthma is significantly high; the prevalence of coexisting Allergic Rhinitis was found to be 65.24%, with the highest prevalence (80%) in southern regions of India<sup>4</sup>. The AR carries a heavy disease burden as it impacts the quality of life<sup>5</sup>. The main symptoms are nasal obstruction/congestion, sneezing, itching, and rhinorrhea. However, nasal obstruction/congestion is the most problematic symptom that affects sleeping and may cause obstructive sleep apnea because of continuous positive airway pressure<sup>6</sup>. The post-nasal dripping of mucous and watery rhinorrhea is more annoying than the sneezing or nasal itching. In the event of continuous or repeated exposure to allergens, acute phase symptomatology overlaps the late phase.

In Ayurveda, the word “*Pratishyaya*” is derived from “*Shyeng Gatau*” Dhatu and “*Prati*” Upsarg, which means continuous movement of doshas. Many

Acharyas have elaborately described the disease *Pratishyaya* in various Ayurvedic texts like *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridayam*. Characteristic features of *Pratishyaya* are *Nasashrava* (running nose), *Ghranauparodha* (nasal obstruction or congestion), *Shirashoola* (headache), *Shirogauravam* (heaviness of head), *Jwara* (fever), *Kasa* (cough), *Kaphotklesh* (phlegm), *Swarbheda* (hoarseness of voice), *Aruchi* (anorexia), *Klama* (tiredness), *Indriyanamasamarthyam* (altered functions of sense organs)<sup>1</sup>. If *Pratishyaya* is left untreated, it has enough potential to develop many conditions like *Kasa* (cough), *Swasa* (dyspnea), *Gandhaanjnana* (anosmia), *Badhirya* (deafness), and *Rajyakshma* (a form of the disease with multisystem involvement)<sup>2</sup>.

**Material and method:** Charak Samhita, Sushruta Samhita, Ashtanga Hridya and Samgraha, and Chakradatta, and other relevant modern books, published articles on Rhinitis or *Pratishyaya* and internet sources were used to review the treatment approaches mentioned to manage Allergic rhinitis or. *Pratishyaya*

### Case Report:

A 30-year-old female patient came to the OPD of Pt. Khushilal Sharma Govt. Ayurveda Institute, Bhopal, with a history of -

#### ❖ Demographic data-

- ✓ Age: 33 years
- ✓ Sex: female
- ✓ Religion: Hindu
- ✓ Education: P.G
- ✓ Occupation: Teacher
- ✓ Marital status: Married
- ✓ Socio-economic status: Middle class

#### ❖ Presenting Complaints with duration: -

S. N	Complaints	Duration
1.	Running nose (rhinorrhea)	7-Year

2.	Watery eyes	7-Year
3.	Sneezing	7-Year
4.	Headache	7-Year
5.	Nasal Congestion	7-Year
6.	Nasal itching	7-Year

❖ **History of present illness: -**

The patient was quite well seven years ago

❖ **Past illness: -** No past illness

❖ **Treatment history:** The patient has taken allopathic medication since 2016 (levocetirizine-Montelukast)

❖ **Family history:** -father has an allergy to dust

❖ **Occupational history:** -Teacher

➤ **Examination of chronic allergic rhinitis: -**

❖ **General examination: -**

S. N	Vitals	Finding
1.	Pulse	75 bpm
2.	Blood pressure	110/80 mm of hg
3.	Temperature	98.4°f
4.	Respiratory rate	21/m
5.	Pain	Headache

❖ **Other general examination: -**

S. N	Vitals	Finding
1.	Clubbing	Absent
2.	Cyanosis	Absent
3.	Edema	Absent
4.	Pallor	Absent
5.	Icterus	Absent
6.	Lymph node	Not palpable

❖ **Ashtasthana pariksha:**

<i>Nadi:</i> vataj ,kaphaj	<i>Shabda:</i> Spashtha
<i>Mutra</i> samyak pravrtti	<i>Sparsha:</i> Anushnasheeta
<i>Mala</i> samyak pravrtti	<i>Drika:</i> Samyaka
<i>Jihva</i> Niram	<i>Aakriti:</i> Madhyam

❖ **Systemic examination of the Respiratory system**

- **Inspection** -Nasal congestion (redness), blockage of nose
- **Palpation** – NAD
- **Auscultation** – wheezing sound Heard
- **Percussion** – NAD

❖ **TNSS (TOTAL NASAL SYMPTOM SCORE)**

S. N	Symptoms	No symptom	Mild	Moderate	Severe
1.	Nasal congestion	0	1	2	3
2.	Sneezing	0	1	2	3
3.	Rhinorrhea	0	1	2	3
4.	Nasal itching	0	1	2	3

❖ **Grading of TNSS -**

0-3	Mild symptoms
4-6	Moderate symptoms
7-9	Severe symptoms
10-12	Very severe symptoms

The patient's TNSS (Total Nasal Symptom Score) is 8.

❖ **Score assessment of watery eyes:-**

S.no	Allergens	No symptoms	Mild	Moderate	Severe
1	Exposure to dust	0	1	2	3
2	Cold and sour food	0	1	2	3
3	Direct exposure to air (AC/fan)	0	1	2	3
4	Cloudy environment	0	1	2	3

Mild 0-4

Moderate 5-8

Severe 9-12

**score Is - 9**

“We reached a diagnosis by conducting a detailed review of the patient's medical history and a meticulous physical exam. We then recommended a specific treatment plan to manage the condition effectively.”

S.No.	Medicine	Dose	Duration	Anupana
1.	Sitopaladi churna Godanti bhasam Trikatu churna Lakshmi vilas ras Guduchi sattva Chaushtha prahari pippli Tankan bhasam	3 gm 500 mg 1 gm 250 mg 500 mg 100 mg 500 mg	1 month	chitraka haritaki
2.	Chitraka haritaki	1 tsf bd		
3	Vyoshadi vati	250 mg tds	1 month	Lukewarm water

**Table: Effect of therapy on symptoms of allergic rhinitis:-**

S.NO.	TNSS	BT	AT
1.	Nasal congestion Sneezing Rhinorrhea Nasal itching	8	0

## Results

**Following the administration of Ayurvedic formulations over a period of [one month], the patient reported:**

- **Significant Symptom Relief:** Notable reduction in allergic rhinitis symptoms, including:
  - Less nasal congestion
  - Decreased frequency of sneezing
  - Reduced itching in the eyes and nose
  - Diminished runny nose
- **Improved Quality of Life:** Increased energy levels and enhanced ability to engage in daily activities without discomfort.
- **Minimal Side Effects:** The patient successfully tolerated all formulations with no adverse reactions reported.

In summary, the combination of Sitopaladi Churna, Godanti Bhasma, Trikatu Churna, Lakshmi Vilas Ras, Guduchi Sattva, Chaushtha Prahari Pippli, Tankan Bhasma, Chitraka Haritaki, and Vyoshadi Vati effectively managed the symptoms of allergic rhinitis, indicating the potential utility of these formulations in clinical settings.

S.no.	Score assessment of watery eyes.	BT	AT
1.	Exposure to dust Cold and sour food Direct exposure to air (AC/fan) Cloudy environment	9	0

## DISCUSSION

### ✓ *Sitopaladi Churna*:-

- **Expectorant:** Helps in clearing mucus from the respiratory tract.
- **Anti-inflammatory:** Contains ingredients with anti-inflammatory properties that can help reduce inflammation.

**Godanti Bhasma** It is thought to help balance the Vata and Kapha doshas, which can support respiratory health and help manage conditions like coughs and asthma.

- **Trikatu Churna** Trikatu Churna's warming and stimulating properties can help balance Vata and Kapha. It stimulates digestion, increases metabolic activity, and helps clear excess mucus and congestion, which are common with elevated Kapha.
- **Lakshmi vilas ras** balances the tridoshas and is traditionally recognised for its potential to support respiratory health. It often addresses conditions such as cold and cough, relieving congestion, throat discomfort, and other respiratory symptoms.
- **Guduchi sattva** Guduchi Sattva is renowned for its immunomodulatory, Anti-inflammatory, and

antioxidant properties. It is also used to support the body's natural detoxification processes.

- **Chaushtha Prahari Pipeline** Pippli has anti-inflammatory and Expectorant properties. It can help expel mucus from the respiratory tract, making it useful for coughs and colds. It also supports Bronchial Health.
- **Tankan balsam**, when used in combination with other herbs, manages cough and cold symptoms due to its soothing and cooling effects.
- **Chitraka haritaki** Chitrak Haritaki acts on vata and kapha humour, mainly reducing kapha. This means that it reduces phlegm production in the lungs and balances secretions in the body. It exerts expectorant, antitussive, and mucolytic action on the respiratory system.
- **Vyoshadi vati** mainly pacifies vata dosha and kapha dosha.

It is also helpful for relieving nasal inflammation, discharge, congestion, irritation, sneezing, and cough.

## CONCLUSION:-

In this case, the Ayurvedic diagnosis of *Pritishyaya* was applied, and the use of various internal Ayurvedic medicines yielded promising results. These treatments notably alleviated symptoms of chronic allergic rhinitis, such as a runny nose, watery eyes, sneezing, and headaches, and significantly enhanced the patient's quality of life within a short period, all without adverse effects. However, this is a single study, and further research involving a larger patient population is necessary to better evaluate the effectiveness and broader applicability of these findings.

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